



Forest Creek Woman's Club

Will you Be Our Valentine?

**Please join us for a Couples
Valentine's Soiree!**

LIVE MUSIC

Shrimp cocktail, chicken bruschetta,
beef tenderloin, bacon-wrapped chicken, & more,
drinks (wine, beer, soda, tea and water) and
chocolate!

When: Saturday, February 9th @ 7:00pm

Where: 3428 Terry Drive

Host: Suzanne & Tom Burns

Cost: \$25 per person

RSVP with payment to FCWC by February 1st

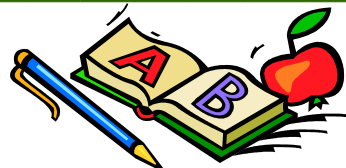
*Posted or hand delivered (to the basket by the front door
bell) to the home of Diana Hueter at 3500 Terry Drive*

*Kisses and flowers, hugs and kisses,
Let's get together to share Valentine wishes*



**FOREST CREEK WOMAN'S CLUB
NEWSLETTER
February 2013**

**Message from the President
Judy Paulson — 972-618-3049
judy.paulson@tx.rr.com**



Newsletter from the President

Our general meeting this month was held at the lovely home of Michelle Pierce. In spite of the rainy cold weather we had 30+ ladies in attendance. Michelle Pierce did double duty that night. She was also our leader of Kickoff to Wellness program. Michelle did an excellent job of showing us (with the help of Denise Hogan) several compound exercises that will cut down on the time spent strength training while also boosting your metabolism. Several tips were given to make your exercise program more productive for you. Should you be interested, Michelle would be happy to guide you in your workout routine.

Suzanne Burns has put together what promises to be a delightful evening for members of the Forest Creek Woman's Club! It will be held on February 9th at Suzanne's home, 3428 Terry Drive and will feature LIVE MUSIC along with great food, wine, and CHOCOLATE. Make sure to get your reservations in early!

It is soon time for the Nominating Committee to begin its work for the upcoming year. Please consider serving in a role if you get a phone call. The board this year has been a godsend for me. Each member has done her job and due to this, the board is a well running machine.



**Join us for the
February General Meeting
Tuesday, February 12th , at 7:00 PM
At Linda Brule's home, 3508 Gary**



**FCWC Board Meeting
Tuesday, February 5th at 7:00 PM at
Patty Boyer-Moore's home, 3321 San Simeon Way**



1st Vice President – Membership
Diana Hueter – 972-943-8172,
dthueter@aol.com



The Forest Creek Woman’s Club now has 115 members! We have several new families that have recently moved into our neighborhood. As is our membership tradition, we have delivered a small welcoming gift along with information about the FCWC. I encourage you to reach out and ask your neighbors and friends to join the Woman’s Club.

We have several great programs planned for the remaining months ahead as well as an upcoming Valentine’s couple’s event. And, we always have our many interest group activities to enjoy as well. Membership is always open and anyone can join at any time.

Treasurer’s Report

Patty Boyer-Moore—972-208-0164
patty.boyer.moore@hotmail.com



I hope you are having a “happy new year” so far! I have made a list of “goals” for 2012 instead of resolutions (which I would have already broken!). Hopefully, I will make the efforts to move a little closer to my goals each day. We spent the first week of the year cleaning out the garage, so Blake and I are off to a good start. I hope you are too. If not, make a list of your goals today!

Beginning balance 5885.25

Receipts 300.00

Disbursements 229.36

Ending balance 5955.89

Respectfully submitted,

Thanks,
Patty Moore

2nd Vice President—Programs

Denise Hogan —214-392-4627
denise.hogan1@verizon.net



Forest Creek Woman's Club 2012-2013 Programs

Live in Good Health: January 2013

“Lean and Mean in 2013” was the mantra as we ushered in the new year at the home of Michelle Pierce, our very own wellness guru in the neighborhood. We had a FULL HOUSE as Michelle gave us a simple detox program and tricks to burn calories more efficiently. With the help of yours truly, Denise Hogan, Michelle showed us a repertoire of compound exercises designed to maximize results in minimum time. I can testify that those exercises did the trick, as I felt energized after doing them, and aware of my muscles the next day!

For a list of those exercises, see Michelle's insert in the newsletter.

Connect with Your Special Someone: February 2013

Are you sick of the same old tired dating routine with your mate? When the question is asked “What do you want to do tonight/this weekend/for _____ (insert special day)” is the response a shrug and an “I dunno”? Then come to the Tuesday, February 12 meeting and get out of the rut!!! Top Ten Date Nights is the presentation you won't want to miss. You will be surprised and excited to find out the best places to go and do in our area. Join us at the home of Linda Brule at 3508 Gary Drive.

Spring Forward: March 2013

Put your best foot forward as we learn all about the very thing that literally supports our movement through life: shoes (and feet!). A fun presentation at the home of Shannon Martin, FCWC's own shoe queen!

3rd Vice President—Communications

Sherry Craig— 214-929-9914
sherrycraigfcwc@hotmail.com



Thank you all for getting the articles to me on time. There are always interesting things happening each month! February articles are due on the 22nd please!

4th Vice President – Technology

Sherry Coleman—972-208-0163
shercole@verizon.net



If you have activities that need to be placed on the calendar, please let me know at scoleman@harvestpartners.net or shercole@verizon.net. You can check out the updated FCWC website at <http://www.fcwc.net> using the **new password**. If your picture is not on our directory page, or if you have an updated *head shot* that you'd like to use instead, please send me the photo in jpg format.. We can also put your pets' pictures on our Forest Creek Critters page if you'd like to send me those as well.

Ya-Yas Book Club
Denise Provencher—214-679-3347
denise.provencher@verizon.net



Thank you, Jennie, for hosting in January. I am sorry that I missed your wonderful hospitality. It sounds like *The Art of Racing in the Rain* was a Ya-Yas favorite. Our next meeting will be on **Thursday, February 7th, 7:30 PM**, at Patty Boyer-Moore's home, 3321 San Simeon. We will be discussing *The Tiger's Wife* by Tea Obreht. Please RSVP to Patty (972-208-0164 or patty.boyer.moore@hotmail.com) by February 4th if you plan to attend. All members of FCWC are invited!

Date	Title / Author	Hostess
Mar 7	<i>The Dovekeepers</i> / Alice Hoffman	Denise Provencher
Apr 4	<i>The Swan Thieves</i> / Elizabeth Kostova	Glenna Crawford
May 2	<i>Beneath the Lion's Gaze</i> / Maaza Mengiste	Debbie Little

Moms and Tots

Rebecca Sehnert—214-450-5969
rebeccasehnert@yahoo.com

Hello Forest Creek from Moms & Tots corner! The weather has been somewhat wintry so far for the month of January but that doesn't stop the Moms & Tots! Sounds like a t-shirt slogan, right? Have a little one & want to connect with neighborhood friends? If so, we meet on Monday mornings at 9:30, come join us! Please contact Rebecca Sehnert if interested.



Wine and Dine 2011

Ronnie Vokolek—214-957-2725
g.vokolek@verizon.net



Thanks to our wonderful hosts and hostesses for a delicious meal and great fun! Bill and Pat Gray and Linda and Paul Brule did a great job! Bill Gray was responsible for the menu – kudos for a great meal! Make sure you mark your calendars for our next feast – March 23. Our theme will be New Orleans Food!!



Showgirls

Ronnie Vokolek—214-957-2725
g.vokolek@verizon.net



Be on the lookout for an e-mail from Ronnie! We are going to see “Anything Goes” at the Winspear. The performance will probably be 2/20-23. I will send out an e-mail as soon as I can lock down a date for the tickets!

Care and Share

Corinne Kowalski—972-491-1340
cookie0242@verizon.net



The month of January our sympathy went to Ronnie Vokolek for the loss of her brother who died suddenly after a brief illness. Please let me know if you hear of any FCWC members or their families that are in need of support or help.

Please pray for our military and their families.

Out to Lunch Bunch

Maria Giglio - 972-618-1848
agiglio@airmail.net



We started the New Year in style at Chocolate Angel with '12 divas dining.' It was great to see so many. This is an open activity to all members.

For February we will dine at Ziziki's in the Lakeside Market Complex, 5809 Preston Road. Go to www.zizikis.com/menus_lunch.html to check out their offerings.

The date is Feb. 12th at 11:30am. (NOTE: BACK TO A TUESDAY).

Call or email Maria Giglio for reservations by Sun., the 10th.
agiglio@airmail.net or 972-618-1848



Bunko I

Linda Whelan—972-618-3731
linda_whelan@verizon.net

Wow! We had Bunko fever last month. Had a great time at Carole J's. Thanks for hosting and we loved the food. Looking forward to hearing about Margaret's new grandbaby. And you need to bring pictures, Margaret. In February, we will be playing Bunko at Sherry's house. Her address is 3416 Michael Dr. We will be playing on Wed., Feb. 13th at 7:30 p.m. Please call Sherry at 972-618-2574 if you will not be able to attend and let Sherry know who your sub will be. Looking forward to seeing everyone the night before Valentine's Day!



Bunko II

Corinne Kowalski—972-491-1340
cookie0242@verizon.net

Thank you, Barb, for hosting our first Bunko of the New Year. We all loved your pizzas--what a great idea for an appetizer. Our winners for the night were Pat, for high score, and Marilou for most Bunkos.

We meet again at Cindy's place on February 19th. You know the place, 3320 Louis and please call her with the name of your sub if you can't attend, (972) 491-7611.

Bunko IV

Diane Apprill—972-618-2412
[daprill@aol.com](mailto:dapprill@aol.com)

What a fabulous evening at Monique Wildt's. Stupendous start to the year, we were all ready to visit and relax so no rolling for this group, we spent all evening catching up with each other and making crazy plans for next year. We have sad news: Marilu Greenberg is going to be putting her home on the market and will be moving once Emily graduates. They are relocating to Houston, to be closer to her husband Josh's business. We wish them the very best, and hope to see her in the fall. Our Bunko is talking about a Girls Trip! Who knows what might happen with this crazy bunch? Next month we head to the home of Denise Provencher on the 26th!

Bunko III

Laurie Thomas—972-491-1295
laurie_plano@hotmail.com

No new updates this month.

Couple's Bunko I

Maria Giglio—972-618-1848
agiglio@airmail.net

Okay, something has to be said about Glenna's pecan pie. With that said, thank you Glenna and John for hosting the first Bunko for 2013. John was the BIG winner!!

February will be at Linda and Mike's on Feb. the 22nd. Dinner begins at 7:00pm. This is a BYOB activity. Please let Maria know if you are unable to attend and who your sub will be at agiglio@airmail.net or 972-618-1848.

Couple's Bunko II

Judie Dellis—214-769-4000
j.dellis@verizon.net

The food was delicious as always at the amazing Coleman's! **Pat will be hosting Feb 16.** Let me know if you will be joining us.

First Monday Bridge

Sandy Tucker— 972-618-6594
sandy_tucker@verizon.net

In January, Barb Barton hosted our bridge night where Kathy Cleaves won "high" score, Terri Shepperd won second high and Kim Meeds won her money back with low score.

In February Kathy Cleaves will host our group on Monday, the 4th at her home at 3421 Gary Drive at 7:00 PM. If you are unable to participate, please call Kathy (972-618-4832) with the name of your sub.



Just for Fun Bridge Group I

Kathy Baird—214-244-0169
Kathy.Baird123@gmail.com

Thank you, Nadine, for being our hostess in January.

We will next meet on February 26, 7 pm, at the home of Kathy Baird.

Easygoing Bridge

Debby Sovern—972-491-0809
djsovern@verizon.net

It was great to see everyone after the holiday. Nadine Zimmerman welcomed us into her home for a fun evening. Nadine, you are always the best hostess! Terri Shepperd had high score and also took home the deuce prize. Way to go, Terri.

On February 11th, we will meet at Carol Yerby's home.

Round Robin Bridge

Nancy Ganci—972-618-2964
nganci@verizon.net

Scores to date are:

- Team 1 – 2910
- Team 2 - 3070
- Team 3 - 2890
- Team 4 - 2720
- Team 5 - 5650
- Team 6 - 5110
- Team 7 - 4750
- Team 8 - 2180

Mexican Train Dominoes

Pat Gray—972-208-2211

We will meet Tuesday, Feb. 5th at 10 am at Nancy Ganci's home 3501 Melanie Lane. Thank you, Jennie for hosting in December, and Kathy for hosting in January.

Happy Valentines Day!





Bunko IV at Monique's!
We had a record turnout
and a terrific time!



“Lean and Mean in 2013”
with Michelle Pierce,



Lean & Mean in 2013!

-Liver Detox: After a holiday month of high sugar/high fatty foods and spirits, your liver may be in “fatty” mode, try this detox solution to give your liver a healthy boost in the New Year:

Ingredients:

¼ cup warm water; Juice of lemon wedge; 2 dashes of hot pepper sauce

Warm water aids digestion, lemon juice contains vitamin C, a potent antioxidant that helps calm liver inflammation and protects against free radical damage. Hot pepper sauce contains capsaicin, which boosts blood flow and certain enzymes responsible for detoxifying your liver. Drink Dr. Oz’s Morning Liver Elixir daily. In addition to this cocktail, cut back on consumption of sugary, fatty foods, and alcohol.

Liver Restart #2: Eat 3 Cups of Bitter Greens or Cruciferous Vegetables Daily

Bitter Greens include arugula, endive, dandelion greens and spinach. The bitter flavor in these foods actually detoxifies your liver by increasing bile flow, while the greens themselves flush out toxin. Cruciferous Veggies including broccoli, cauliflower and Brussels sprouts also aid liver function. Choose any mix you want and eat them raw or cooked. Eating these plant foods daily will not only help restart your liver, but also make a difference in your overall health.

*Don’t forget to stay hydrated this winter season! We tend to drink more when we are hot and sweaty. We still need the same amount of water for our bodies to stay hydrated in the winter time.

*Drink a full glass of water first thing in the morning when you wake up—before your coffee! This helps to flush those kidneys after sleeping.

*Move everyday! If watching a show, spend some time stretching, doing sit-ups, push-ups or something to keep your muscles stimulated and your blood flowing!

*Limited on Time?! Try **COMPOUND** Exercises to cut down on time spend strength training. This also boosts your metabolism (+35kcal/hour).

*Change up your workout routine every few months. If you are only walking, add some intensity to your walk by adding weights or increasing your speed sporadically throughout your workout. Walk backwards, sideways, add weights, skip & jump. Your muscles “adapt” to the same routine – they need to be challenged!

*As we age, we lose 2% of our muscle mass every 10 years! Adding strength training to your routine will help protect and preserve your bones and keep you stronger as you age.

*Remember that alcohol slows your metabolism. Be mindful of the amount of alcohol you are consuming. Eat your largest meal in the morning and slowly decrease your portion sizes throughout the day OR Eat small portions throughout the day (5-6 mini meals) concentrating on the largest part of your meal as a protein base—this preserves muscle.

Pre-Workout- eat a protein based snack or shake 30-45 minutes prior to the workout. This aids in preserving muscle while burning calories.

*Post Workout is also important! A post workout snack that is protein based is beneficial as well—protein shake, boiled egg whites, low fat/low sugar peanut butter with an apple/skim mozzarella cheese with a pear/apple.

*Stop telling yourself what you CANNOT eat and begin telling yourself what you CAN eat! Enjoy life -MODERATION! Why not be the BEST version of yourself that you know you can be?!

Have a GREAT 2013!

Questions? Feel free to email or call me...

Michelle Pierce

Health & Fitness Specialist — www.mpiercestayfit.com

Email: info@mpiercestayfit.com

Or

Mpierce04@verizon.net (214)773-1360

What lies before us and what lies behind us are small matters compared to what lies within us. And when we bring what is within us out into the world, miracles happen....Ralph Waldo Emerson

Bicep Curls: 8-10 lb weights (or lower if beginner 5lb or 8lb): standing with feet shoulder width apart

Progression:

Forward Lunge with Bicep Curl (10 repetitions on each side)(2sets with 30 secs to 1 minute of rest in between)



Targets biceps, glutes, quads, and hamstrings

Stand with feet shoulder-width apart, dumbbells next to thighs with palms facing forward.

Lunge forward with right foot, bending knees 90 degrees; keep right knee aligned over ankle.

Push through right heel to stand up; as you come up, curl weights toward shoulders.

Do all given reps on right leg; switch sides and repeat.

These are stationary (returning to same place after each repetition)

Weighted Traveling Lunges (8-10lb weights x 2 sets x 10-12 reps): Same position as above example, however, you continue forward. Give yourself plenty of space and once the lunge is complete, bring the back leg forward, stabilize, then continue to move that same leg forward into another lunge. Repeat so that you are alternating legs and lunging 10-12 times on each leg. These are more advanced than the above stationary lunges. The stationary lunges can progress into traveling once you are comfortable with the exercise and your form and balance are in alignment.

Sliding Side Lunges: Sliding Side Lunges are just another variation of traditional lunges. By placing your foot on a paper plate or [Gliding Disc](#), you can target the inner thigh of the sliding leg while working the hips and thighs of the lunging leg.

Stand with feet hip-width apart and place the ball of the left foot on a plate or glider. Bend the right knee, sitting back into the heel as you slide the left foot out to the side. Keep the right knee behind the toe, the torso upright and abs in. Press into the plate to contract the inner thigh and slide the left foot back. Repeat for 1-3 sets of 8-16 reps and then switch legs.



Ball Handoffs: Balance Ball hand to ankles: hand off ball between ankles and hands with shoulders off of ground and feet in air, then all go back down not quite touching the ground before repeating—to max reps as many as you can without stopping

Superman Planks (rotate each arm out for 2-3 seconds then each leg up for 2-3 seconds x 8-10 reps): this is completed on hands and toes as though beginning a military style push-up

Hamstring/Glute Exercise: Supine position (on back): Dig one heel into ground with toes up in the air-opposite leg is in the air, fluctuate torso in the air—2 sets x 20 reps

Core Fluctuations: Balance Ball under heels/elevate pelvis in air and fluctuate 2 x 20 reps

Ab Crunches with Balance Ball Behind head/both feet together in the air---hold onto the ball with your hands, reach for toes bringing shoulders and back off of the ground 2 sets x 15

Traditional Plank on forearms and toes 2 sets x 30 secs to 1 minute each

STRETCHING: Band stretches for back, hamstrings and hip flexors: 1 leg side to side with arm out to opposite side and hold (10-15 minutes for cool down)

Tip: Good Recovery Drink—Protein shake with skim milk—also makes for a great pre-workout beverage! Add half banana and a few strawberries for added flavor and fiber.



LE'TS TAKE A CRUISE

For more information or to make a reservation contact

Elaine Walsh from TRAVELFOCUS
Call 972-331-4249

FOREST CREEK GROUP

Hi everyone. Here is an offer you can't refuse. A wonderful cruise to visit exciting places beginning in Venice, Italy and stopping in Croatia, Turkey and two Greek Isles. It will be great to have a group of neighbors plus family and friends have an exciting adventure next October. The date is October 12, 2013. Please give me a call or email me for additional detail

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- 14 Oct – Cruising
- 15 Oct - Kusadasi (Ephesus), Turkey
- 16 Oct – Mykonos, Greece
- 17 Oct – Argostoli, Greece
- 18 Oct – Cruising
- 19 Oct - Venice, Italy

2013 Sail Date: Oct.12

All itineraries are subject to change without notice.

* Prices are per person, shown in USD, based on double occupancy and subject to change. Government taxes and fees are additional.

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When you reserve your cruise vacation, remember to include your Crown & Anchor Society Membership Number to ensure you receive all the benefits and recognition you deserve. If you need your membership number, or to update your member information, please e-mail us at crownandanchor@rccl.com, or call the Crown & Anchor Society at (800) 526-9723, Monday through Friday, 9 a.m. to 11 p.m. (ET), Saturday and Sunday, 10 a.m. to 8 p.m. (ET).

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a warm, welcome feeling that goes with a
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Jennifer Daniel Milligan with husband Kelly;
Jack (16), Mary Kate (8) and Ginger (3)

Dear Forest Creek Neighbors,

Since 1985, three generations of the Daniel Family have called Forest Creek Estates “home”!

My Mother, Diane Daniel, has sold homes in Forest Creek since 1983; I grew up here and have been selling real estate in Plano since 1993. In 2003, I returned to Forest Creek to raise my own family.

Year-to-date Jennifer’s listings are selling 38 days on average within 2% of asking price. Let Jennifer Daniel Milligan & The Daniel Team show you how our “Staged for Success” program can help you achieve your home’s **maximum** value in today’s changing market.

“The Daniel Team” was named
“Best Realtors in Dallas” by “D” Magazine
2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012

Jennifer Daniel Milligan, ABR, CRS, GRI, SRES
Keller Williams Realty 3600 Preston Road #100 in Plano
972-310-9911

Please visit our website at www.forestcreekspecialist.com



Janice Powell and Ebby Halliday

Hello Forest Creek Estates Neighbors

*I am so glad to now live in this beautiful neighborhood
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friendliest place I have ever lived.*

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janicepowell@ebby.com

Ebby Halliday



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Many Forest Creek References

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