

CADGEWITH JOURNAL

January 2016



SOUP AND SALAD INFORMATION

FOR THE WINTER MONTHS, INSTEAD OF HAVING A POTLUCK DINNER AT 5 PM ON THE SECOND THURSDAY OF EACH MONTH, WE ARE HAVING A NOON SOUP AND SANDWICH LUNCH WHICH WE BEGAN DOING SEVERAL YEARS AGO.

IT IS LIGHT THEN AND IT IS EASIER FOR MANY PEOPLE TO NAVIGATE IN THE MIDDLE OF THE DAY.

PLAN TO ATTEND OUR JANUARY, FEBRUARY AND MARCH SOUP AND SALAD LUNCHES.

I WILL GET THREE PEOPLE TO BRING A POT OF THEIR FAVORITE SOUP EACH MONTH. YOU CAN BRING A VEGETABLE, A SALAD, SANDWICHES OR ANYTHING ELSE THAT YOU THINK WOULD BE NICE TO SHARE.

MARK YOUR CALENDAR FOR JANUARY 14TH, FEBRUARY 11TH AND MARCH 10TH.

IF YOU HAVE ANY QUESTIONS, PLEASE CALL BOB VONDALE AT



BIBLE STUDY

EVERY MONDAY MORNING AT

(LARRY AND JUDY KING'S HOME) WE WILL BE HAVING BIBLE STUDY AT 10:30 AM TO 11:30 AM. PLEASE BRING YOUR BIBLE AND ENJOY THE SCRIPTURES WITH US.



EVERYONE IS WELCOME TO JOIN US FOR THIS VERY SPECIAL TIME!!!

FROM THE PRESIDENT

Happy New Year from the Cadgewith Farms Association!!! May this year of 2016 bring you Happiness and Joy.

Looking back on 2015, we have had quite a few new residents and I have not met a bad one yet!!! Everyone seems to be a perfect addition to our community.

Our Shuffleboard, Bingo, Euchre and other activities seem to have increased every year. The Potlucks have always been a hit with everybody. The Dinners that were prepared by Dale and Liz Ouderkirk and their crew seems to get better with every meal.

To the Association, the highlight of the year was the purchase of 100 softer and more comfortable chairs that our residents can sit and relax on. It was a major investment for the Association but well worth it.

We will be having Soup and Salad every second Thursday from noon to 1 pm. Thank you to Bob Vondale for stepping up and organizing the great event.

Looking forward to three outdoor concerts this coming summer - June, July and August - along with ice cream socials, cook-outs and so forth with great entertainment too.

Don't forget to love your neighbor as you would love yourself. God Bless!!!

Larry King ~~~President



NEIGHBORHOOD WATCH UP-DATE

The message I would like to convey to the community of Cadgewith Farms is the following:

PLEASE KEEP DOORS LOCKED AND GARAGE DOORS CLOSED.

This will create a greater sense of security, well-being and reduction of the fear of crime because you know you and your neighbors will:

LOOK OUT FOR EACH OTHER!

HAPPY NEW YEAR FROM THE WATCH AND CHERYL MOON, DIRECTOR.



Neighborhood Watch purchased several signs that were put up throughout the community. Please take notice! A big thank you to Jake and Rob for installing them.

The purpose is to let everyone who enters our community that **WE ARE WATCHING YOU!!!**



EUCHERE - UP-DATE

IN NOVEMBER, WE HAD THREE TABLES FULL FOR EUCHERE WE HAD LOTS OF TREATS TO EAT AND GOOD FRIENDSHIP!!!

FOR DECEMBER WE HAVE 20 SIGNED UP FOR PIZZA AT 6:00 PM THEN EUCHERE FROM 7:00 PM TO 9:00 PM. SO MANY GREAT CHRISTMAS PARTIES GOING ON ALL OVER OUR NEIGHBORHOOD.

REMEMBER ~~~~ IN JANUARY, FEBRUARY AND MARCH, WE HAVE EUCHERE FROM 2:00 PM TO 4:00 PM SO THAT IT CAN BE IN THE DAYTIME LIGHT. PLEASE REMEMBER, ALSO, TO BRING SOME TREATS!!!

IF YOU HAVE ANY QUESTIONS ~~~~ PLEASE CALL RAY SNYDER AT

NEW YEAR'S EVE

Each year people party on New Year's Eve,

Vowing not to make the same mistake,
Then they overindulge on food and drink,
The very things they swore to forsake

Meeting in homes, hotels and resorts,
Individuals seek ways to unwind,
Some wear funny hats and toss confetti,
As they try to escape the daily grind.

Table hopping is often in order,
Spreading news and expousing good cheer,
Friendly relations are renewed,
Though the commotion makes it hard to hear.

Binging on food and drink,
While making a solemn resolution,
Isn't the most successful way
To ensure a a sound resolution.

The favorite targets of reform,
Seem to be cigarettes, food or drink,
Every year these same ogres surface.
Amid crossed fingers and a wink.

"I'm giving up cigarets," says Bill,
The doctor says they are killing me,
But I'd better ease into that slowly,
I just can't quit cold turkey!"

Someone else is giving up snacks,
Realizing it's bad for his diet.
Still a plate of crackers and a cheeseball,
Guarantees he'll soon relent and try it.

Those tooting horns and raucous noises,
May be signs of a festive scene,
Yet, my greatest happiness is later,
When I'm home secure, relaxed and serene.

Outside, the police increase their patrols,
To reduce accidents and trouble,
Knowing many inebriated celebrants,
Will turn happiness and goodwill into rubble!!!

"AULD LANG SYNE"

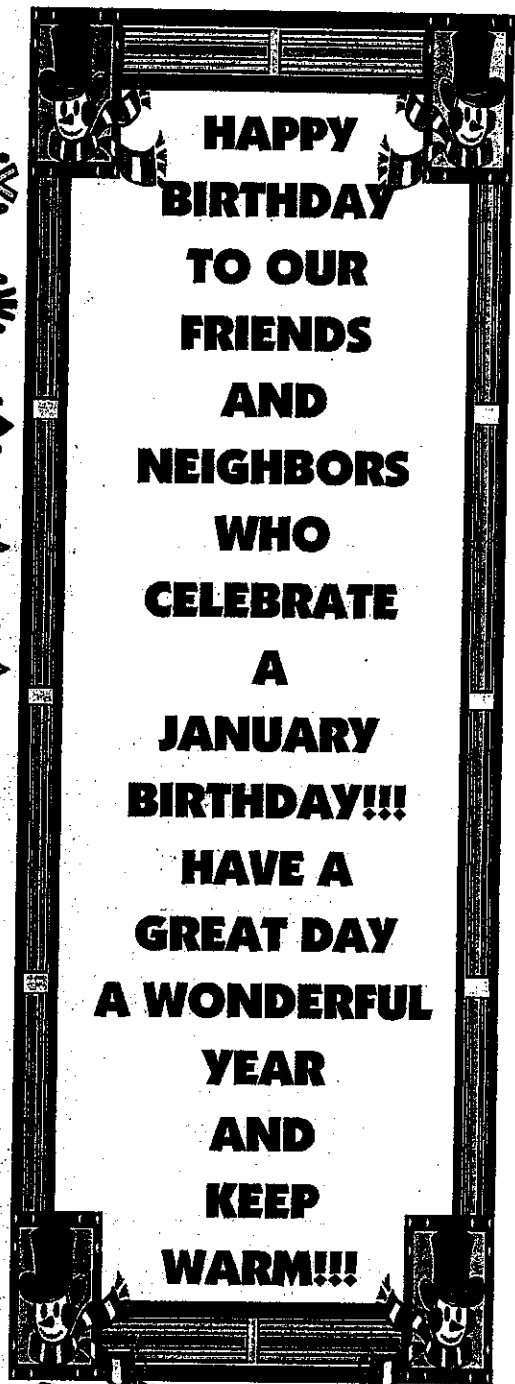
Written and Shared with us by
Bob Vondale

LOTS
OF
CHEER

SNOW TIME

T C U S B A N H Z U A Z Y J P
 D F C H U T Q Q Y B E F G P D
 Y Z I Y F Z K S I R B O O T S
 I E U R R E T A K S M G U S K
 L T K K D I G X N T Z B Y B P
 D L O C E R C I F U E H K J L
 N I I V O Z A M D F M J U A E
 E M X H O H E Z G I H R H V V
 T T I P C V K E Z A V O O L O
 S L I P N J F I R I C E W T H
 J P E H O E Z K W F L A K E S
 M N A M W O N S N O W B A L L
 X Q I E V H A L M F L Q W Z U
 Y O R L X L T E Y O W C J U S
 M E B E T C O D W T J J S B H

BLIZZARD	BLOW	BOOTS	BRISK
CHAINS	CHILL	COLD	DIG
DRIFT	FLAKES	FREEZE	HOCKEY
ICE	MELT	SALT	SHOVEL
SKATE	SKI	SLED	SLUSH
SNOWBALL	SNOWMAN	STORM	WHITE



THE POWER OF OPTIMISM

"All that we are is the result of what we have thought. The mind is everything. What we think we become." ~~~~~ Buddha

"If you think you can, you can. And if you think you can't, you're right." ~~~~ M.K. Ash

"The real winners in life are the people who look at every situation with an expectation that they can make it work or make it better."

~~~~~ Barbara Pletcher

"Every man is free to rise as far as he is able or willing, but the degree to which he thinks determines the degree to which he will rise."

~~~~~ Ayn Rand



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JANUARY 2016

Sun

Mon

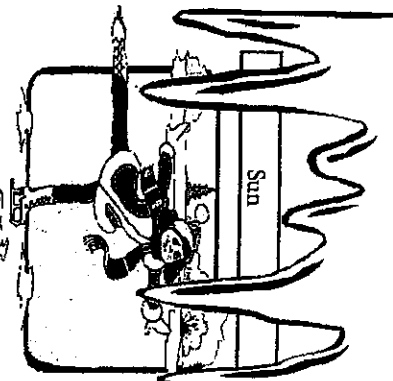
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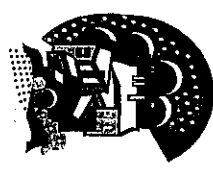
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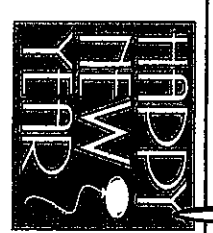
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Winter is a
song of joy ~~~
a magical time of
year!!!



The New Year lies before you
like a spotless track of snow.
Be careful how you tread on it
for every mark will show!!!

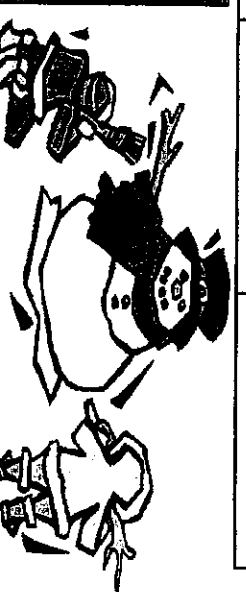


NO
COFFEE & CHAT
UNTIL SPRING

| | | | | | | | | | | | |
|----|-------------------------|----|---------------------------------|----|--------------|----|--------------------------------------------------|----|---------------------------------------------|----|-------------------------------------|
| 3 | WATER OFF
9AM - NOON | 4 | BREAKFAST @
FLAP JACK ~ 8 AM | 5 | BINGO ~ 2 PM | 6 | NO
C.F.A.
BOARD
MEETING | 7 | MEN'S
BREAKFAST
@ GUERRAZZI'S
8 AM | 8 | NO
COFFEE & CHAT
UNTIL SPRING |
| 10 | 11 | 11 | 11 | 12 | 13 | 14 | SOUP & SALAD
12 - 1 PM | 14 | MEN'S
BREAKFAST
@ GUERRAZZI'S
8 AM | 15 | NO
COFFEE & CHAT
UNTIL SPRING |
| 17 | 18 | 18 | BINGO ~ 2 PM | 19 | 20 | 21 | WOMEN'S
BREAKFAST @
GUERRAZZI'S
8:30 AM | 21 | MEN'S
BREAKFAST
@ GUERRAZZI'S
8 AM | 22 | 23 |
| 24 | 25 | 25 | 26 | 26 | 27 | 28 | EUCHRE ~ 2-4 PM | 28 | 29 | 30 | 31 |



JANUARY BIRTHSTONE
GARNET
JANUARY BIRTH FLOWER
CARNATION



Cadgewith Farms Newsletter

January 2016



Cadgewith Farms Directory

We will be sending out letters in regards to your current information, which may include who is living with you, current phone number, snow bird address and phone numbers, emergency contact. We are also adding a section for pet information. We don't want our furry friends to get lost. Any questions please contact the office and we will answer them for you

Open Gym

The long awaited Cadgewith Farm's Gym is now up and running for those of you interested in using the facility. Come check out the sleek design with the awesome colors. Stay out of the cold and come walk on our treadmill.

OFFICE HOLIDAY HOURS

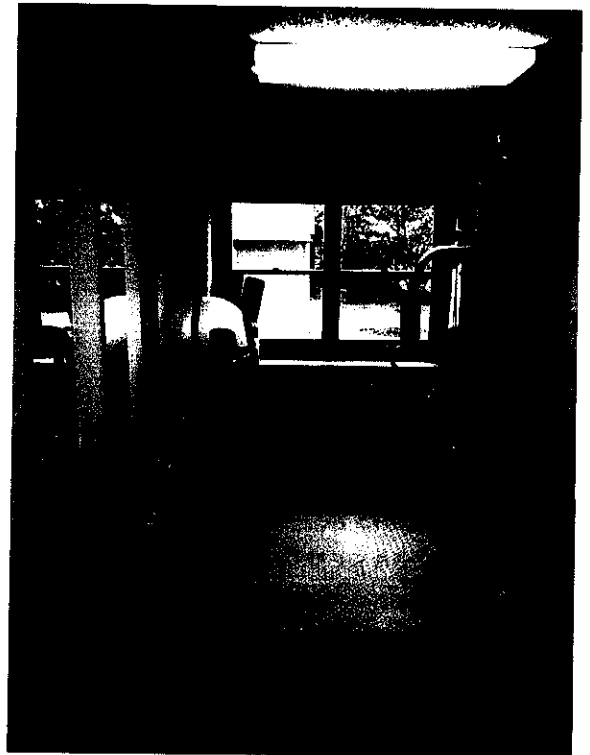
December 31st Closed

January 1st Closed

January 4&5 Open 9am-5pm

End of Year Receipts

If you would like a print out of all your payments for 2015, please let us know in advance. We will gladly print a copy of your payments for the last year. Just call or stop in and we will make sure that it is ready for you.



MAINTENACE NOTE

PLEASE MAKE SURE THAT WHEN WE DO HAVE SNOW THAT YOU DO NOT SHOVEL OR SNOW BLOW IT INTO THE ROADS. THIS MAKES KEEPING THE ROADS CLEAN AND SAFE HARDER FOR OUR GUYS. ALSO, WE WILL ONLY BE PLOWING THE END OF DRIVEWAYS WITH BIG SNOW STORMS.

Five heart healthy foods to include in your diet

Eat these five foods to help lower the risk of heart disease.

Posted on **December 21, 2015** by **Leatta Byrd**, Michigan State University Extension health experts consider cholesterol levels and other health factors to determine if someone is at risk of developing heart disease. Medical professionals recommend that people aim to have a blood cholesterol level less than 200 mg/dl. There are two types of cholesterol; HDL which is the good cholesterol and the LDL which is the bad cholesterol. Michigan State University Extension recommends that people strive to keep their cholesterol levels within a range that is heart healthy. The following five foods are considered heart healthy.

1. **Oatmeal** is a good source of beta glucan which can lower blood sugar and take cholesterol out of the body. Nutrition experts recommend that you have 1 ½ cups of oatmeal as part of a low saturated fat and cholesterol diet to get this health benefit.
2. **Soy protein** has been shown to reduce the LDL cholesterol (bad cholesterol) but can depend on the cholesterol level of an individual. The U.S. Food and Drug Administration has approved a health claim for food labels stating that eating 25 grams of soy protein per day may reduce the risk of heart disease.
3. **Spinach** contains both lutein and zeaxanthin which are forms of antioxidants. They boost your HDL “good” cholesterol, the higher your HDL level is the better.
4. **Salmon** is a source of omega-3 fatty acids. Omega-3s have been shown to help lower triglyceride levels, reduce the risk of blood clots, reduce the overall risk for heart attacks, and lower blood pressure levels.
5. **Walnuts** are a good source of polyunsaturated fat and omega 3. This fat has been shown to reduce blood cholesterol levels and lower the production of LDL cholesterol in the body. The lower your LDL level is the better.

Chicken Noodle Soup with Spinach

Ingredients:

- 2 teaspoons olive oil
- 1 teaspoon minced garlic
- 3 (14-ounce) cans fat-free, less-sodium chicken broth
- 2 skinless, boneless chicken-breast halves
- 1 (1-inch) cube Parmesan cheese, preferably with rind
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 1/4 teaspoon grated whole nutmeg
- 1/2 cup uncooked tubetti (tiny tube-shaped pasta) or other small pasta
- 1 (5-ounce) package baby spinach
- 1/4 cup shaved fresh Parmesan cheese

Preparation:

1. Heat oil in a large stockpot over medium-low heat. Add garlic; cook 10 seconds or until fragrant. Add broth, chicken, Parmesan cube, salt, pepper, and nutmeg. Bring to a boil; reduce heat to medium, and simmer 10 minutes. Remove chicken; set aside. Remove Parmesan cube; discard. 2. Return broth mixture to a boil. Add pasta; simmer 9 minutes or until pasta is tender. 3. Cut chicken-breast halves into thin strips; return to soup. Stir in spinach, and simmer 1 minute or until wilted. Divide soup evenly among 4 bowls; sprinkle with 1/4 cup shaved Parmesan cheese.

