



# SWANSBORO COUNTRY PROPERTY OWNERS ASSOCIATION

Newsletter - April, 2020

Visit us at [SCPOA.info](http://SCPOA.info)

SCPOA.info and this newsletter are the only sources for official and accurate information about your association.

As of 03-30-2020 Federal Government COVID-19 precautions are extended through April 30th. Due to this SCPOA board meetings remain in abeyance. Thank you for your understanding and keeping the neighborhood safe.

## COVID-19 Information.

Daily news and media outlets have bombarded all of us with the latest coronavirus information. Although we may tire of this news it is important to note that it is all too important for keeping you, your family, and your neighborhood safe. The two links below will take you to either the California Department of Public Health website, or the El Dorado County Health and Human Services website. The numbers of COVID-19 cases continues to rise, and affects all age groups. If you view this newsletter electronically then simply click on a link. If you are viewing this via a paper copy then retype the link into a browser.

California— <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/Immunization/ncov2019.aspx>

El Dorado County— <https://www.edcgov.us/Government/hhsa/Pages/EDCCOVID-19-Cases.aspx>

As the pandemic crisis grows SCPOA asks that you and your families take the precautionary measures needed to keep yourselves safe. No congregation in common areas. Maintain a safe contact radius, keeping yourself 6 to 10 feet, or more, away from one another if you do have to leave your residence.

Sadly this virus is effecting everyone. Younger people, (a 17 year old), have died. Seniors are more susceptible. The head counts keep rising as more and more are tested and found positive. Don't socialize in person! You can phone, Skype, and use media formats instead.

Use common sense in these uncertain times as the life you save may be your own!

Recently, and sadly in tandem with the pandemic, there seems to be a 'run' on our grocery stores. Many fresh foods such as fruits and vegetables have a certain shelf life, some less than others. Dairy goods are the same. Many of us know how long these items stay good, and what can and can't be frozen. With that in mind here are two items to add to your list of items you can freeze to prolong their shelf life.

**Milk.** Yes it can, and simply. To freeze milk simply pour one to two inches of milk from the container, and plastic bottled containers are better. Recap the unused milk and simply freeze it. Milk, like any liquid, will expand when frozen, so removing the one to two inches will keep the container from over-expanding, and making a slushy mess. To thaw the frozen milk simply place it in your refrigerator until thawed. Place a small towel, or paper towels, under the container as it will condensate while thawing.

**Eggs.** Yes eggs can be frozen, but not in the shell. To freeze eggs follow this simple procedure. First—obtain an ice cube tray. Take one egg at a time and crack it into a bowl. Blend/whip the egg till well mixed. Pour that egg into one of the openings in the ice cube tray. Do the same with the remaining eggs. Place the trays into a freezer bag and place in your freezer. To thaw—remove as many eggs as you need. Place them in the refrigerator and allow them to completely thaw. Make an omelet, scrambled eggs, or add to other items.

The frozen milk, and eggs, will be good in the freezer for three months. Date the containers so you know when to discard.

The SCPOA board needs to take a moment to say thanks to our maintenance manager, Kevin.

During our spring like weather of February Kevin was helping our members with wood chipping. He also squeaked in some time to place the blue reflective rods on fire hydrants, and many hydrants are now a nice shiny red.

Mid month March saw Kevin out and about with the association’s new snow plow. Plowing the upper elevations of the association allowed the members to get to work and perform other tasks that would not have been possible if the association roads were not plowed.



Thanks Kevin, from all members!

## Herb Crusted Salmon (An Easter Alternative thanks to favfamilyrecipes.com)

This Herb Crusted Salmon always turns out amazing. You will love the perfectly cooked flaky fish crusted in fresh herbs and drizzled with a tangy sauce.

|            |                     |
|------------|---------------------|
| Course     | Dinner, Main Course |
| Cuisine    | Seafood             |
| Keyword    | Salmon, Seafood     |
| Prep Time  | 5 minutes           |
| Cook Time  | 20 minutes          |
| Total Time | 25 minutes          |
| Servings   | 4                   |
| Calories   | 103kcal             |
| Author     | Erica Walker        |



### Ingredients

#### Herb Salmon:

- 1 large [salmon filet](#) 1-inch thick
- 1 bottle [Grey Poupon](#)
- 2 c. chopped herbs cilantro, basil, parsley, rosemary, green onion, any other herbs that you love... get a good mix. Remove all stems, use ONLY the leaves. Use a knife to finely chop and grind up all herbs. DO NOT use a food processor.
- [Roasted garlic](#) see above, crushed
- Hollandaise optional

### Instructions

1. Slather salmon with Grey Poupon, use the whole bottle or about 1 cup. Top with herbs and roasted garlic. Cover so it looks like a nice, thick "herb blanket".
2. Cook in oven at 325 degrees for 20 minutes (20 minutes per inch of thickness) in a glass baking dish or cookie sheet (or something oven proof). Serve with garlic oil (from roasted garlic), lemon, and hollandaise.
3. Great with rice, veggies, or crackers. (I served my Dad's over a bed of cooked spinach and garlic)

### Nutrition

Calories: 103kcal | Carbohydrates: 8g | Protein: 12g | Fat: 4g | Saturated Fat: 1g | Cholesterol: 23mg | Sodium: 88mg | Potassium: 864mg | Fiber: 4g | Sugar: 1g | Vitamin A: 9982IU | Vitamin C: 157mg | Calcium: 168mg | Iron: 8mg