

February 2018



Yarnell Regional Community Center

Serving the Weaver Mountains' Communities

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www.yarnellcommunitycenter.org

The Yarnell Regional Community Center hosts local events, regular activities, serves weekday lunches, operates a thrift store, promotes fun and quality of life for our neighbors and manages programs to aid the food insecure in our area. **Sign up for e-news at yarnellcommunitycenter.org/newsletter.**

I remember a time, way back, when February was a “catch up” month. Holidays were over, except the very important Valentine’s Day. In February the weather usually starts showing signs of Spring except for in years when we never really have a winter. February usually offers a chance to revert back to a more comfortable pace and start getting organized for whatever the summer usually brings for you.

For us at the Yarnell Regional Community Center it is probably our most active month. Besides the usual Club Yarnell activities, which bring some really interesting information to those wanting to attend, we hold our annual meeting in February. This year it is February 20th at the Yarnell Regional Community Center with a pot luck before our business meeting. The annual meeting is where we share with our members, our accomplishments and shortfalls in 2017 and what we are looking forward to in 2018 as well as what we need and how you can help. We also elect Board members at this very important meeting. Candidate statements are on page 2 and can be found in the Yellow Sheet and on the golden colored flyers posted around town.

Northern Arizona Council of Governments subsidizes about 2/3 of the meals we serve in our dining room and to our Meals on Wheels Clients. Every February they visit us and audit our services for contract compliance. The audit is pretty detail oriented and all things go on the back burner while it is being conducted but we have always come out of it with very positive marks and it will be the same this year.

In the last few months we have had whole households of items donated to us. Residents who have sold their houses or moved to assisted living facilities have generously donated some high-end stuff for us to resell. We are very grateful to them and very grateful to have the “off center” aka the Potter House to store and stage these items. Visit our Furniture Barn to see these treasures. Hope to see you all at the meeting on February 20 at 5:30pm.

See the February Lunch Menu for **CLUB YARNELL EVENTS**.

Kim

Winners of the **AWESOME RAFFLE** – Jill rode out on a fabulous mountain bike; Steve is now rocking out to the karaoke machine and Michell has a fabulous new in-the-box printer. Thank you all for your support and enjoy your winnings.

**Free Blood Pressure Checks Every Tuesday 11am
Provided by the Yarnell Fire Department**

February 2018

Quick Guacamole

Serves 2|Calories 166|Fat 15g|Protein 2.1g|Carbohydrate 8g|Sodium 16mg|Fiber 2g

High in potassium, antioxidants and good fat in avocado. Hot sauce clears the lungs.
Science says that men who eat lots of avocados monounsaturated-type fat had a 20% drop in inflammation.

1 medium, rip avocado, mashed
1 large garlic clove, crushed
Salt and freshly ground pepper, to taste

1 tsp fresh lemon or lime juice
Hot sauce, such as Tabasco, to taste



Mix all ingredients. Serve with tortilla chips.

YRCC Board of Directors' Candidate Statements

Joyce Dennison - Continuing to serve our community is my goal in Yarnell, having helped recovery/counseling efforts over the last four years. As a Walnut Grover, the community center board is a GREAT way to link up & serve our regional communities.

Frances Lechner - I have served two terms on the Board for the Community Center, filling roles of Secretary, Treasurer and Vice-President. During my "year off" I helped to secure the four-year contract with NACOG, developed and expanded the Club Yarnell program with the assistance of Jerry Florman, served as campaign chair for Steve Spence's successful campaign for Honorary Mayor, handled the paperwork for the legal name change of the Center, filled in as back-up for Executive Director for Kim Lytle on occasional days off, and wrote many of the Yellow Sheet articles about the Center on Kim's behalf. And of course, I eat and shop regularly to the Center regularly! I love the Center and its amazing cadre of volunteers that make it all happen and appreciate the tremendous work of the Board. I would like to serve again and help to keep the momentum of outstanding progress and achievement moving forward.

Steve Spence - Being on the Board of directors this last term, I feel that I have learned many things and have added to the betterment of our Community Center. My successful run for the Honorary Mayor for the benefit of Meals on Wheels is one example. I believe I have more to give. Therefore, I humbly ask for your vote to re-elect me to be one of your board members for our Community Center. Thank You.

Leah Tidey - I am running for a second term as a YRCC Board Director. I have been a volunteer at the Yarnell Regional Community Center since 2011, beginning as a volunteer in the kitchen. I coordinate the monthly YRCC Newsletter and, in collaboration with Kurt Florman, help produce the Weaver Mountains Community Calendar. I have been on the YRCC Board for two years and as Secretary for six months and hope to continue to be a part of this thriving, much needed asset to the Weaver Mountains' communities as we press forward and expand our regional goals.

THRIFT STORE

Mon-Fri 9am-2pm and Sat 9am-1pm

\$5 BAG DAYS – February 23 & 24

Furniture discount days: February 16 & 17 - 50% off furniture.

Shop www.smileamazon.com – choose Yarnell Senior Citizens, Inc., as your charity. A percentage of your purchase will be sent to us every quarter.

Shop EBAY Items - <https://www.ebay.com/usr/seniorsplus-22302>.