

### 2016-2017 Officers

President  
Becci Barlow

President Elect  
Donna Fisher

Secretary  
Kathy Tucker

Treasurer  
Lily Hill

Directors  
Lynne Wolverson  
Connie Gibson  
Peggy Jensen

PJ Rep &  
Newsletter  
Carol Hirsh &  
Sharon Comstock

Chaplain  
Rose Penner

Division Chairs:  
Fund Raising  
Connie Gibson

Projects  
Roberta Yacko

Membership  
Lynne Wolverson

## Mark Your Calendar

Mon, Jan 16	6:00 Meeting at Civitan
Mon, Jan 23	6:30 BINGO at Presbyterian Manor
Fri, Jan 27	12-1 Veteran's Coalition Luncheon
Mon, Feb 6	6:00 Social at Panera's
Wed, Feb 8	9:30 Workday at Levy



Jan Birthdays  
 Mary Malone.....Jan 3  
 Peggy Jensen.....Jan 17  
 Kathy Tucker.....Jan 20

President Becci says, "It's time to

# get excited

for the second half of the Pilot year!"

- ◆ Selection of a nominating committee
- ◆ Election of officers
- ◆ Developing plans of work for 2017-18
- ◆ Plant sale
- ◆ District Convention
- ◆ International Convention
- ◆ Lots of fun programs coming
- ◆ Opportunities for hands on volunteering

*Watch for details!*



## Opportunity to volunteer

Needed: one or two members who would be willing to help with the Veteran's Coalition luncheon when Sharon or Carol are unavailable. It involves supplying a dessert, arriving around 10:30 to help set up the food and room (putting on tablecloths and centerpieces), helping serve lunch, and cleaning up. Lunch is served at 12 and is followed by an interesting speaker. Staying for cleanup is optional but very helpful to Hutch and Patty. It's easy work and you would not have to do it every month. Please talk to Sharon or Carol to volunteer or to get more information.

## Put on your thinking caps

Think about a shoebox filled with \$20-\$40 worth of goodies....all items related to a theme. We need to take at least 2 of these shoeboxes to District Convention in April for the Founder's Fund auction. These "mystery boxes" will be auctioned off and the money will go to PI for grants and scholarships. Be thinking about possible themes and items to include.

BOOKS!

FUN WITH GRANDKIDS!

LET'S RELAX!

BLING!





By Sharon Comstock

Ok, the eating Holidays are over, time to get back to taking care of ourselves and family by making some healthy eating choices. The number one item to increase in our diet is VEGETABLES!!! If you haven't perused the frozen vegetable freezer section in awhile, you might be pleasantly surprised like me! The combinations of vegetables, pastas, beans, and seasonings may pleasantly surprise you! Because I was cooking for just one the month of December, I bought and tried several combination bags of these vegetables. They were delicious and filling! I experimented with adding a frozen meatball or two and it was a quick and easy and delicious PLUS a healthy meal!!! Try some, you might like them!!! I will be bringing one of these tasty frozen vegetable combinations for our next meeting, plus red pepper hummus, made from scratch, of course! It really isn't that hard, and a great substitution for higher fat dips. Here's the recipe:

### Roasted Red Pepper Hummus

Servings: 3 Serving size: 1/2 cup

- 1 1/2 cups garbanzo beans
- 1/2 cup red bell peppers, roasted
- 1 T lemon juice
- 2 garlic cloves, roasted
- 2 tsp Tahini paste
- 1 tsp sea salt
- 1 tsp paprika
- 1/8 cup water if needed
- 2 whole wheat pita breads (half pita per person)

In a blender or food processor, add all ingredients and blend until all lumps are gone. Split 3 ways and enjoy as dip or spread.

*Our love and deepest condolences go to our dear Rose Penner in the loss of her husband Paul on January 1.*



### *Holiday House*

News from Lily....the net income from Holiday House after all expenses, including sales tax, was \$2,544.35. This includes the nuts. WE STILL HAVE QUITE A FEW BAGS OF NUTS LEFT that we need to sell. We projected a profit of \$3,000 so we came close.

### *50/50 Winner*

Congratulations to President Becci Barlow for winning our 50/50 this year! She took her \$326 and flew off to visit her son and his family in sunny Florida!



*Let's resolve to do more, be more, and care more in 2017!*