

ROLOH Times

Volume 1, Issue 5

November/December 2011

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Purchase this Business Card Ad Space for \$55 for the year – Six Issues, 500 Home distribution and rotating ad on www.roloh.com

From the President's Desk

Robert Waples – rolohlakeworth@gmail.com

'Tis the Season!!!!

Howdy Neighbors and Friends! It is that time of year once again to enjoy each other's company, our families and share in the Holiday Traditions from times gone by and times to come.

We would like to remind everyone to please be safe and take extra precautions during the holiday season to ensure the good will of all!

We wish everyone a wonderful Thanksgiving and a bountiful and blessed, Hanukkah, Kwanza and Merry Christmas! Please take time out of your busy schedules to help a neighbor in need, donate to a food bank or drive, or simply give of your time to a worthy cause.

Remember to keep your doors and windows locked and if you're going out shopping please do not lock or

Save the Dates

Please mark your calendars!!!



ROLOH Meetings 2011-2012: Tuesday, November 15th – Tuesday and January 10th 2012 – Tuesday. Both at 7PM at the Lake Osborne Presbyterian Church, Corner of 6th Ave S. and Sunset.

November 11th (Friday) – A Veteran's Day Walking Tour. 713 Lake Avenue @ 1:30 p.m. sharp. Be there or be square!

November 12th (Saturday) – Neighborhood Clean-up in Tropical Ridge. Meeting at 201 North Dixie from 8 a.m. to 11 a.m.

December 2nd and 3rd (Friday and Saturday) – Annual Neighborhood-Wide Yard Sale. Remember all yard sales do require permit as per City of Lake Worth Code. Any questions, please email rolohlakeworth@gmail.com.

December 10th (Saturday) – Holiday Parade. ROLOH members will be participating with NAPC. 12 members from each neighborhood are invited to walk. Check-in is at 3:30 p.m.

December 17th (Saturday) – ROLOH Field Trip to Christmas in Yesteryear Village. Everyone welcome!

DON'T FOR GET TO CONSTANTLY CHECK
WWW.ROLOH.ORG FOR UPDATES OF THINGS GOING ON!!!

City Meeting please go to www.lakeworth.org



(from page 1) keep valuables in your automobiles. Always park in well lit areas and if you must put something in your trunk please do not do so in plain sight. As PBSO has always cautioned us....Safety First!

In the upcoming meeting we will be reminding you that January is our Election Month for officers and if you are interested in serving on the board this meeting will start the process in nominations or intent. We also will discuss expanding our board from a four member to a five member board with offices as: President, Vice-President, Secretary, Treasurer and Director. This will be made as a motion and voted on at the November meeting.

Neighborhood Picnic

During the officer's meeting we were discussing the possibility of having an annual neighborhood picnic. We are asking our ROLOH neighbors for input on when, where and what are your ideas and suggestions. Let's discuss during our November meeting as time allows. If you cannot attend, please send your thoughts to rolohlakeworth@gmail.com

ROLOH Volunteers Needed

We need volunteers for the Neighborhood Watch Group as Block Captains which requires 4 meetings per year.

Volunteers are still needed to help with distribution of the neighborhood newsletter. We would like to take this opportunity to thank our volunteers for all their hard work over the past years and we look forward to many years to come.

Advertisers: Ads will not be published until payment is received. Advertisers that are in kind....will be discontinued. ad's will be sold on a first come basis. Remember that our ad's are sold for the 6 issues for the year....Pricing is listed on each ad space and all ads must be submitted in a .jpg black and white finish....Please consider the size of the space when designing your ad (Color is for email only)

Thank You from your newsletter team. Send to: rolohlakeworth@gmail.com

Plant Tips for November/December by Susan Cioci

November

After harvesting the end of the warm-season veggies, start planting beets, broccoli, cabbage, carrots, cauliflower, collards, kohlrabi, lettuce, mustards, onions, peas, radishes, rutabagas, spinach, Swiss chard and turnips.

Plant anise, chives, cilantro, dill, fennel, garlic lavender, rosemary, sage, sweet marjoram and thyme. Harvest sweet potatoes, chayotes, cocoyams and dasheens.

Start picking ripening citrus - pick only what is needed; leave the rest on the tree.

Sow cool-season veggies and papaya seeds.

December

Plant beets, broccoli, cabbage, carrots, cauliflower, collards, lettuce, mustards, onions, peas, radishes, spinach and turnips.

Plant anise, chives, comfrey, cilantro, dill, fennel, garlic parsley, mint, thyme and sage.

Harvest more citrus.

Happy Gardening! (courtesy: myedibleyard.net)

Guest Speaker for the November Meeting

A representative from Animal Care and Control will do a presentation in regard to our rights as pet owners and go over services provided by our department.

Be prepared with any questions that you might have and let's make this an interactive, educational session.

Feral Cats

You can improve the lives of outdoor cats with Trap-Neuter-Return, the humane and effective approach for feral cats. To successfully trap, neuter, vaccinate, eartip, and return feral cats, you need a plan. These guidelines for human trapping from Alley Cat Allies, the organization that helped introduce TNR to the United States, will get you on your way.

Use this link to learn more.

<http://www.alleycat.org/Page.aspx?pid=889>

Humane Solution:

Animal Care and Control now offers a Feral Cat Package: call (561) 233-1261

Weird Florida Facts

By Katie McGiveron

Rollerbladers rolling along the beach in Miami were the inspiration for the very first ATM machine. The machine was originally developed to allow these rollerbladers easy access to money. Most people don't have time for leisurely rollerblading sessions today, but we all make use of this technology from time to time.

You know what happens when you fall asleep under a salon hair dryer, but in Florida the penalty is taken to the extreme.

You can actually get a burning fine.

Even better yet, you can burn the salon owner with you just for letting you take that all too hot nap.

Smile and the world will smile with you!

Announcements

www.roloh.org may be getting a face lift! We have been looking at our current site and frankly it's hard to tell if our neighbors are using the site or not.

If you have suggestion please contact us by emailing rolohlakeworth@gmail.com what do YOU our neighbors want to see on the website?

Let's make this as interactive as possible and a place you want to go to when surfing the web!!!

DONATE YOUR OLD CELL PHONES!

ROLOH is still collecting used cell phones and ink cartridges to help raise funds....If you would like to donate simply drop them off at 825 Wright drive or call/email for a pick up.



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Recipe Column

By Jenny Weed:

Three-Cheese Chicken Bake (318 calories per serving) Makes 10 servings

8 oz. lasagna noodles
½ cup chopped onion
½ cup chopped green pepper
3 tbsp butter or margarine
1 10 ¾ oz. can condensed cream of chicken soup
2 cups chopped cooked turkey or chicken
½ cup grated Parmesan cheese

½ cup chopped pimiento
1/3 cup skim milk
½ tsp dried basil, crushed
1 ½ cups cream-style cottage cheese
1 4-oz can sliced mushrooms, drained
1 ½ cups shredded American cheese

Cook lasagna noodles in boiling salted water according to package directions; drain well. Cook onion and green pepper in butter or margarine till tender. Stir in condensed soup, mushrooms, pimiento, skim milk, and basil. Lay *half* the noodles in a 13x9x2 inch baking dish; top with *half* each of the soup mixture, cottage cheese, turkey or chicken, American cheese, and Parmesan cheese. Repeat layers of the noodles, sauce, cottage cheese, and turkey or chicken. (note! Hold the remaining American and Parmesan cheese until the final step) Bake in 350 degree oven for 45 minutes. Top with remaining American and Parmesan cheese; bake 2 minutes more or till cheese is melted.

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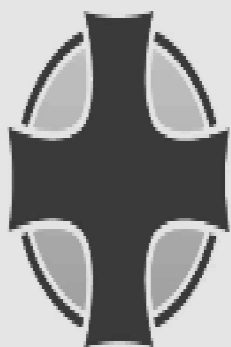


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