

COLOURFUL HAPPENINGS

DECEMBER 2016

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HABITAT FOR HUMANITY - DICK PEEBLES

Habitat for Humanity Craven County needs volunteers. Would you consider volunteering one morning a week? Several of your neighbors do. Habitat for Humanity (HFH) will shortly begin construction

of a new home in New Bern, their

62nd house. We work from 8:00 AM till noon Tuesdays and/or Thursdays. Any or no homebuilding skills are welcome.

HFH provides a hand up not a hand out. Homeowners provide 200 hours of sweat equity, a down payment and monthly payments toward an interest free mortgage.

Please contact the Volunteer Coordinator, Deedra Durocher, of HFH of Craven County at 252-633-9599.



“ON THE MOVE” IN CAROLINA COLOURS!

Last month, we talked about the importance of keeping physically active and the concept of “overload” in order to improve fitness levels.

This month: What does being ‘fit’ really mean? How is “fitness” measured? Are you “fit” for your age and gender?

According to the ACSM, “fitness is a set of attributes that people possess or achieve that relates to the ability to perform physical activity and is comprised of skill-related, health-related, and physiologic components.” For this article, we will focus on health-related fitness, which is associated with the ability to perform daily activities *with vigor* and having traits and capacities aligned with a low risk of premature development of diseases associated with physical inactivity. Health-related fitness is made up of five components: (1) cardiovascular fitness (2) muscular strength (3) muscular endurance (4) flexibility and (5) body composition.

Why is it important to be ‘fit’? Keeping our hearts and muscles strong helps ensure we can keep doing the things we want to do for a very long time. It also means being able to live independently and continue to perform our activities of daily living by ourselves while enjoying the *quality of life* to which we are accustomed. Muscular endurance means being able to do physical activities for a longer period of time (i.e. not pooping out on our kids or grand kids!) Flexibility is important in preventing injuries, especially to our backs, being able to reach low and high items on shelves, and being able to back up our cars by looking over our shoulders. Body composition matters because where fat is stored in our bodies can be harmful to our hearts, other bodily processes, and can be a major contributor to disease.

How do you know if you are fit? There are tests that can be done (shameless plug: and I can do them for you!) that assess your cardiovascular fitness, your muscular strength, your muscular endurance, your flexibility, and your body composition, based on your gender and your age. After compiling and analyzing the results, a fitness program can be developed specifically for you based on your needs and goals.

Maybe you’re thinking, “Hey, my heart is strong because I walk, jog, cycle, swim, play tennis, etc., and that’s good enough.” Maybe you’re thinking (especially if you’re a woman) that “strength doesn’t matter.” But ALL of the components of fitness matter! Especially

strength, and especially if you are a woman! Strength training is important for everyone and *we should all be doing it twice a week*, especially as we age. According to the ACSM, “Muscle strength declines significantly after age 50, at approximately 15% per decade.” Yikes! Also, as we age, we lose more bone than we make new. Strong muscles help build strong bones and help ward off osteopenia and osteoporosis. Strong muscles and bones are a ‘quality of life’ component that is so important in our later years in helping us to keep our balance/prevent falls, use the bathroom, and even get out of a chair or get up off the floor.

“So how do I add strength training to my fitness program, you ask?” Think about your major muscle groups and do something for each one. For example, adding in squats and lunges for quads, hamstrings, and glutes; crunches and planks for the abs and back; and curls for biceps, elbow extensions for triceps, and overhead presses for shoulders.

As we approach the coming New Year, it’s a good time to evaluate our health and fitness goals and put plans in place to achieve them. It’s not always about weight loss! *It’s about being strong and flexible, too.* As always, if you have a medical condition or if you haven’t been physically active for a long period of time, check with your doctor and get the ‘ok to proceed’.

There are so many fun ways to get fit and keep fit. Sometimes, we just need a little bit of motivation and support to start or to keep at it. If you’d like to be on my e-mail list for upcoming classes, send me an e-mail and I will add you.

Have a very Merry Christmas and I’ll see you next year...Keep moving!

Leigh A. Toth, ACSM-certified Personal Trainer,
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LAT Training
& Fitness

Three Programs, One Goal—*Character Education* - Pamela Boyd

The First Tee National School Program (NSP) introduces The First Tee Nine Core Values, Nine Healthy Habits, and the game of golf to elementary students during physical education classes. The use of SNAG (Starting New At Golf) equipment allows the students to experience golf with larger balls (tennis sized), larger club heads, and Velcro targets. Currently introduced to more than 22 elementary schools in Craven, Jones, and Pamlico counties, this school golf program creates an environment where young people are introduced to the lifelong sport while learning the basic golf motor skills and the inherent values of the game. We are also preparing to expand to Carteret, Lenoir, Onslow and Pitt counties!

The First Tee School Day Program (SDP) introduces The First Tee Nine Core Values, Nine Healthy Habits, and the game of golf to fifth grade students at a green grass facility (golf course). Lessons involve real golf clubs and golf balls on the driving, chipping and putting ranges. An army of Volunteer Coaches assist in the instruction of basic motor skills, proper etiquette, and mechanics in golf.

The First Tee After School Program (ASP) introduces The First Tee Nine Core Values, Nine Healthy Habits, and the game of golf to students age 7-18 at a green grass facility (golf course). Lessons involve real golf clubs and golf balls on the driving, chipping and putting ranges. Students are also encouraged to play 9-18 holes during each semester. An army of Volunteer Coaches assist in the instruction of all levels in the program; from PLAYer level to ACE level.

Let me tell you why The First Tee of Eastern North Carolina is important to my family and why I am very grateful for your participation in this event! Our mantra "It's All About The Kids", while true, is more "It's All About The Community." We have the unique pleasure to be raising kids in a small town environment. In order to equip the kids to succeed, not only in our area, but across the world, we introduce, teach and reinforce Nine Core Values, Nine Healthy Habits, and Our Code of Conduct.

With the on-demand mentality, the ease of getting information, and the reduced one on one time because of life, the need to have a program that reinforces our values, as a family, aids in raising our two tween/teen girls. I love the phrase "it takes a village" and have adopted that since becoming a military family. We have moved across the United States over 18 years. Sometimes we stay for two years, sometimes we stay for four. But with each location we have had a village to help us every step of the way. The First Tee of Eastern North Carolina has become a part of my village. I cannot adequately express how much the program means to my family. I started as a volunteer over two years ago and have worked with them in one capacity or another ever since! I have also had my family working alongside me at many events; my husband, my two girls, my parents, and my friends, who have become family.

This is why your continued support, donations, and spreading the word about our program is important, not only to my family, but to the community.

December Birthdays

3	Skip	Zimmerman
4	David	Constant
6	Steve	Shaffer
11	Diane	Stewart
18	Ed	Stinson
22	Jim	Emerson
24	Grace	Santore
24	Jane	Czernik
25	Russ	Stewart
26	David	Barnett
27	Debbie	Morse
27	Carol	Aluzzo
30	Louise	Robinson
30	Liz	Taylor

Chef's Korner - Chef Katherine

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Happy December, everyone! I hope everyone had a wonderful Thanksgiving with lots of food and laughter! With that said, I for one, am kinda sick of turkey. Yes, I know some of you gasped with horror at that; but it's true..... I just can't look at another turkey. So, this year for Christmas I have decided to focus on side dishes. Here are a few of my favorites, and two special request recipes! Merry Christmas and Happy Holidays! :)

SWEET CORN PUDDING:

- 1 (8oz) package Jiffy Corn Muffin Mix
- 1/2 cup (1 stick) softened butter
- 1/2 cup granulated sugar
- 2 large eggs
- 1 (14 & 1/2oz) can creamed corn
- 1 (14 & 1/2oz) can whole kernel corn
- 1 cup (8oz) sour cream
- 1/2 cup milk

Preheat oven to 325F. Grease or spray a 9"x13" baking dish. Set aside.

In a large bowl, mix all ingredients together using an electric mixer. You really can't over mix at this point. If you don't have an electric mixer, that is perfectly fine. Just make sure all ingredients are thoroughly mixed together. Pour into greased baking dish and bake for 45-55 minutes. You want the top to be light golden brown and the center to be slightly giggly, not runny.

Remove from oven and allow to cool for about 5-10 minutes before serving.

SQUASH CASSEROLE:

- 5-6 ribs celery, chopped
- 4-5 lbs yellow squash, sliced
- 1 large yellow onion, chopped
- 1/2 cup Duke's mayonnaise
- 1 small can Cream of Mushroom soup
- 1 cup sour cream
- 1 1/2 cups vegetable or chicken stock/broth
- 2 tsp garlic powder
- 2 tsp onion powder
- 2 tsp lemon pepper
- 2 tsp kosher salt
- 1 bunch fresh parsley, chopped

4 cups shredded cheddar cheese

1 large bag of stuffing mix (whatever you like, doesn't really matter) , set aside 1/2cup

1/4 cup (1/2 stick) of butter

Preheat oven to 325F. Grease a 9"x13" pan and set aside.

Melt butter in a large pan, cook onions and celery for about 10 minutes on medium heat, or until tender. Add squash and spices; continue to cook for an additional 10-15 minutes, until slightly tender. (covering the pan once you add the squash speeds this part up a bit) Remove from heat and allow to cool slightly.

In a large bowl stir together the mayo, sour cream, broth, and cheese. Once the squash has cooled slightly add into the mayo mixture. - place about half of the dry stuffing mix (leaving the 1/2cup for the top) in the bottom of the pan. Top with half the squash mixture, then the remaining stuffing mix and the rest of the squash. Top it all off with a sprinkling of the stuffing that was set aside. Pour over any liquid from the squash mixture over the top.

Cover with foil and bake about 35 minutes. Uncover and bake 10-15 minutes longer.

GREEN BEANS with HERBED MUSHROOMS:

- 1lb fresh, hericot vert green beans
- 1/2 - 1 stick unsalted butter**
- 1/4 cup olive oil
- 1 shallot, peeled and chopped
- 1 & 1/2lbs assorted mushrooms (cremini, button, portabello caps, etc..)
- 3 whole cloves of garlic, peeled and minced
- 1/3 cup Sherry
- 1 teaspoon fresh thyme leaves
- salt and pepper to taste

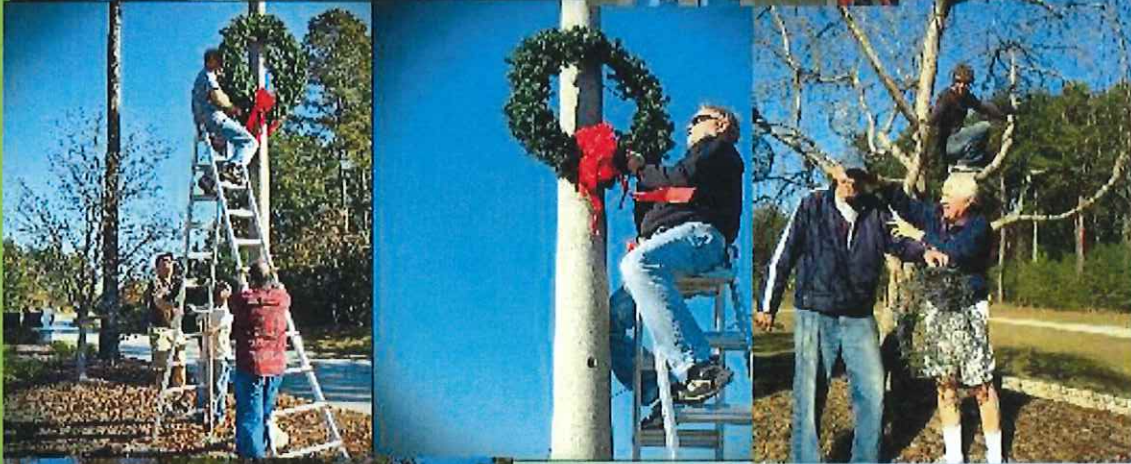
In a large sautee pan, melt butter over medium high heat. Add olive oil and chopped shallots. Cooke over medium high heat for about 5-6 minutes, or until they start to turn translucent. Meanwhile, wipe mushrooms clean with a dry paper towel. never rinse or soak mushrooms. Slice mushrooms very thin. Add thyme and mushrooms to the pan and stir until fully coated. The pan may appear to be dry after the mushrooms are added, that's ok. Add a few pats of butter to the pan and allow to melt. Do not add salt or pepper at this point. Salt will draw out any moisture from the mushrooms and we don't want that right.

After about 8 minutes and the mushrooms have a nice color on them. Add the Sherry, sprinkle of salt, and garlic. Continue to cook for about 10 minutes longer, stirring every so often. Allow the liquid to evaporate slightly. Sprinkle with cracker pepper and a bit more salt, if desired.

While mushrooms are cooking, bring a medium size pot of water to a boil. When water begins to boil, add a few tablespoons salt and the green beans to the water. Making sure beans are covered with water, turn down the heat to medium-low and cover. Cook green beans for about 7 minutes until crisp tender. They will continue to cook a bit after draining. After beans have reached desired tenderness, drain and place in a serving dish. Top with the mushroom mixture and all the juice in the pan. Sprinkle with a bit of fresh thyme if desired.

** You may use any herb butter or even a truffle butter if you like. If you do, I would start with a tablespoon of flavored butter mixed with a few tablespoons of regular butter. Sometimes the flavored butters are a bit over powering. **

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Merry Christmas
Enjoy this
season of happiness
and joy