



Bringing in the New Year Right!

It's 2018, a new year! Check out our newsletter for some traditional foods to eat during January. We also announced the Thanksgiving winners for November. In the Kids Corner, we have a fun activity for the family. Let's start the new year right!

Also, Sierra Meadows is proud to announce our newly redesigned newsletter for 2018. New year, new look! Have a great year and happy new year, everyone!

ANNOUNCEMENTS

- Residents, please report to the Leasing Office any and all water leaks. For example, toilet water running constantly, any faucet in unit dripping water constantly, broken sprinkles and or standing water on the property. As a reminder no washing your vehicle on the property. Reporting water leaks will save water and save money, so lets all work together, together we can make a difference!
- Residents, as a reminder, when throwing away your Christmas trees, please do not throw them in the dumpster. Place them outside the dumpster enclosure. The beginning of January we will start have the trees picked up. Do not store the trees on your patio. Once dried out it can become a "Safety Hazard" and easily cause a fire. We offer to pick up the discarded trees so please take advantage of that.

COMMUNITY TEAM

Alejandra Vasquez
Community Manager

Gilberto Garcia
Maintenance

OFFICE HOURS
Mon., Tues., Thurs., & Fri.
8 am - 5 pm
Wednesday & Saturday
8 am - Noon
Closed Sunday

Phone: (559)298-1977
Fax: (559)298-1104
Emergency: (559)408-4111

UPCOMING DATES

January 1st
New Year's Day

January 15th
Martin Luther King Jr. Day

January 28th
Grammy Awards



Visit Facebook:
[Facebook.com/sierrameadows](https://www.facebook.com/sierrameadows)



Pet of the Quarter!

Hello Friends, please meet Sierra Meadow's beloved Pet of the Quarter.

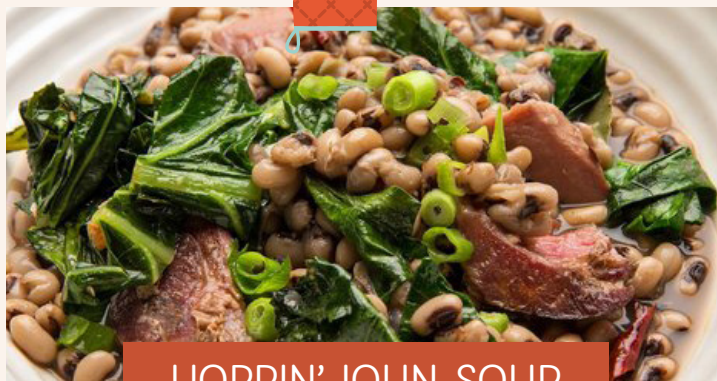


HI, MY NAME IS CHOPPER.

I'm Chihuahua/Dotson mix. I like to play hide and seek, chase squirrels and play with my ball.



Recipe OF THE Month



HOPPIN' JOHN SOUP

INGREDIENTS:

- 2 pounds black-eyed peas, soaked overnight if possible
- 2 pounds smoked ham hock, meaty ham bone or slab bacon
- 2 teaspoons kosher salt
- 1 large onion, peeled and stuck with 2 cloves
- 1 bay leaf
- 1/2 teaspoon black pepper
- 1/2 teaspoon allspice
- 2 tablespoons vegetable oil
- 4 garlic cloves, minced
- 1/2 teaspoon crushed red pepper
- 2 pounds collard greens, cut in 1-inch ribbons (about 8 cups)
- 1 bunch scallions, cleaned and chopped, for garnish

DIRECTIONS:

1. Drain peas and put them in a large Dutch oven or heavy-bottomed soup pot. Add ham hock or bone (if using slab bacon, cut it into 2-inch chunks), cover with 10 cups water and turn heat to high. Add salt, onion stuck with cloves, bay leaf, black pepper and allspice.
2. Bring to a boil, then reduce heat to a gentle simmer. Skim off and discard any foam that rises to the surface. Simmer for 1 1/2 to 2 hours, until peas are tender. Throughout cooking, add water as necessary, always keeping liquid level 1 inch above surface, stirring with wooden spoon occasionally. Turn off heat. Check broth for salt and adjust seasoning. Mixture should be fairly brothy. With a pair of tongs, remove ham hock, ham bone or bacon. Chop meat and skin in rough pieces and set aside.
3. Put a large wide skillet over medium-high heat. Add vegetable oil and heat until wavy. Add garlic and red pepper and let sizzle without browning. Add collard greens and stir to coat. Season with salt and add 1 cup water, stirring to help wilt greens. Add chopped ham and reduce heat to medium, then cover with lid slightly ajar and cook until greens are soft, about 20 minutes. Check seasoning.
4. To serve, put greens and meat in low soup bowls, then ladle over hot black-eyed peas. Sprinkle with scallions.

Photo and recipe from cooking.nytimes.com



Foods That Will Bring You Good Luck in the New Year

Hoppin' John Soup is one of the traditional southern foods to eat during the New Years. It's thought to bring you good luck. Here's a list of lucky foods to eat during January.

- **Grapes:** Eat twelve grapes, one for each chime of a clock.
- **Round Fruits:** Round fruits such as oranges and pomegranates are believed to also symbolize coins and bring a prosperous New Year.
- **Beans:** Eating beans on New Years is considered good luck. The theory is that because they swell as you cook them, that beans symbolize prosperity.
- **Greens:** Greens are said to "Show you the money!" Cooked collard, spinach, cabbage and kale are all said to represent paper money.
- **Pork:** If you eat meat, pick pork over chicken or beef on New Year day, because pigs dig with their snout, representing forward movement or progress, while chickens and turkeys scratch backward, and cows stand still (we all want to move forward, not backwards or stay in the same place in the New Year!) If you are the cook in the house, considering putting pork or ham in your black eyed peas or lentils for added flavor.
- **Fish:** Fish is a good choice as well since most swim forward, and the scales are believed to symbolize silver. Another theory is that since many fish swim in schools and lay lots of eggs at one time, it is a sign of abundance.
- **Noodles:** Eat noodles for longevity.
- **Grains:** Rice, quinoa, risotto, barley and other starches symbolize abundance since they swell when cooked.
- **Sweets:** St. Basil's bread. Known as vasilopita in Greece, St. Basil's bread plays an important role in Greek New Year's traditions.
- **Round Foods:** These foods represent the year coming "full circle." Donuts, cookies, cakes, pancakes, bagels, quiche, quesadillas and pizzas that are in the shape of a "ring" are said to symbolize the year coming full circle.
- **Corn bread:** Said to symbolize gold, cornbread is a popular New Years southern tradition. To ensure extra luck, some people add extra corn kernels, which are emblematic of golden nuggets.



In some cultures they suggest you take 3 short hops without spilling your drink and then pour throw the champagne behind you to put all the bad stuff in the past. If your champagne lands on someone else - no problem as that is supposed to mean good lucky.

Go to blog.atlastravelweb.com/travel-news/customs-for-good-luck-in-the-new-year/ for more information on traditions.

Thanksgiving Winners!

December 2017 Turkey Winners go out to our three residents Jose & Ruby Gomez and Tom McGowan. Happy Holidays & Merry Christmas to all "Sierra Meadows" residents.



Goodbye 2017, Hello 2018!



2018 is a Year of the Dog. In Chinese astrology, each year is related to a Chinese zodiac animal according to the 12-year cycle. 2018 is an Earth Dog Year.

Years of the Dog include 1934, 1946, 1958, 1970, 1982, 1994, 2006, 2018, and 2030... The Dog occupies the eleventh position in the Chinese zodiac, after the Rooster, and before the Pig.

For more information about fortune, career, health and love go to www.chinahighlights.com/travelguide/chinese-zodiac/dog.htm



Kids Corner



NEW YEAR'S EVE TIME CAPSULE

It is fun to be working together to put together a family time capsule to remember the memories and things that we don't want to forget in the coming years.

Our capsule isn't fancy, we start with decorating an old shoe box. The kids can choose from paint, stickers, and glitter glue - whatever their hearts desire for time capsule decoration! Once the box is as beautiful as it can be, we'll start working on the contents.

What is really fun about a family time capsule is that we get to open it up again in one year. Next New Year's Eve we'll open our time capsule and relive all the wonderful memories and see how our predictions came out.

IDEAS:

- Pictures of each family member
- A list of accomplishments and successes
- Current height and weight
- Favorite things. This list could get really long. Think of favorites such as food, sport, color, school class, song, movie, ice cream flavor, book, TV show, birthday present, best friend, etc.
- Most wonderful memory from this holiday season
- A small memento such as a small toy or other cherished keepsake
- Predictions for the coming year such as how much taller children think they will grow or for adults, which two teams will make it to the Big Game!



More Activities from web.kidsactivitiesblog.com



January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 <i>New Year's Day</i>	2	3	4	5	6 Events: Year Round Farmers Market
7	8	9	10	11	12	13 Events: MLK Community Breakfast Year Round Farmers Market
14	15 <i>Martin Luther King Jr. Day</i>	16	17	18	19	20 Events: Year Round Farmers Market
21	22	23	24	25	26	27 Events: Year Round Farmers Market
28	29	30	31			

National Blood Donor Month

Notes: