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Fourth of July Celebrations

The fourth of July was rainy and a little chilly, but that did not stop the campers' club. The North's, Ragland's and Carney's made homemade ice cream for the ice cream social. There were toppings and deserts of all kinds to accompany the wonderful ice cream. During the clean up, Ben indicated that it was "good to the last drop".

The club also enjoyed a potluck. Despite the good ole Central Illinois weather, the club members were able to find a dry place to visit and enjoy the recreation area.

Since we did not have as many fireworks at the lake, several club members did find a way to make a little noise to celebrate. Or was that called testing the horns on cars, trucks and motor homes? I must admit the air horn "chorus" was pretty impressive.



"Good to the last drop!!".

Event Dates

Sept. 4-5-6-7

Sept 18-19-20

Sept 15

Oct 2-3-4-

Oct 16-17-18

October 26

December 11

Camp Out Schedule

Dutch Oven Potluck Sept 5 6p.m.

Potluck Sept 19 noon (Brown's 50th anniversary)

Pool closes

Potluck Oct 3 Wiener/Brat Roast 5 p.m.

Soup Lunch/Clean Up Sept 17 noon

Camp Closes

Christmas Party Dec 11, 2009 @6:00 p.m.



Dareyl and Shirley Brown's 50th Anniversary

There will be a Tropical Celebration in honor of the Brown's 50th Wedding Anniversary on Sept 19 at the noon potluck. The meat and dessert will be provided. Please bring a dish to pass. The family is requesting no gifts just good wishes!

Memory Humor

A couple in their nineties are both having problems remembering things. During a checkup, the doctor tells them that they're physically okay, but they might want to start writing things down to help them remember. Later that night, while watching TV, the old man gets up from his chair. 'Want anything while I'm in the kitchen?' he asks.

'Will you get me a bowl of ice cream?'

'Sure.' 'Don't you think you should write it down so you can remember it?' she asks.

'No, I can remember it.'

'Well, I'd like some strawberries on top, too . Maybe you should write it down, so's not to forget it?'

He says, 'I can remember that.. You want a bowl of ice cream with strawberries.'

'I'd also like whipped cream. I'm certain you'll forget that, write it down?' she asks.

Irritated, he says, 'I don't need to write it down, I can remember it!'

Ice cream with strawberries and whipped cream - I got it, for goodness sake!'

Then he toddles into the kitchen. After about 20 minutes,

The old man returns from the kitchen and hands his wife a plate of bacon and eggs. She stares at the plate for a moment. **'Where's my toast ?'**



From Health Magazine

The right food, exercise, and sleep regime can help you improve your memory. Here are three things you can do to jumpstart your brain:

- 1. Aerobicize.** Older adults who do regular aerobic exercise (at least three hours a week) show increased blood flow to the brain, which could prevent a decline in brain function, according to findings presented at the annual meeting of the Radiological Society of North America.
- 2. Go to bed earlier.** Researchers from the University of Chicago found that getting a good night's sleep (it really doesn't matter how long) after learning something new helps you remember exactly how to do that task.
- 3. Eat more cauliflower.** A new study indicates that citicoline supplements can help boost energy and efficiency in your frontal lobe—the region responsible for decision-making, reasoning, and working memory.

You can also get citicoline indirectly by eating certain foods. Cauliflower, soybeans, egg yolks, fish, and peanuts are all sources of the B-vitamin-like nutrient [choline](#), which is absorbed through the intestines and converted to citicoline in the brain.

Campers Go Tropical

When the temperatures turned tropical on Saturday, August 8, the campers at SRRA did also. Fun, food and fellowship were plentiful despite the 3 digit heat indexes.

The new pool certainly was refreshing as most of the campers ended the day's festivities and auction with a dip in the pool. Thanks to the pool keepers!

Dareyl and Shirley Brown did their usual excellent job in auctioning off donated items. We did have "call in" bids as well, which caused a pie to be sold for \$60. Daryl and his assistants are really good at this, don't you think?

Donations of wonderful, homemade and homegrown items were great hits at the auction. We had canned beets, Muriel's famous pies, homegrown produce and delicious zucchini bread to name a few. We wish to thank



those who donated theme baskets and other items for the auction.

We also wish to thank those who generously bid on items. The proceeds of the auction, which totaled \$600, will go to the campers' club.

And to the lady who "ordered" the weather for the weekend, thanks Darty Ford!!!!!!



DAREYL BROWN AND HIS AUCTION TEAM (from left to right: - Harold Ford, Daryl Brown, Mike Veselak and Barry Carney.

**THE OPEN ROAD
SCOTTISH RITE CAMPERS' CLUB**

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From Barry:

The summer has gone fast and we are fast approaching fall, a great season for camping.

We had a great Caribbean party on August 8th, thanks go out to Cindy for organizing it and for the great decorations.

This coming Labor Day weekend we will be having a Dutch Oven Potluck, so if you have one and have a favorite recipe it is your chance to make it and share it with us at the potluck. If you are not a dutch oven cook, please bring a dish made on a conventional stove or oven, or even a cold salad. We will have some main dishes and deserts in Dutch Ovens from the people that I have talked to.

The Campers Bath House has a fresh new coat of paint thanks go out to Doris Hulett for the time and efforts on this project.

We now have a security light on the pool, and all of the other security lights are working. The phone line that was cut in the pool construction has been repaired and buried from the lodge over to the phone pedestal by the basket ball hoop. A big thanks for the donation of lights and the phone wire.

I would also like to thank all who have helped maintain the

camp buildings and grounds this summer, it has been a big help to have everyone help maintain the camp!

Come out and join us for the fall campouts and join in the fellowship around the campfires in the cooler fall evenings.

Barry

