

### Kick off is in the End Zone!

What a start to the season. We had a great Memorial Day crowd who voiced their appreciation of their weekend. Several went home with membership applications in their hand as they drove away. We also received a couple of new applications.

The compliment I heard the most is how nice the people are out here. I love that one above all else!

On suggestion by Mike and Jean M. we tried, with great success, to keep hot dogs and sausages available with all the other snacks at the pool. Seems like these were a hit as well. It was suggested that we get something other than Polish sausage next time by a few folks. So we will replenish our stock with Meyers next time we purchase.

Thank you to everyone that helped prep for this event. Each and everyone of your efforts showed well last weekend! The grounds and facilities were great, the food was great and the council did a fantastic job on the games! I believe we set the bar a little higher, great job and much thanks to each and every one of you!

### What the Ranch been working on?

We are currently working hard on the old tennis court transition to 4 pickleball courts. We plan to have it completed by the 4th of July weekend. We are also still cleaning up and prepping more sites to be used as members permanent sites.

Gate planning is almost complete and will be by the time you receive this newsletter. We are currently at \$6200 in donations toward the new gate. This may be a little short but well on our way to get things started. I have already ordered the graphics for the entry and the BOD is meeting for final approval of plans Saturday, June 1st. So the new gate is getting closer to reality by the minute.

### Cabin Deals

We still have 3 cabins open that I can make a very good deal on. One of those cabins will take someone who is willing to do some construction. Another cabin is ready for someone to take over. It too has a little work to do but nothing major, mostly painting and flooring. The third is one of our camping cabins. If you are interested in having a cabin at Star Ranch come talk to me. I will have a couple stipulations in place to get the bargain basement price on the 2 needing work, But I promise it will be a deal that can't be beat.

### Upcoming events and need to knows

Along with all the usual events on our calendar there are a couple new items I would like everyone to take notice.

**1- Petanque Tournament** weekend June 8th (call and sign your team up now).

**2- Silent Auction** July 5th and 6th . We will be selling off several thing household goods, some furnishings and collectables as well as donated craft items. We will not be taking furniture and household goods as donations for this event, only hand crafted items. Please contact Mellissa, melissasilvey@gmail.com, if you have any craft items to donate. All funds from this auction will go to the new gate.

**3- Water Volleyball Tournament** July 27th – We will have 2 tournaments, one competitive (build your own team) and one fun (we build the teams). I will be challenging other nudist camps to bring their best team in for this one, so I expect us to have some great teams here as well. These will be full games to 21. Get your teams together now.

Check the calendar on our website for the most current events schedule.

Ken W.

## WANTED

Maintenance is in need for a heavy duty gas powered weed eater OR a Stihl power head with interchangeable attachments.

## Crazy Texas Laws

It is illegal to see one's eye

It is illegal to milk someone else's cow (better just to milk your own cow, or buy your milk at the store)

It is illegal to shoot a buffalo from the 2nd story window

Wire cutters can not be carried in your pocket in Austin

It is illegal to dust any public building with a feather duster in Clarendon

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**A small request from the office:**

When marking items on the concession sheets please print first and last name. We have so many duplicate first names—Mike, Dave, Jean, Paul, etc.

Now that the heat of the summer is upon us, be sure to keep hydrated.

According to *WebMD*, dehydration happens when your body does not have enough water to function properly. It's normal to lose water from your body every day from sweating, breathing, going to the bathroom, tears. You can replace the lost liquid with drinking fluids and eating foods that contain water.

You may not replace the water you use because you're busy and forget to drink enough, you don't realize you're thirsty, you don't feel like drinking anything.

Signs of dehydration:

- Thirsty
- Dry or sticky mouth
- Dark yellow urine
- Dry, cool skin
- Headache
- Light headed—dizzy
- Rapid heartbeat and rapid breathing

If you see someone showing any of these symptoms, please help them by getting them something to drink such as, water or Gatorade.



**4th of July Weekend**

- |               |                   |                                   |
|---------------|-------------------|-----------------------------------|
| <b>July 4</b> | <b>6 PM</b>       | <b>Hot Dogs at Outdoor Pool</b>   |
| <b>July 5</b> | <b>8:30-10 AM</b> | <b>Breakfast Tacos</b>            |
|               | <b>10 AM</b>      | <b>Washers</b>                    |
|               | <b>5 PM</b>       | <b>Pickle Ball</b>                |
|               | <b>6 PM</b>       | <b>Potluck</b>                    |
|               | <b>7 PM</b>       | <b>Jungle Ball</b>                |
|               | <b>7 PM</b>       | <b>Music at the Pool</b>          |
| <b>July 6</b> | <b>8-10 AM</b>    | <b>Breakfast in Margie's Cafe</b> |
|               | <b>9 AM</b>       | <b>Petanque</b>                   |
|               | <b>12 PM</b>      | <b>Water Volleyball</b>           |
|               | <b>1 PM</b>       | <b>Golf Cart Parade</b>           |
|               | <b>3 PM</b>       | <b>Washers</b>                    |
|               | <b>6 PM</b>       | <b>Burgers</b>                    |
|               | <b>8 PM</b>       | <b>Glow Stick Dance</b>           |

**June 6th—this day in history...**

On this historic day in 1944, Allied troops invaded the beaches of Normandy, France. It is the largest amphibious assault in world history. This massive, bloody battle was the turning point of the war in the European theater.

On this day, 156,000 troops from the United States, Great Britain and Canada stormed five beaches. American troops landed on Omaha and Utah beach. At the same time, British troops landed on Gold and Sword beach. And, Canadian forces landed on Juno Beach. 4,000 Allied troops died on these beaches on D-Day, 2,000 of them were American.

Please take a moment of silence today, and thank the many soldiers who fought and died for our country on D-Day.



# JUNE 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b> 8:30–10 AM Breakfast 10 AM Council Election 1 PM Council Mtg 2 PM Snacks at Pool 8 PM Music at Pool
<b>2</b> 8:30–10 AM Breakfast	<b>3</b>	<b>4</b> Hug Your Cat Day	<b>5</b>	<b>6</b> <i><b>D-Day</b></i>	<b>7</b> National Chocolate Ice Cream Day	<b>8</b> 8:30–10 AM Breakfast 10 AM Petanque Tour- nament 2 PM Snacks at Pool 6 PM Open Grill 8 PM “Classic Country Music” at Outdoor Pool
<b>9</b> 8:30–10 AM Breakfast	<b>10</b>	<b>11</b>	<b>12</b> 6 PM Potluck with Music by Phil & Phriends	<b>13</b>	<b>14</b>	<b>15</b> 8:30–10 AM Breakfast 10 AM Board Mtg 2 PM Snacks at Pool 3 PM Bikini Cart Wash 6 PM Open Grill 8 PM Music at Outdoor Pool
<b>16 Fathers Day</b> Dad’s eat Free  8:30-10 AM Breakfast 10 AM Council Mtg	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b> <i><b>AANR-SW                      Con-                      vention at                      Oaklake                      Trails</b></i>	<b>21</b> Summer Solstice <i><b>AANR-SW                      Convention                      at Oaklake                      Trails</b></i> 6 PM Birthday Dinner	<b>22</b> <i><b>AANR—SW Con-                      vention at Oak-                      lake Trails</b></i> 8:30–10 AM Breakfast Buffet Party 2 PM Salsa Party 3 PM Tacky Tourist 8 PM Jimmy Buffett Music
<b>23 National                      Pink Day</b> 8:30–10 AM Breakfast	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b> 8:30–10 AM Breakfast 2 PM Snacks at Pool
<b>30</b> 8:30–10 AM Breakfast						

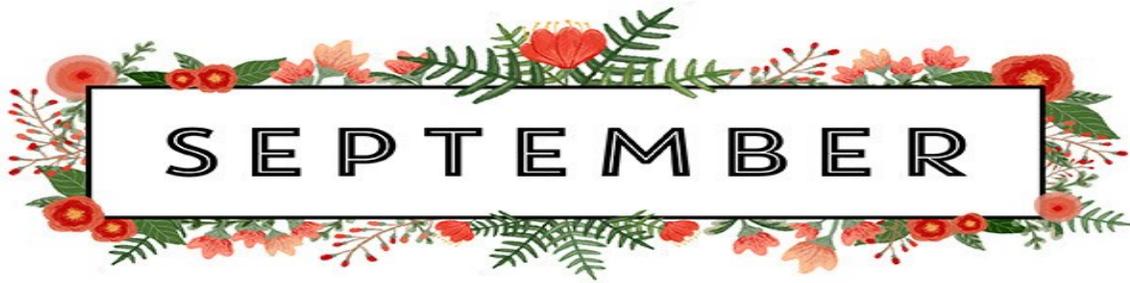


Sun                      Mon                      Tue                      Wed                      Thu                      Fri                      Sat

	1	2	3 "Stay out of the Sun" Day		5 <b>See Weekend Schedule on Page 2</b>  <b>Silent Auction</b>	6 <b>See Weekend Schedule on Page 2</b>  <b>Silent Auction</b>
7 <b>See Weekend Schedule on Front Page</b>	8	9 Natl Sugar Cookie Day	10 6 PM Potluck with music by Phil & Phriends	11	12	13 McDade Watermelon Festival 8:30 -10 AM Breakfast 2 PM Snacks at the Pool
14 <b>Natl Nude Day</b> 8:30 -10 AM Breakfast	15	16	17 National Hot Dog Day	18	19 6 PM Birthday Dinner	20 8:30 -10 AM Breakfast 10 AM Board Mtg 2 PM Snacks at the Pool 3 PM Frozen T-shirt Contest 3 PM Ice Cream Contest 8 PM Music at the Pool
21 8:30 -10 AM Breakfast 10 AM Council Mtg	22 Hammock Day!	23	24	25	26	27 8:30 -10 AM Breakfast Noon—Water Volleyball Tournament 1 PM Golf Cart Race 2 PM Snacks at the Pool 8 PM Music at the Pool
28 8:30 -10 AM Breakfast Parents Day	29	30	31			

# August

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b>	<b>2</b>	<b>3</b> 8:30-10 AM Breakfast 2 PM Snacks at the Pool
<b>4</b> 8:30-10 AM Breakfast	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b> 8:30-10 AM Breakfast 2 PM Snacks at the Pool
<b>11</b> 8:30-10 AM Breakfast	<b>12</b>	<b>13</b> Left Handers Day	<b>14</b> 6 PM Potluck with Music by Phil & Phriends	<b>15</b>	<b>16</b> 6 PM Birthday Dinner TBD	<b>17</b> 8:30-10 AM Breakfast 10 AM Board Mtg 2 PM Snacks at the Pool
<b>18</b> 8:30-10 AM Breakfast 10 AM Council Mtg	<b>19</b>	<b>20</b> World Mosqui- to Day	<b>21</b> Senior Citizens Day	<b>22</b>	<b>23</b>	<b>24</b> 8:30-10 AM Breakfast 2 PM Snacks at the Pool
<b>25</b> 8:30-10 AM Breakfast	<b>26</b> National Dog Day	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b> National Marshmallow Toasting Day	<b>31</b> <b>See Labor Day Weekend Schedule on Page 8</b>



# SEPTEMBER

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 See Labor Day Weekend Schedule on Page 8	2 Labor Day	3	4	5	6	7 8:30 –10 AM Break- fast 2 PM Snacks at the Pool
8 8:30 –10 AM Breakfast  Grandparents Day!	9	10	11 9/11 Remem- berance 6 PM Potluck with Music by Phil & Phriends	12	13	14 8:30 –10 AM Break- fast 2 PM Snacks at the Pool
15 8:30 –10 AM Breakfast	16	17	18	19	20	21 8:30 –10 AM Break- fast 10 AM Board Mtg 2 PM Snacks at the Pool
22 8:30 –10 AM Breakfast 10 AM Board Mtg	23	24	25	26	27	28 8:30 –10 AM Break- fast 2 PM Snacks at the Pool
29 8:30 –10 AM Breakfast	30					



# Happy

# Birthday

June

Larry T 6/1  
Deborah V 6/3  
Tara V 6/7  
Tim S 6/3  
June S 6/11  
Debbie J 6/12  
Dylan L 6/14  
Heather C 6/18  
Davie B 6/19  
Marta D 6/19  
Kelly R 6/21  
Don J 6/23  
Gail P 6/27  
Chris A 6/28

July

Susie V 7/1  
David S 7/4  
Jim A 7/17  
Beth B 7/19  
Dick L 7/22  
Deidra F 7/23  
David Mc 7/23  
John M 7/25  
Abby P 7/26

August

Bruce D 8/1  
Cat P 8/1  
Gary H 8/2  
Carrie J 8/2  
Henry F 8/3  
Jennifer M 8/7  
Timothy H 8/5  
Joe R 8/6  
Eduardo G 8/8  
Ardeth S 8/24  
Mike M 8/24  
Genie C 8/31  
Myrle S 8/31

September

Jordan N 9/1  
Belinda A 9/4  
Mike Mc 9/5  
Paul O 9/5  
Crystal W 9/6  
Peggy L 9/6  
Jennifer H 9/6  
Gary C 9/9  
Kim D 9/10  
Nikki L 9/10  
Mark B 9/10  
Dina P 9/13  
Craig B 9/15  
Ron E 9/17  
Jamie M 9/18  
Joe W 9/19  
Brandi T 9/20  
Mike W 9/25  
Pat W 9/28  
Bob R 9/30

2019 AANR-SW Convention  
Oaklake Trails, Depew Oklahoma

Thursday, June 20th  
10 AM Doors Open  
7 PM Meet & Greet AANR-SW Officials

Friday, June 21st  
9 AM Annual Meeting  
Noon Lunch Break  
1 PM Meeting Resumes  
8 PM Meet & Greet with Music

Saturday, June 22nd  
9 AM Pickleball at Tennis Courts  
11 AM Shuffleboard  
11 AM Petanque  
Noon Lunch  
1 PM Water Volleyball  
4 PM Women in Nude Recreation Reception  
8 PM Dance

Sunday, June 23rd  
Day to Relax



## Memorial Weekend Winners

May 25	<b>Petanque</b>	<b>1st Place</b>	Charlene P Jody J	<b>2nd Place</b>	Elaine R Red P
	<b>Washers</b>	<b>1st Place</b>	Vinnie D Mike K	<b>2nd Place</b>	Tyler C Mitch L
	<b>Skip-Bo</b>	<b>1st Place</b>	Mark B	<b>2nd Place</b>	Grace L
	<b>Mexican Train</b>	<b>1st Place</b>	Mark B	<b>2nd Place</b>	Kim D
May 26	<b>Petanque</b>	<b>1st Place</b>	Chuck N Sandy T	<b>2nd Place</b>	Mitch L Charlene P
	<b>Water Volleyball</b>	<b>1st Place</b>	Cody H, CM J, Mike K, Garrett C, Royce H, Jeremy B	<b>2nd Place</b>	Travis L, Sharon H, Larry S, Mark B, James S, Eddie M
	<b>Washers</b>	<b>1st Place</b>	Mike M, Bill C	<b>2nd Place</b>	Vinnie D, Mike K
	<b>Skip-Bo</b>	<b>1st Place</b>	Gwen G	<b>2nd Place</b>	Kim D



# Labor Day Schedule

8/31 *Happy* Breakfast  
 8-10 AM Petanque  
 9 AM  
 Noon Water Volleyball  
 3 PM Washers  
 6 PM Dinner  
 8 PM Dance

**LABOR DAY**

9/1 *Weekend* Breakfast  
 8-10 AM Petanque  
 9 AM  
 Noon Water Volleyball  
 3 PM Washers  
 6 PM Dinner

## HEAT-RELATED ILLNESSES

### WHAT TO LOOK FOR

### WHAT TO DO

#### HEAT STROKE

- High body temperature (103°F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)

- Call 911 right away-heat stroke is a medical emergency
- Move the person to a cooler place
- Help lower the person's temperature with cool cloths or a cool bath
- Do not give the person anything to drink

#### HEAT EXHAUSTION

- Heavy sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache
- Fainting (passing out)

- Move to a cool place
  - Loosen your clothes
  - Put cool, wet cloths on your body or take a cool bath
  - Sip water
- Get medical help right away if:**
- You are throwing up
  - Your symptoms get worse
  - Your symptoms last longer than 1 hour

#### HEAT CRAMPS

- Heavy sweating during intense exercise
- Muscle pain or spasms

- Stop physical activity and move to a cool place
- Drink water or a sports drink
- Wait for cramps to go away before you do any more physical activity

- Get medical help right away if:**
- Cramps last longer than 1 hour
  - You're on a low-sodium diet
  - You have heart problems

#### SUNBURN

- Painful, red, and warm skin
- Blisters on the skin

- Stay out of the sun until your sunburn heals
- Put cool cloths on sunburned areas or take a cool bath
- Put moisturizing lotion on sunburned areas
- Do not break blisters

#### HEAT RASH

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)

- Stay in a cool, dry place
- Keep the rash dry
- Use powder (like baby powder) to soothe the rash



### Star Ranch Staff

General Manager	Ken W
Office Manager	Pixie M
Finance Officer	Gary H
Front Office	Carla W
	Linda M
	Melissa S
Maintenance	Mike M
Housekeeping	Jean M

### Sahnoan Council

Roy F  
 Grace L  
 Pete & Lisa T  
 Craig & Linda Mc  
 Deborah V & Tim S

### C.O.G. Board of Directors

President	Mike W
Vice President	Wanda H
Secretary	Larry S
Treasurer	Gary H
	Ivan Mc Paul O
Corporate Secretary	
	Linda M