PCWNC’s
January 14 General Meeting
Place: Texas Hall, Alkek Fine Arts Center @ Weatherford College
Social Time: 10:00 AM
Meeting: 10:30 AM
Cost: Lunch: $9.50 Drink only: $1.00
Program: Are you ready to shape up for the New Year? Monty Haney will talk and demonstrate his best kept secret in Weatherford. 4 minute fitness. Yes, 4 minutes! Don’t miss this one.

In the interest of time, please give announcements by phone or email to Dottie Mills (817-901-9373) by the Wednesday before each meeting. She’ll be happy to read them at the meeting. Those desiring to make a report, please let Dottie know before the meeting.

Remember
A reservation made is a reservation paid. There will be no meals available for those without reservations. Please give your caller a definite “yes” or “no” for a reservation. Reservations and cancellations must be finalized by Monday at noon. If you have not received a call for a reservation by Monday a.m., call Debbie Cockrell (817-599-7720) or Sue Coleman (817-613-1613) to make one.

Please refrain from making comments or announcements about politics, politicians or voting at the general meetings.

Please silence all cell phones at general meetings.

THOUGHT FOR THE MONTH

The pathway to happiness is taken STEP BY STEP. But it is not a path that is touched with the feet. It exists in a realm of true beliefs; a place where the heart helps to lead the way and the spirit always finds the will to go on.

~ Douglas Pagels

January Board Meeting
Debbie Cockrell at 100 Wood Oak Trail will host the Board Meeting on Thursday, January, 13, 2011 at 10:00 a.m.
Bible Sharing
Mary Pearson 817-596-9354 holds this time of sharing in her home at 501 Pearson Ranch Rd., Weatherford, Monday, January 17, at 1 p.m. Jo Cheatham leads us through topical discussions that relate to our everyday lives using the Bible for reference.

Breakfast Club
We meet at 9:00 a.m. on Tuesday, January 4, at The Cracker Barrel south of Interstate 20. For info call Charl Roberson at 817-598-1537 or 817-613-6788.

Bridge I
Join us at Granny’s Kitchen on Santa Fe for bridge on Tuesdays, January 11 and 25, at 10:00. We range from experts to novices, so everyone is welcome. You’ll love the game and us! Must make reservations by January 10 & 24. Please call Susan Shaw 817-441-7232.

Bridge II
Come, join our bridge group, Thursday, January 27 at Granny’s Kitchen, 1802 Santa Fe Drive at 10:00 a.m. We are not all experts and we have a GOOD time! If you need more information or directions, Call Carol Logan at 817-594-0125. Reservations would be appreciated.

Bunco
For a fun time come to the Senior Center on Tuesday, January 4, at 9:30. Located at 1233 Lake Holland Dr., Weatherford. Fee is $8, which includes lunch. There are always 5 lucky winners who take money home. Learning how to play Bunco takes about thirty seconds. For reservations, you can call Jean Edwards 817-596-3235.

Canasta
Meet us Monday, January 10, at Antonio’s, 1900 Santa Fe Drive, Weatherford at 11:00 for a fun time playing Canasta. For reservations, call Jeannine Colley 817-441-7167.

Chick Flicks
Let’s go to the movies at the City Lights Theatre on Friday, January 21. We usually eat lunch first, so for meeting time and restaurant, please call Jean Banks 817-441-1124.

Discover Parker County
Jamie reports she will be planning something for February. Call Jamie Bodiford at 817-269-4597.

Game Daze
If you like to play all kinds of games, this group is for you. On Friday, January 28, bring a lunch dish to Carla Kerr’s, 406 Charlie Way, Weatherford, 76087 (817-594-2552). It starts at 10:00 and is usually over by 2:00. If you need more info, call Marcy Brooks at 817-441-8061.

Mah Jongg
Join us each Wednesday in January at 10:30 at Antonio’s, 1900 Santa Fe Dr. For information and reservations Call Dana Cook 817-598-5924.

Sew ‘n’ Sews
Join us for sewing, conversation, fun and refreshments at 9:30 a.m. on Wednesday, January 5, at the home of Betty New (817-594-7905), 114 Edge Hill Terrace, Weatherford. (Reservations not needed but, for information, call Lyn Palermo 817-341-3095.

White Dragon Ladies
White Dragon Ladies meet on Tuesdays, January 4 and 11 at the Aledo Community Center from 1:00 to 4:00 p.m. Bring a drink and your own snack. Please give Sunshine Lockley a call if you are coming at 832-515-5916 or email sunlockley@gmail.com.

PCWNC Book Club
We will meet at Opal Dale’s, 1100 Sam Bass Rd, Willow Park, 76087 on January 13 at 1:00 p.m. (directions 817-441-6725). We are reading “Maisie Dobbs” by Jacqueline Winspear. Order from Amazon.com. Read and come ready for a lively discussion with Opal leading the way. Call PJ at 817-341-6434 for reservations.

Joyful Junkers
“‘On the Road Again…’ Looking for Antiques, Vintage Treasures and Junque!”
If you love looking for antiques, or are just looking for a great “find”, join us on Tuesday, Jan. 25th to go to The Red Shed in Colleyville. Meet at 9:00 am at the Willow Park Brookshire’s to carpool. We will shop and have lunch in Colleyville—looking forward to seeing you! For more info call Marilyn Starnes at 817-594-4996 or 817-851-8192 or e-mail Marilyn@Starnes.org.

Community Resources
Jo Cheatham 596-0984 compiles names and information on area professionals. Please call with your recommendations.

Activities continued on Page 3
HORERADISH: Glucosinolates, compounds in the roots and leaves of the horseradish plant, can increase the liver’s ability to detoxify carcinogens and may suppress the growth of existing tumors. Horseradish has ten times more glucosinolates than broccoli, the next-best source.

Use: Mix into Ketchup for cocktail sauce or mustard for sandwich spread; add to yogurt to serve with lamb or fish.

OLIVE OIL is converted during digestion to a hormone that helps keeps brain cells healthy. Researchers hypothesize this hormone (oleylethanolamide or OEA) signals the part of the brain responsible for turning short-term memories to long-term ones. It seems to be part of the glue that makes memories stick.

Use: Drizzle on roasted vegetables or salad; mix with garlic and a pinch of salt and spread on whole grain bread; or blend equal parts olive oil, balsamic vinegar, and water with a squeeze of lemon and use as a dip for crisp veggies.

Send a little prayer up for God’s blessings for our friends.

Send your Sunshine/Shadow info to:
Alicia Pittman (817-441-7422H) or 817-429-7338C)

January Birthdays
02—Dora Belew 15—Linda Waters
03—Jo Alexander 20—Fran Martell
10—PJ Webb 22—Clark Strickland
12—Jackie Summers 25—Julie Kallemeyn
13—Betty Cooper 29—Karren Lucas
13—Lucy Wiggins 31—Pat Farrington
14—Joyce O’Bannon 31—Willetta Bumpas
15—Donna Poppe 31—Jerre Miller

Day Trippers
The Texas Opry on the square in Weatherford presents Elvis Tribute Artist Donny Edwards, a finalist on ABC’s “The Next Best Thing” on Saturday, January 29 at 7:00 p.m. Call 817-846-5866 to purchase tickets. We plan to dine at Pastafina on Main Street at 5:15 p.m. before the event. Call Kathryn Linde at 703-727-5227 if you have questions.
Bon Appétit, Y'all

Sautéed Spinach With Raisins and Pine Nuts

1/2 cup golden raisins
2 bunches spinach (1-1/2 to 2 lbs)
1 tablespoons olive oil
2 cloves garlic, thinly sliced
1/4 cup pine nuts
Kosher salt and freshly ground pepper

Place golden raisins in a small bowl, and cover with 3/4 cup warm water. Set aside. Remove any tough stems from spinach, and wash thoroughly. Set aside. Place a wide 6 quart saucepan over medium heat and add olive oil. Add garlic, and sauté 1 minute. Add pine nuts. Cook, stirring constantly, until golden brown, about a minute. Drain reserved raisins, add to pan. Add spinach, season with salt and pepper to taste. Cook, stirring constantly, just until spinach has wilted, 3 to 4 minutes.

Lacey's Poppy Seed Pear Apple Salad

1 cup chopped pears
1 cup chopped apples
3/4 cup chopped raw cashews
3/4 cup dried cranberries
1 cup cubed provolone cheese
3 cups salad greens
poppy seed dressing to taste

Toss first 4 ingredients together. Add poppy seed dressing and mix well.

Sue Stephens
Hostess Becky Tripp

President Dottie Mills

Jo Cheatham looking festive

Sandra Lee admiring one of eight trees decorated by Becky

Kathryn Linde and Dottie Mills in lobby of Ashton Hotel waiting to go in for high tea

Sandy Linde-Ellis, Charlene Ball, Carla Kerr, Kathryn Linde and Gigi Moore attending the high tea in Fort Worth.

Gail Box, a wannabe harpist at the tea. We didn’t realize the harp was turned the wrong way!
PCWNC Business Listings

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