



APRIL 2024



BRADFORD BULLETIN

PRESIDENT'S LETTER

Hello dear Neighbors and Friends!

Once again, our monthly Association meeting was well attended in March. We like to see everyone getting involved first-hand and not waiting for their neighbors to ask, "what happened at the meeting?" Find out from the horse's mouth (I guess that's me 😊) about what's going on! Join us in the room or on Zoom! Please keep coming and bring or connect with a friend!

If you missed the meeting, one of the main discussions was "where do I walk my dog?" We had gotten several complaints about residents walking their dogs on the lawn of their neighbors.

Just to reiterate:

- Pick up your poop 🐾 everywhere and anywhere around the Village (you would think this would go without saying, but here we are again).
- Walk your dog on the sidewalk, in the street, and on the strip of grass between the sidewalk and the street.
- Pick up your 🐾!
- We have a lot of grassy areas around the Village that are perfect for dog walking!
- Pick up your 🐾! (That sound familiar?)
- DO NOT WALK YOUR DOG ON YOUR NEIGHBOR'S LAWN. Peter Collinson is a prime example of an area that does not have a strip of grass between the sidewalk and the street. So, walking on the sidewalk or in the street are the only options on that street, so it may not be the best place for walking our fur babies. Do not allow your dog to walk on another resident's lawn.
- Also, remember when walking your dog behind the houses, please stay on your own property.
- And don't forget to..... Pick up your 🐾!

Please take the time and read the Bradford Bulletin. I've had people ask me about issues that were addressed in the bulletin, with the response, "Oh, I didn't get a chance to read it". Your next question may be answered in your monthly bulletin.

Let's continue to create an environment and community we are all proud of and continue to create a culture of unity and "neighborly love".

Have a wonderful Easter and great things to come in April!



Mark Your Calendar

Apr 9 – BV Association Meeting – 7:00 p.m.

Apr 11 – BV Board Meeting – 9:00 a.m.

May 14 – BV Association Meeting – 7:00 p.m.

JOIN ASSOCIATION MEETINGS ON ZOOM!

If you're unable to attend the monthly Association meeting in person, join us through **Zoom**! Here are some simple steps to join us **WITHOUT** downloading the app on your phone or computer:

- Go to www.zoom.com or www.zoom.us
- Click "**JOIN**".
- Enter **MEETING ID**:
- Wait for the Host to let you in the meeting.
- **Your mic is automatically muted when you enter**
- Please join early to work through any technical issues **(the room will be open at 6:15 p.m.)**



zoom



**IMPORTANT
NOTICE**

Clarification On The Use Of Contractors

Bradford Village Association and the Board **DO NOT** regulate whether you are using a Santee-licensed contractor for work being done on your home. It was mentioned at a monthly meeting as a matter of information for residents. This is a Town of Santee regulation; it is still your choice as a homeowner to use any company you choose. However, please be aware of any fines (assessed by Santee, not the Village) that might be associated with the use of a contractor not licensed through Santee.


If you're available, please try to attend the **Santee Town Council meeting on Wednesday, April 3 at 6:00 p.m.** Keep abreast of what's happening in our little town!



Announcements and Upcoming Events



Monday, April 1	We will begin accepting donated items. Make sure all appliances and electronics work
Thursday, April 11	Cut-off date to turn in your PAID table reservation to the office (\$10 per table)
Wednesday, April 24	The tables will be ready for you to begin setting out your items at 12 noon
Friday, April 26	SALE 9:00 – 12 Noon – RESIDENTS ONLY
Saturday, April 27	SALE 7:30 a.m. – 12 Noon - OPEN TO THE PUBLIC
Emmanuel Circle of Hope will pick up any unsold items you wish to donate IMMEDIATELY after the sale	
Please return the coupon with CASH to the office by Thursday, April 11, 2024	




Cracker Barrel Appreciation Biscuits
Thursday, April 18 @ 9:00 a.m.

Our neighborhood Cracker Barrel would like to say thank you and show their appreciation to our Village by giving us free meat biscuits! Come by on Thursday, April 18 at 9:00 a.m. and get your meat biscuit. We will also have coffee and juice.

NO SATURDAY BRUNCH FOR APRIL

Instead of the April Saturday Brunch, join your friends and neighbors for the Cracker Barrel Appreciation Brunch on Thursday, April 18.





Heart Attacks



This month our Health Tip is on a more serious note: "Heart Attacks", recognizing the warning signs & what to do.

So, what is a heart attack? A heart attack, also called a myocardial infarction or acute coronary syndrome, occurs when blood flow that brings oxygen-rich blood to the heart muscle is severely reduced or cut off. This is due to a buildup of fat, cholesterol & other substances (plaque) that narrows coronary arteries. When plaque in a heart artery breaks open, a blood clot forms & blocks blood flow. When it completely stops blood flow to part of the heart muscle, that portion of muscle begins to die from lack of oxygen resulting in a heart attack.

Damage increases the longer an artery stays blocked. Once some of the heart muscle dies, permanent heart damage results. The amount of damage to the heart muscle depends on the size of the area involved & the time between injury & treatment. The blocked artery should be opened as soon as possible to reduce damage or death. Time is CRITICAL in recognizing heart attack symptoms & seeking immediate treatment.

Warning signs include:

- Uncomfortable pressure, squeezing, tightness, fullness, heaviness or pain in the center of your chest & can be very severe, lasting more than a few minutes or may go away & come back. Often patients will describe it as "an elephant sitting on my chest".
- Also, pain or discomfort in one or both arms, back, neck, jaw or stomach, shortness of breath, sweating, nausea, or dizziness may occur. These symptoms should NEVER be passed off as indigestion & 911 should be called immediately. Do NOT drive yourself or have someone drive you to the hospital emergency room, emergency personnel are trained to treat heart attacks & you could possibly have an accident enroute.

To reduce your risk for a heart attack, even if you already have heart disease or a family history, you can take steps to prevent further events like:

- Don't smoke or vape & avoid secondhand smoke,
- Treat your high blood pressure if you have it,
- Eat a diet low in saturated fats (ex. animal fat), trans fat, & limit salt & added sugars.
- Try to get 150 minutes of moderate intensity exercise weekly,
- Maintain a healthy weight,
- Get 7-9 hours of sleep a night,
- Manage stress, and
- See your Dr. regularly.

**St. Patrick's Day Brunch
@ the Bradford Village Clubhouse**



*What a feast on our clubhouse table!
Keep to one plate only? Not able!
Let's not call it St Paddy's Day!
It's become St Fatty's Day!
Really great event!
Time well spent!
RHL4-24-BV*



Activities Around The Village



Georgio's (St. George)
Thursday, April 25 @ 11:30 a.m.

Join us on April 25 for lunch at Georgio's in St. George. They have a buffet with a variety of foods – fried & baked chicken, bbq, pizza, veggies and more! **Buffet is \$14.**

As usual, sign the coupon if you need a ride or can take passengers!
Thanks! Carol Ann Cox & Faye Timmons

Programs Committee Event

OLD FASHIONED MAY BASKETS
April 16 @ 1:00 p.m.



Come make a few May Baskets and Share the joy with your neighbors on April 16 @ 1:00 p.m. Your coupon is due by **April 12.**

JOIN US FOR CHAIR EXERCISES!!



Monday, Wednesday, and Friday @ 11:00 am
Join in on the fun!!

*Great video sessions, do what you can.
Help with strengthening, cardio, balance, and stress reduction*



May bulletin items must be submitted by **Friday, April 19.** Email your information to Lena Brown -



April is Volunteer Appreciation Month!!



Thank you to all those that have worked tirelessly for our Village! You may have served on previous Boards or have been a member or Chair of our Committees or you may volunteer your time, food, or funds to our events... We SAY THANK YOU ❤️!! On Saturday, April 20, a Volunteer Appreciation Luncheon is planned for the **current** Board, Committee Chairs, and their guests to show our appreciation to you!

If you haven't RSVPed to Lena yet, please do so right away!

Thank you to all that have made living in Bradford Village so wonderful!!

April Birthdays

1 Eunice McQuillan
7 Deb McMicheaux
15 Mary Cole
15 Beth Clark
17 Louise Mitchum



20 Lucie Moise
21 Jennifer Genewick
28 Leveta Guyton
29 Beverly Hawk

Rick Rites...the Spiritual Side

*For those who live in doubt
wondering what life is all about,*

read the Bible!

It's not a bad book...

it's actually a good look,

putting the focus

on God's salvation gift!

While reminding us...

might need a Faith Lift!

RHL4-24(BV)



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Friday, April 26	SALE 9:00 – 12 Noon – RESIDENTS ONLY
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Emmanuel Circle of Hope will pick up any unsold items you wish to donate IMMEDIATELY after the sale	

INDOOR YARD SALE

Attached is \$ _____ to reserve _____ tables.

Name: _____

Telephone: _____

Please return with **CASH** to the office by **Thursday, April 11, 2024**

OLD FASHIONED MAY BASKETS
April 16 @ 1:00 p.m.

I/we plan to attend the May Baskets event Number planning to attend: _____.

Signed _____

Please RSVP BY APRIL 12

Georgio's (St. George)
Thursday, April 25 @ 11:30 a.m.

I/we plan to attend Georgio's Number planning to attend: _____.

I need a ride I can drive and can take _____ passengers.

Signed _____

Please RSVP BY April 22

APRIL 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 11:00 AM Chair Exer Eunice McQuillan	2 1:00 PM HAND & FOOT	3 11:00 Chair Exer 6:30 PM Whining Wed	4	5 11:00 AM Chair Exerc 1:00 PM TRIPOLEY 4:30 PM SOCIAL	6 6:30 PM BINGO
7 Deb McMicheaux	8 11:00 AM Chair Exer	9 1:00 PM HAND & FOOT 7:00 PM ASSOC.MEETING	10 11:00 AM Chair Exer 6:30 PM Whining Wed	11 9:00 AM BOARD MEETING Coupon YARD SALE	12 11:00 AM Chair Exerc 1:00 PM TRIPOLEY 4:30 PM SOCIAL Coupon May Baskets	13 6:30 PM BINGO
14	15 11:00 AM Chair Exer Mary Cole Beth Clark	16 1:00 PM HAND & FOOT 1:00 PM May Baskets	17 11:00 AM Chair Exer 6:30 PM Whining Wed Louise Mitchum	18 9:00 AM Cracker Barrel Biscuit Day	19 11:00 AM Chair Exerc 1:00 PM TRIPOLEY 4:30 PM SOCIAL LAST DAY FOR BULLETIN	20 2:00 PM Volunteer Appreciation Luncheon 6:30 PM BINGO Lucie Moise
21 Jennifer Genewick	22 11:00 AM Chair Exer Coupon Georgio's	23 1:00 PM HAND & FOOT	24 11:00 AM Chair Exer 6:30 PM Whining Wed	25 11:30 AM Georgio's	26 9 – 12 NOON RESIDENT YARD SALE 11:00 AM Chair Exerc 1:00 PM TRIPOLEY 4:30 PM SOCIAL	27 7:30 – 12 NOON PUBLIC YARD SALE 6:30 PM BINGO
28 Leveta Guyton	29 11:00 AM Chair Exer Beverly Hawk	30 1:00 PM HAND & FOOT				
					OFFICE HOURS Tuesday 9 – 1 Thursday 9 – 1 803-854-2041	CLUBHOUSE OPEN 9:00 A.M. – 8:00 P.M.