

Welcome to May,

I think summer is here. It is a nice change for those who like the hot weather, so do enjoy if you are one of those. In this month's newsletter, the focus will be the May 22nd pot luck but naturally there are a few announcements first.

The BeHealthyNow TV series on RVTV channels 9 and 31 will be this Friday, May 7th from 7 – 8 pm. We women presenters will be live from 7:00 – 7:30 and then Yvonne Fried has something else planned for the last 30 minutes. The focus this Friday is nutrition which goes hand in hand with the May pot luck. Check it out if you have time or copy it and watch it later.

From May 8th through May 16th I will be out of town. It will be business as usual on Monday, May 17th. The week off is a journey to San Diego to a surprise birthday celebration for Wil's father. He turns 90 years old on May 12th and he is a pretty healthy old man!! ✍

Ok, the pot luck. Hopefully you noted it in the last newsletter, but if not, it will be on Saturday, May 22nd at my office. This is a celebration for my being self-employed for six years now and to celebrate you. You have been a big part of the success of my business and I think it would be so great for you to meet others I have worked and had fun with. I want you to meet each other not just because of my success but because each one of you is such a dynamic person. I feel so lucky to have been able to work with you and I want to share you with others. I ask that you also bring a friend. Bring another fantastic person you know to add to this great array of extraordinary human beings.

So the plan is:

What: Pot luck
When: Saturday, May 22, 2004 at 5:30 pm
Where: 360 Maple St. in Ashland – call for directions 482-1887
Reply: Email to let me know if you are coming so I have an idea of how many to expect.
Bring: A friend and see below

The next big one is what to bring. So, ok, here is another reason why I am having this pot luck. Weight seems to be an issue for 99% of us. Pot lucks are a huge part of this culture. How many times a year do you go to a pot luck? What kinds of foods are there for you to enjoy? What do you take with you? Are you the only one that brings food you can eat?

Wil and I had a pot luck for a group of people we meet with on a monthly basis. The monthly pot lucks we go to are usually not filled with only good food. There are often corn chips, potato chips, 3 – 6 different desserts (processed deserts), pretzels.... The list goes on and on. When the month came to have it at Wil's house, I insisted that no one bring sugar, junk food or any kind of processed food. It was a great success. At the house, we had different types of fruit salads, vegetables and green salads. It was quite nice and I think you fitness people can do even better.

I would like us all to learn how to enjoy pot lucks. When at a pot luck, we don't have to give up eating good food especially if we educate our friends and encourage them to bring only healthy food. So what is healthy food you can bring to a pot luck?

This time of the year, fruit is fresh and there is lots of it. Vegetables are also in plenty. You can be as simple as bringing just fresh vegetables with home made humus (if you want a recipe I will give you one, it is really easy to make) as the dip. You can also go to the extreme to make a vegetable soup, cold or hot or a vegetable casserole or stir fried vegetables.

With the fruit, you can once again bring just fresh fruit cut up and ready to snack on. If you like a dip for this, try plain yogurt. Fresh fruit salads with nuts like walnuts or almonds, can be good. Fruit smoothies can be a nice surprise. Wil loves to put chopped apples in fresh green salads and that is always a nice addition.

So what about protein? Fruits and vegetables can be added to meat dishes. Chicken with vegetables and lentils is extremely good and totally nutritious. Or if you are not a meat eater, how about tofu with vegetables? Or make tofu burgers, they are quite easy and very good. Be creative, would your favorite dish be good cooked with more vegetables or maybe adding some fruit to it?

What about carbs? There are always chips but these are usually the easy quick processed junk food that is ok to have once in awhile, but have you ever gone to a pot luck and found there were no processed chips? I would like this to be a pot luck with none. There are some nice non-processed crackers out there that are healthy and fabulous with cheese or with that home made hummus. You can also buy some healthy breads at the Village Bakery in downtown Ashland. Bread can be good all by itself, it doesn't need a topping, but if you want something on the bread, you can put butter. Just watch how much butter. By the way you can also make your own chips in the oven and those are good.

When it comes to cheese, I buy only mozzarella. If loosing weight is a target for you and you like cheese, try mozzarella it has the lowest amount of fat.

Gosh, there are a ton of possibilities out there. Be creative, try something new. Let me know if you want some help.

What about something to drink? I will have plenty of filtered water and if you want something else, feel free to bring it. Alcohol is ok as long as you drink what you can control. Remember alcohol has lots of calories but I agree a beer tastes good once in awhile.

I am not a perfect eater. I love food and am very lucky that I can enjoy all kinds. I do let myself eat chips or chocolate every now and then just not every day and not in big portions.

So, let's make this a healthy pot luck. And if you already go to healthy pot lucks, come to this one and teach us more good healthy tricks. I look forward to seeing you, especially for those I haven't seen in a long while. Until then, have a great two weeks.

Carol Lee