



Community

Christmas Decorating Contest

As in years past, West Fork Village has encouraged residence to decorate their decks and patios for Christmas.

Although the Village has had Christmas decorating contests in the past, this year we encourage you to make it the best year ever!! Anyone who has Christmas decoration on their patio or deck will be entered into the contest.

No need to register!



The 1st, 2nd and 3rd place winners will receive gift certificates. A picture of each winning deck or patio will be featured in our next West Fork Village Voice. So join the fun and get your decorations up early!!

Please, note the contest rules on the back of this Newsletter for your convenience.

Here are some ideas to get you started:

Lights
Twinkle lights can be wrapped around the deck railing or can be used to outline different forms like a star, tree or wreath made out of wood or even cardboard if it will be out of the weather. You might also consider using twinkle lights to spell out words such as Merry Christmas or Greetings.

Greenery
Decorating with greenery can give your patio or deck a festive look without much effort on your part. You can wire (plastic only, please) fresh or faux evergreen to wire the front of your patio or draped in scallops from your deck rails. Also, swags and wreaths can be decorated and hung from your door with a door hanger found at discounts stores.

Tree

Consider putting your tree out on your patio or deck this year especially when a tree will cramp your style inside. Use a faux tree with twinkle lights for a festive look. Or you could plant a live 3 -4 foot live tree in a garden pot and decorate with waterproof ornaments and ribbon.

Ribbon

Ribbon can be used anywhere lights or greenery is used. You can use it by itself or to enhance your lights and/or greenery. Just remember to buy waterproof or "made for outdoors" so it holds up to our Colorado weather. However you decorate making it simple and fun will add to your holiday enjoyment for many days to come. If you have any questions or concern call or email the manager.

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Newsletter Articles

If you would like to contribute to the "Village Voice" please write it up and put it in the check slot in the mail room or give it to the manager.

We still need some of your email addresses. This is so we can easily communicate with you and keep you informed of any changes.

1. Put it into the HOA slot.
2. Give it to the manager.
3. Send an email with your information to onsitemanager@westforkvillage.org

Thank you!!

Guest Suites... There's Always Room for One More!

Do you have out-of-town guest coming for a visit? Book a suite at just \$60 and \$75 a night.

Your visitors will enjoy full access to the Clubhouse facilities including the pool, sauna, fitness room and fireside lounge. Guests will enjoy a complimentary continental breakfast in the Guest Suite breakfast nook every morning of their stay (if booked and requested in advance).

Not only will your visitors love their luxurious accommodations, but you will avoid the headache of deep cleaning your home and navigating extra piles of luggage. Call (970) 378- 7502 to reserve your suite today.

Guest Suite A The Family Suite

\$75.00/night + tax
(Sleeps 4).

Two queen beds, jetted tub, computer desk, TV, large closet, continental breakfast if requested.

Guest Suite B The Honeymoon Suite

\$60.00/night + tax
(Sleeps 2).

One queen bed, jetted tub, TV, continental breakfast if requested.



Food for fun

Apple Cider Pancakes

- ✓ 2 cups flour
- ✓ 2 teaspoons sugar
- ✓ 1 teaspoon baking powder
- ✓ 1/2 teaspoon baking soda
- ✓ 1/2 teaspoon salt
- ✓ 2 eggs
- ✓ 1/4 cup butter, melted
- ✓ 1/2 cup buttermilk
- ✓ 1/2 cup greek yogurt
- ✓ 1 cup apple cider



Directions

1. Whisk together the dry ingredients in a medium bowl.
2. In a small bowl, combine all of the wet ingredients and whisk until well combined.
3. Add the wet ingredients to the dry ingredients and stir until just combined. Batter should still be somewhat lumpy.
4. Grease a skillet over medium heat and add small batches of batter to the skillet. Cook over medium heat until bubbles form and pop, then flip the pancakes over and continue cooking until the bottom is browned and the center is cooked through.

Cinnamon Syrup

- ✓ 1/2 cup white sugar
- ✓ 1/2 cup brown sugar
- ✓ 1 cup water
- ✓ 1 teaspoon vanilla extract
- ✓ 1 teaspoon Saigon cinnamon
- ✓ 1 tablespoon flour
- ✓ 1 tablespoon butter

Directions

1. In a small sauce pan, stir together the sugars, flour, and cinnamon until combined. Mix in the water and turn the heat to medium. Bring to a rolling boil and boil, stirring occasionally, for about 10 minutes, or until the sauce thickens up a bit.
2. Remove from the heat and stir in the butter until melted.
3. Stir in the vanilla extract.
4. Serve warm.
5. Store in the fridge and reheat as needed.

From bunsinmyoven.com



During the holidays season it is only natural to have friends and family to your home to celebrate. Here at the Village we encourage you to do so. Please keep in mind, however, your condo is linked to your neighbors with shared walls. Often times this is forgotten and the quiet holiday of one neighbor is disturbed by the celebration of another.

Please remember that quiet time is from 10pm-10am. Also, as a common courtesy, let your neighbors know when you will have guests and how long your celebration will last. This will help alleviate letting your guest know in advance where visitor parking is allowed will also be beneficial to everyone.

Those parking in "no parking" zone will be ticketed.

LOVE
FOODS

♥ Fresh Herbs

Fresh herbs make many other foods heart-healthy when they replace salt, sugar, and trans fats.

Fact: Rosemary, sage, oregano, and thyme contain antioxidants.

♥ Extra Virgin Olive Oil

When olive oil replaces saturated fat (like butter), it can help lower cholesterol levels. Polyphenols, found in extra virgin olive oil may protect blood vessels.

♥ Cayenne Chili Pepper

Shaking hot chili powder on food may help prevent a spike in insulin levels after meals. A small study in Australia showed that simply adding chili to a hamburger meal produced lower insulin levels in overweight volunteers.

Tip: Chili powder is a blend of five spices, while dried chili pepper comes from a single hot pepper. Both are good substitutes for salt in recipes.

♥ Kosher Salt

This may be worth a try for people with high blood pressure. Kosher salt may give you more salty flavor with less actual salt -- and less sodium.

Tip: Mix with your favorite herbs for a homemade, lower-sodium spice blend.

♥ Almonds

They're chock full of plant sterols, fiber, and heart-healthy fats. Almonds may help lower LDL cholesterol and reduce the risk of diabetes.

♥ Edamame

They're packed with soy protein, which can lower blood triglyceride levels. A half cup of edamame also has 9 grams of cholesterol-lowering fiber -- equal to four slices of whole-wheat bread.

Tip: Try frozen edamame, boil, and serve warm in the pod.

♥ Black Beans

Black beans are packed with heart-healthy nutrients including folate, antioxidants, magnesium, and fiber -- which helps control both cholesterol and blood sugar levels.

♥ Barley

The fiber in barley can help lower cholesterol levels and may lower blood glucose levels, too.

Tip: Hulled or "whole grain" barley is the most nutritious. Barley grits are toasted and ground; nice for



cereal or as a side dish. Pearl barley is quick, but much of the heart-healthy fiber has been removed.

♥ Flaxseed

This shiny, honey-colored seed has three elements that are good for your heart: fiber, phytochemicals called lignans, and ALA, an omega-3 fatty acid found in plants. The body converts ALA to the more powerful omega-3s, EPA and DHA.

Tip: Grind flaxseed for the best nutrition. Add it to cereal, baked goods, yogurt, even mustard on a sandwich.

♥ Salmon

It's rich in the omega-3s EPA and DHA. Omega-3s may lower risk of rhythm disorders and reduce blood pressure. Salmon also lowers blood triglycerides and reduces inflammation. The American Heart Association recommends two servings of

salmon or other oily fish a week.

Tip: Bake in foil with herbs and veggies. Toss extra cooked salmon in fish tacos and salads.

♥ Sweet Potatoes

With a low glycemic index, these spuds won't cause a quick spike in blood sugar. Ample fiber, vitamin A, and lycopene add to their heart-healthy profile.

Tip: Enhance their natural sweetness with cinnamon and lime juice, instead of sugary toppings.

♥ Low-Fat Yogurt

While low-fat dairy is most often touted for bone health, these foods can help control high blood pressure, too. Milk is high in calcium and potassium and yogurt has twice as much of these important minerals. To really boost the calcium and minimize the fat, choose low-fat or non-fat varieties.

♥ Cherries

Cherries are packed with anthocyanins, an antioxidant believed to help protect blood vessels. Cherries in any form provide these heart-healthy nutrients.

Tip: Sprinkle dried cherries into cereal, muffin batter, green salads and wild rice.

♥ Blueberries

The list of healthy nutrients in blueberries is extensive: anthocyanins give them their deep blue color and support heart health. Blueberries also contain ellagic acid, beta-carotene, lutein, vitamin C, folate, magnesium, potassium, and fiber.

♥ Oranges

This sweet, juicy fruit contains the cholesterol-fighting fiber pectin -- as well as potassium, which helps control blood pressure.

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C O N D O M I N I U M S
V I L L A G E



Solution for last Puzzle Fall 2012

5	3	9	6	1	2	7	8	4
2	8	7	3	4	5	6	1	9
6	4	1	9	7	8	3	2	5
8	9	5	7	2	1	4	3	6
3	1	6	4	8	9	2	5	7
7	2	4	5	3	6	8	9	1
1	7	3	2	5	4	9	6	8
4	6	8	1	9	3	5	7	2
9	5	2	8	6	7	1	4	3

❄️ Christmas Contest Rules ❄️

1. Any damage to the exterior of the buildings will result in automatic disqualification. Example nails, screws, tape that will remove paint, etc. You will be required to repair any damage immediately.
2. Lights may be on trees outside your unit, keeping in mind to be gentle.
3. When you see a unit that you like vote for that unit by submitting a ballot to the office or put in HOA mail slot in the mail room, include your name and unit number and only one vote. These votes will be turned over to the judge for consideration. The decision by the judge will be final.

Winners will be posted on December 15th, 2012.

You may pick up your gift card any time after

December 18th 2012.