

Community

Christmas Decorations

Thank you WFV community for participating in the Christmas decorations. Our complex looked very nice!

Here are the photos of the winners and honorable winners.



Winter I 2013 Volume 1, Issue 6

Inside this issue:

Community	1
Food for fun	2
Wellness Tip	3
Games	3

Honorable winners & other pictures



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.

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.

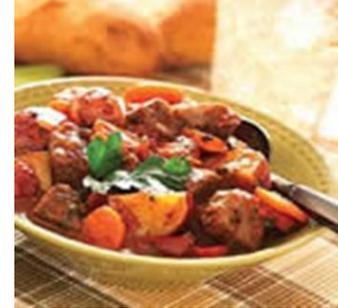


Food for fun

Stovetop or Crockpot Beef Stew

"This hearty beef stew can be prepared either on the stove top, or in a slow cooker, depending on your preference."

- ✓ No-Stick Cooking Spray
- ✓ 2 pounds beef stew meat, cut into 1-inch pieces
- ✓ 1/4 cup flour
- ✓ 1 1/2 teaspoons salt
- ✓ 1/4 teaspoon ground black pepper
- ✓ 1 cup chopped yellow onions
- ✓ 3 carrots, cleaned and sliced on a diagonal
- ✓ 2 bay leaves (optional)
- ✓ 1 tablespoon Worcestershire sauce
- ✓ 1 (14.5 ounce) can diced tomatoes
- ✓ 1 (14.5 ounce) can beef broth or water
- ✓ 6 new potatoes, quartered
- ✓ 2 tablespoons chopped fresh parsley



Directions

STOVE TOP METHOD:

1. Spray a 4-1/2 quart Dutch oven with no-stick spray
2. Place meat in pot. Combine flour, salt and pepper. Toss with meat to coat evenly. Add onions, carrots, bay leaves, Worcestershire sauce, tomatoes, broth or water. Mix to combine ingredients.
3. Bring to a boil and then reduce to a simmer. Cover and simmer 1 hour, stirring occasionally. Add potatoes, simmering 30 minutes more or until meat and potatoes are fork-tender. Remove bay leaves. Add chopped parsley, stirring to combine gravy. Season to taste with salt and pepper.

Servings: 8

SLOW COOKER METHOD

1. Spray slow cooker with no-stick spray.
2. Place meat in cooker. Combine flour, salt and pepper. Toss with meat to coat evenly. Add onions, carrots, bay leaves, Worcestershire sauce, tomatoes, broth or water and potatoes. Mix to combine ingredients.
3. Cover and cook on LOW 8 to 10 hours (or on HIGH 5 to 6 hours) or until meat is fork-tender. Remove bay leaves. Add chopped parsley, stirring to combine gravy. Season to taste with salt and pepper.

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

- **Put it into the HOA slot.**
- **Give it to the manager.**
- **Send an email with your information to**

onsitemanager@westforkvillage.org

Wellness Tip

BERRIES

Strawberries, blueberries, raspberries, blackberries, cranberries, gooseberries, mulberries ...



Even though it is not summer, you can still include berries in your diet.



A recent study published in the *American Journal of Clinical Nutrition* found that regular, moderate berry consumption lowered participants' blood pressure. At the conclusion of the eight-week study, participants with high baseline blood pressure readings showed a significant decrease in their systolic blood pressure. High blood pressure contributes to many conditions including coronary heart disease, heart failure, stroke and kidney failure.



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High blood pressure contributes to many conditions including coronary heart disease, heart failure, stroke and kidney failure.

- Add a cup of blueberries or strawberries to your morning cereal or yogurt.
- Add frozen berries to a smoothie.
- Instead of pie or ice cream, enjoy a bowl of mixed berries topped with honey for dessert.
- As a colorful side to any dinner plate.



Games

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

www.westforkvillage.org

Greeley, CO 80634

5775 W. 29 St., # 1601

CONDOMINIUMS

VILLAGE

