REISS ENGINEERING HELPING GUIDE LYMAN STUDENTS TODAY





Seasoned Engineer, Janine Alexander, spoke to many interested young ladies from Lyman High School at the SWE Women's Engineering event.

SWE is a not-for-profit educational and service organization that empowers women to succeed and advance in the field of engineering, and to be recognized for their life-changing contributions as engineers and leaders.

Many Lyman participants were eager to speak with Mrs. Alexander to learn more about industry trends and how they can better their future chances of working in this dynamic industry.

LYMAN HIGH SCHOOL — An Engineering Magnet School

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What's Inside?



<u>4</u>	From the Publisher
<u>6</u>	Volunteering While Unemployed Opens a Whole New World
<u>8</u>	Artist of the Month—Kathy Hale
<u>10</u>	What Does She Really Want?
<u>11</u>	Arturo Sandival—Upcoming Concert
<u>12</u>	Yes, They Won One Game: The Millardi Monsters' Story
<u>14</u>	Casselberry Rotary Brings You the World
<u>18</u>	Happiness is a Decision of the Heart—Woman's Club
<u>20</u>	Del Dio's Bistro—Flair and Affordability
<u>22</u>	Project Trailblazer—Friends of the Parks
<u>26</u>	Light the North and West Line: The Freeze of 1935
<u>28</u>	Growing Up in Casselberry—Ralph Monger and Neighborhood Spotlight: Fern Park Estates
<u>30</u>	Casselberry Veterans Exist to Serve
<u>32</u>	Leadership Skills Start Early at 4-H Clubs
<u>34</u>	Men, Relax. You Can Be Smarter than Einstein
<u>35</u>	How to Have an Out of This World Relationship
<u>36</u>	Non Residential Real Estate—New Reasons to be Happy
<u>38</u>	GEMM's Special People —Focusing on Common Ground
<u>40</u>	Off the Grid Gourmet
<u>41</u>	Avoid Bad Wine
<u>42</u>	Better Leadership Together: Reflect, Refocus, and Recommit
<u>44</u>	Casselberry Chamber of Commerce Honors Its Best
<u>47</u>	Africa- A Photographic Journey
<u>48</u>	Seen Around the City
50	Upcoming Events



Cover Photograph

Sometimes the best pictures are not far from your house, as it was with this photo Bob Buckley took near his.

www.rbuckleyphoto.com

All Casselberry Magazine

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New Year—New You—New Attitude



CASSELBERRY UTILITIES CO.

CASSELBERRY, FLORIDA

MY TOWN

CASSALBIARY is the place where my home is found, where my business is situated and where my vote is cast. where my obsides is studed and where my vote is cast. It is where my children are educated, where my neighbors dwell, and where my life is chiefly lived. It is the home spot for me.

CASSILBERRY has the right to my civic loyalty. It

supports me and I should support it.

CASSILBERRY wants my citizenship, not my partisanship; my friendliness, not my dissension; my sympathy, not my criticism; my intelligence, not my indifference.

CASSILBERRY supplies me with protection, trade, friends, education, schools, churches, and the right to free moral citizenship. It has some things that are better than others; the best things I should seek to make better; the worst things I could help to suppress.

"Take it all-in-all, it is my town and it is entitled to the best there is in me."

Sentinef Star +73 1959

The good thing about history is that you don't have to break ground anew, or make all the mistakes yourself. It is the gift of listening and learning from others.... if we will take heed.

Listening has not been my strongest characteristic, but it's a skill worth learning. A key to success is deciding who you are going to listen to and learn from. In my case it is my father. I've learned from his mistakes, and from what he did right. Still, I tend to do things my way and make my own mistakes. It's a human characteristic.

In this time when we have plenty of people who want to share their negative views, I find it hard to keep focused on what I CAN do. Turning away from the outside media has been key in keeping myself upbeat. I know it's there when I want it or need to know... but it's not what sustains me or inspires me to do more. Instead, it brings me down.

This year, I'm focusing on sharing more of the positive things about our city... and I was happy to know that I don't have to come up with the words to express myself. To the left is an article that was in the October 2, 1959 Sentinel Star newspaper. I never found the original one, so I cannot give credit to this talented author. Dad, however, took something that may have been written about Orlando and adapted it to Casselberry.

If we adopt this attitude and viewpoint from our history in our lives today, we can have a happy and prosperous new year every year.



Not long ago Jim DiSalvatore, owner of JVD Construction, drove down Anchor Road and saw the former Water Bonnet Manufacturing Company building sitting vacant.

A 40 year-old 110,000 square foot basically hollow metal building may not be a dream come true to every business owner, but it was to Jim. It sits on 17 acres of industrial not more than a mile off of Highway 436, and mile off Highway 17-92. This made it prime for his construction company, because this allowed him to consolidate his Altamonte Springs office space with the storage and equipment facility that he had on Orange Blossom Trail.

What you need to know about Jim DiSalvatore, however, is that he is a perfectionist. Over the last 35 years, he has built JVD Construction, a company that does road construction projects, on this key point. Word of mouth got around, bringing him larger and larger contracts, such as the one for the Florida Turnpike that JVD is working on now.

The old building was hardly Corporate Headquarters material. Jim saw beyond that, and gave that job to wife and corporate spokesperson Loretta. The massive transformation of the building entailed many meetings with the City's staff, who were thrilled at the possibility of having Casselberry as the home to this premier contractor.

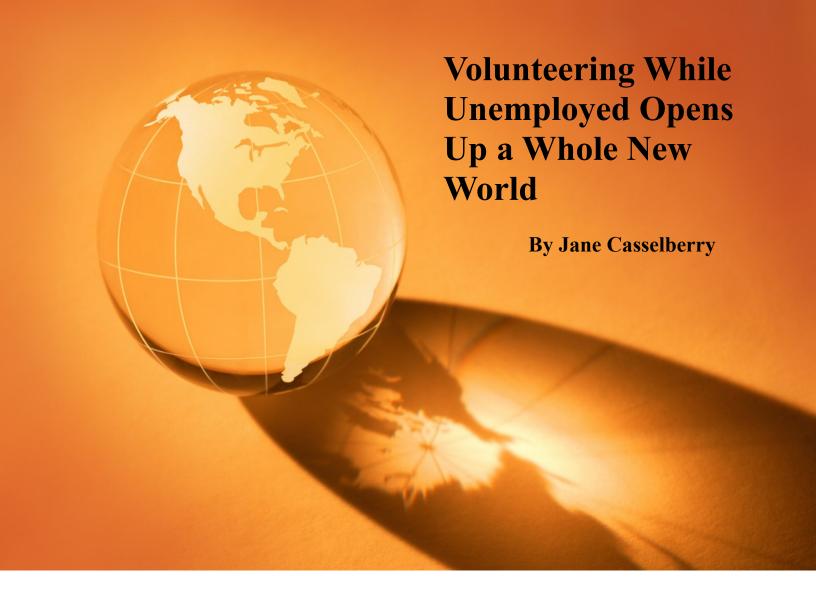
If this story fits with your company's core values and image, and you need room to grow your business in a professional and industrial community, call Loretta at 407-767-8853. See how she, along with her Administrative Assistant Sherry Young, has made the JDV Construction building a top contender for a corporate head-quarters. You might be the one to share this exceptional space.

Left to right, Loretta with Sherry, the JVD Conference Room and the Bistro (rather than a kitchen). Similar accommodations are available to make your New Year happy and prosperous.









There's a saying that when God closes one door he opens another. Architect Ken Strong, 62, of Casselberry can certainly vouch for that. One day he was unemployed and two months later he found himself doing site planning and building design for new facilities around the world as a missionary architect.

When the recession hit the booming construction industry in Central Florida and the housing market crashed, his firm began to down size. In August of 2008, Ken suddenly found himself out of work with a wife and a family, a mortgage and no immediate prospects.

With time on his hand and having a "heart for missions", he went out to the international headquarters of Wycliffe Bible Translators and Wycliffe Associates in Orlando to volunteer. It was perfect timing since they were in dire need of someone with architectural experience to head up a variety of construction projects in the many countries where their translation centers are located. They offered him the job.

"This was a shared decision between my wife, Shelley and me," Ken said. "We saw the opportunity to support getting the Bible into the heart languages of unreached people as a personal invitation from the Lord. We couldn't refuse."

"Shelley saw it as a chance to use her gifts in the same cause. Since shortly after becoming a believer I had felt God wanted me in missions, but I never expected it to be anything like this. It's an honor and very humbling."

New missionaries are usually required to raise their own support before coming on board, but Ken's skills were so urgently needed that Wycliffe Associates offered to provide for his expenses until he could line up supporters. So in October, 2008, Ken and his wife, Shelley, found themselves official members of the Wycliffe Associates team.

Ken isn't confined to an office. Far from it, since joining WA he has logged 70,000 air miles. His first projects included an office building at the Bible Translation League headquarters in Nairobi, Kenya, since completed; headquarters for a Deaf Opportunity Outreach, Nairobi, now underway; a translation center in Musoma. Tanzania; and the Uganda/Tanzania branch headquarters.

language barriers and jet lag," Ken said. "But typically the host people always do a good job of keeping me in something of a protective 'bubble' so problems with food and water are minimized. The trickier issues involve cultural issues that involve how people work together and decisions are made are usually overcome through objective dialogue and understanding."

Now that the Strong children (Kelly, Lynsei and twins, David and Jillian) are out on their own, Ken and Shelley are hoping to do a little down-sizing of their own by selling their home in Casselberry. "Cutting our costs is something we can do to best focus on our mission goals," Ken added.

Wycliffe Associates partners with Wycliffe Bible Translators to provide practical, financial and volunteer support for the translation goal of getting scriptures in the 2300 languages in the world without any Scripture translation in progress by the year 2025.



"Date Night" at the Casselberry Art House Jan. 21, from 7—10

Find Pottery Passion

It's a fun, creative and sensual art form.

In the opening of the movie *Ghost*, Patrick Swayzee helps Demi Moore with her pottery. Okay, here's your chance, guys. Even if you don't like the movie, pottery is a fun, creative and sensual art form, and hands on.

You and your special sweetheart are invited to discover the passion of pottery. Bring your own food and favorite beverage and dine in a cozy gallery setting, and afterwards, create your own pottery masterpiece.

You'll be a hero for only\$20 per resident couple—\$25 for non resident couples. Register at:

http://activenet4.active.com/casselberryparksandrec/

Artist of the Month - Kathy Hale



What comes to mind when someone says artist? Usually we think of someone who takes brush in hand and creates a picture on canvas. Kathy Hale is an artist whose medium is needle, thread, and a kaleidoscope of fabric. She is a quilter, but her portfolio is not just a trunk of pieced blankets meant to keep someone warm. Those are there, but her collection goes far beyond cuddly heirlooms. Kathy creates fiber art.

I have to admit I was very envious of her studio. Being there among her many fabrics, sewing machines and projects was as close to heaven as you can get on earth for those of us who sew. Thanks, Kathy for allowing me to enter your sanctuary.

Kathy's love of quilting is well rooted in her heritage. Both of her grandmothers were fiber artists. One loved to piece the quilt tops and the other loved to do the actual quilting, so they worked together to create beautiful works of art, some of which Kathy displays in her living room.

From pieces that look like stained glass to bedspreads and baby throws Kathy has done it all. She has an embroidery sewing machine and is embroidering squares to make a bedspread for her own bed. I can't wait to see the finished product.

One special piece needs to be mentioned and that is a hand quilted quilt Kathy made and donated to the Women's Club of Cassel berry. From personal experience I know it took hours and hours to complete and is a true gift of love. This quilt is being raffled off and the drawing will take place in March. Thank you, Kathy, for giving so generously of your time, and actually a little piece of yourself.



WIN THIS QUILT WORTH \$1,2000

Fits Large Queen Bed or King Size. Get your tickets from Woman's Club Members or Contact Carol Fildes at 407-695-2026 Email:wcc32707@yahoo.com

Money raised goes to local charities, so be generous and get lucky!





Above, then clockwise: Faye and Kathy look over one of her finished children's quilt. Can you see the turtle in one of Kathy's works in progress? In her living room, she displays the quilts her grandmothers made. One of the tools of Kathy's craft is her Bernina sewing machine. Below, what looks like a stained glass window is actually a beautiful quilt.







www.allcass.com

What does she <u>really</u> want?

By Steve Arch

Perhaps no other holiday is as closely associated with romance as Valentine's Day. February 14 is a time when lovers honor one another with special tokens that symbolize their love and devotion. That's why jewelry is such a perfect gift on Cupid's Day.

When compared with other Valentine's gifts, jewelry rises head and shoulders above the rest. Flowers are beautiful, but after a few days they die away. Chocolates are scrumptious, but who really needs all those extra calories? Jewelry, on the other hand, is not only the ultimate symbol of romance, it has enduring value and can be enjoyed for generations. Considering all the alternatives, jewelry really is a "can't miss" proposition. When women are asked what they REALLY want for Valentine's Day, fine jewelry is always among their top choices.

Aside from the romantic aspects of jewelry, it also happens to be one of those rare gifts that is both fashionable and functional. It can really spice up a wardrobe and express its wearer's personality, and there are jewelry styles that will work with any outfit and any occasion. Although the choices are almost limitless, there are certain items that are perennial best sellers on Valentine's Day. Unless you really know your loved one's style and taste, it's probably safest to stay with basic, classic pieces that are versatile and can serve as the foundation of her accessories wardrobe.

For instance, diamonds are always a good bet, as the diamond is the ultimate symbol of everlasting love. Gold heart pendants/lockets, earrings, rings, bracelets and pins studded with diamonds are all fabulous Valentine's Day selections. These items come in a range of sizes and styleswith and without gemstones. Ask us about engraving a personal, romantic message right on the jewelry.

Diamond stud earrings are another obvious choice. If she's been wearing the same studs for a long time, she'd probably appreciate trading up to a bigger size (or better quality). A beautiful solitaire diamond necklace is another excellent choice that will coordinate with anything-and you'll find an array of stone sizes, settings and shapes from which to choose.

Finally, don't overlook charms and charm bracelets as Valentine's Day gift choices. This retro style has become very popular recently, thanks to all the Baby Boomer nostalgia. Charm bracelets can spell out a name, a heartfelt message, or symbolize the things that mean the most in her life.

Steve is an active Rotarian and member of the Casselberry Chamber of Commerce. If you're in doubt about what to buy her, call him at Jewelers of Maitland, 407-628-0615, or find him at 500 E. Horatio Ave., Maitland.



The jeweler allows me to wear the sapphire blue lake on my finger, the emerald green leaves around my neck, and take the citrine sunset with me wherever I go. Jewelry has become my daytime link to nature in an office with no windows. And if I have to work late, there's nothing like diamond stars and a pearl full moon against an onyx night sky.

~Astrid Alauda,
"Office With No Windows"

"Blazing, technically flawless trumpeter"

These words are bold—
seldom written at one time
— about one man.

Meet the exception: Cuba's Arturo Sandoval, who dazzles a large jazz-loving audiences with his torrid high-note runs and displays of hyper-charged velocity and tone.

Sandoval, one of the most dynamic and vivacious live performers, continues to be recognized for his outstanding talents and was awarded his 6th Billboard Awards for "Best Latin Jazz Album" in 2007. He has already won five mainstream Grammys and an Emmy for composing the score to the 2000 HBO movie "For Love or Country: The Arturo Sandoval Story," starring Andy Garcia.



FREE: February 26 from 6 to 9

This past September, Sandoval was honored by the Congressional Hispanic Caucus Institute with its Medallion of Excellence for Leadership and Community Service Award. (Actress Eva Longoria was his cohonoree.) Sandoval is a Cuban native and made a name for himself playing with well-known jazz legends like Dizzy Gillespie and Stan Getz. He has performed in most major cities in the world and has been given four Grammy awards and had numerous best-selling jazz albums.

His lifelong goal is on full display in his latest album, "A Time for Love," released in May by Concord Jazz. "A Time for Love", which also features such guests as vocalist Monica Mancini, pianist Kenny Barron and trumpeter Chris Botti, was nominated in three categories, including best instrumental album, at the Latin Grammy Awards that took place November 11 in Las Vegas.

Mr. Sandoval won all three Grammys. Arturo Sandoval is a prominent musician, and one quickly recognizes that he is one of the most brilliant musicians of our time. He once quoted, "When I die I want to be remembered as a guy who loved music -- all kinds of good music."

Bring your family and friends to Lake Concord Park, located at 95 Triplet Lake Drive (behind Casselberry City Hall). Enjoy an amazing evening with Arturo Sandoval as he burns through an Afro-Cuban groove, tears up a bebop tune, soars over a Mozart concerto and soothes you with a luscious ballad; all with equal power and grace of Cuban descent.

This Free Latin Jazz Concert at Lake Concord Park is sponsored by the City of Casselberry and WLOQ 103.1.

For more information, call 407-262-7700 ext. 1127.

They won one game— And yes, it's a big deal!

By Hank Lander



The Mallardi Monsters are a new girl's soccer team at Milwee Middle School. Their one win was the last game of the season, and yes, it's a big deal. The team mates were heard shrieking, laughing, and crying as they hugged one another and literally leaped for joy. The girls were experiencing the excitement of a big time achievement and enjoying a personal sports "high," that special feeling at that moment in time. The parents and coaches were just as excited. One parent remarked, "This season has been like the movie Rocky or Miracle on Ice." The team showed great spirit throughout the season and our local community can take great pride in their accomplishments.

"That one win teaches the lesson and importance of commitment and persistence, and that practice and hard work pay off," said their coach, Hank Lander. "These fifteen girls had little or no experience when we started the team five-months ago. The girls got better with each drill, each practice and game. We could see first hand each girl's personal improvement in skills, game knowledge, and confidence. The parents and my assistant coaches were very supportive all season long and always encouraging, even when the team lost eight straight games."

Above: Dyaniz Serrano and Tabitha Mullendorf kneeling with ball.

Row 2: Aryanni Deans-Smith, Christina Abreu, Madison Warsaw, Alexandria Robichaud, Rebekah Fineman, Sydney Warsaw, Sharon Chidester

Last row: Coach Hank Lander, Candace Murray, Kaitlyn Morehouse, Yasmine Williams, Nicole Kavanagh, Yazmin Rivera, Coach Summer Pelletier

"That one win teaches the lesson and importance of commitment and persistence, and that practice and hard work pays off."

Coach Hank Lander

Above: Left to right: Madison Warsaw, Christina Abreu, Lightning Player, Yazmin Rivera Not pictured: Yanina Miolan and Coach Anthony Mallardi



The Monsters lost to the Kissimmee team earlier in the season by the score of 3-0. This time the Monsters won the game by a score of 2-1. The opposing coach said, "The team (Monsters) has improved so much, especially in the fundamentals." The Monsters took a 1-0 lead on a score by the teams leading scorer Yasmine Williams. They took the lead into the second half, but as expected, the Kissimmee team was not going to give up. After 20 minutes they tied the game. During a break in the action, the coaches reminded the Monsters how far they had come and that they only had 15-minutes left to their season. How that season ended was up to them. Could they dig deep, give it all they have, and leave the field with their first victory? Yes they can, and with 5-mnutes left to play, Yasmine Williams put the final goal into the net for the win.

This was also a big win for the community and its supporters. Maitland Soccer Club has been very supportive of the efforts to bring club soccer to the school and gave full scholarships for girls registering for the team. They worked closely with the Rotary Club of Casselberry to fully fund the team so that these girls could play. Milwee Principal Michelle Walsh, PhD said "The scholarships are a really big deal for our students. Especially since our student population is considered disadvantaged financially (over 72% of the students at Milwee are on free or reduced meals) and cannot afford all the costs associated with club soccer. The girls on this team will benefit greatly, as will the school when it comes to school spirit and pride." The school is doing its part by providing the practice field at no cost.

Coach Lander remarked, "I'm not surprised by the generosity of my fellow members of the Rotary Club of Casselberry. They donated money for new uniforms and footwear, soccer balls, and other fees." The club supports many youth and educational programs in our local community and around the world. To promote literacy, they have a competitive Essay Contest in the local elementary and middle schools with cash awards. Annually, they send high school seniors to a Rotary Youth Leadership program designed to groom future community leaders. The club's International Committee members are applying for a matching grant to Rotary International to help a girl's orphanage in the Dominican Republic with an AquaCulture program. The orphanage will benefit from an on-site Tilapia Fish Farm to help with sustenance issues they encounter.

At the beginning of the season, Rotary Club President Bill Hufford spoke to the team. "We want you to work hard at practice and continue to develop your soccer skills. Have fun when you play, and know that winning games is not the measure of success. What is success? You will know it when it happens, and you will have a good feeling inside."

One win - Yes it is a big deal. These girls now know what the feeling of success is all about.

Disney Too Expensive? The Casselberry Rotary Brings The World to You

Featuring Dragon-Legend
Fabulous Young Acrobats from China

On a single hand, Tin-Tin support herself high on a stool bending and twisting her body to unthinkable positions in perfect synchronization with her twin sister, Xen-Xen, right next to her. With every twist of their bodies, the total silence in the audience was interrupted by loud hums from "ooohs and aaahs", "My god!...", "How in the world!....". When they land after a double-flip in the air, the whole auditorium erupted into deafening cheers followed by minutes of standing ovation. This acrobatic act is just one of the several performed by Dragon Legend Acrobat Team. You'll have the opportunity to see it for yourself for free at the Metro Life Auditorium in Casselberry at the Worlds' Festival 2011 on Saturday, March 5, 2011.



That's not all. In addition to these teenage professional acrobats of *Dragon-Legend Inc*. from China, the World's Festival will feature equally fantastic performances representing the culture of Africa, Colombia, India, Haiti, Middle-East, Gypsy, Polynesia, Mexico, and Ireland. Also, students from South Seminole Middle School, English Estate Elementary School and Lake Forest Preparatory School will present songs and dances from different cultures of the world.

Who are these youngsters? Most of them appeared to be less than 10-year-old, with a few in their early teens at the most. Were they actually from China? They had to be professionals to be that great, but so young!

Yes, they're indeed from China, and are members of the Dragon-Legend Acrobat Show Team in Orlando. These students specialize in the art of acrobat in the "Pu-Yang Center for Folk Arts," which is located in Pu-Yang City, Henan province in central China. The Dragon Legend Inc. of Acrobats started in 1996, but the school was established in 2000. Currently, the school has approximately 200 students.

Families of children between 8-12 years old were attracted to the school by announcements in media. After interviews and auditions, only a small proportion of the applicants were selected into the programs. Most of the students came from Pu-Yang area, with some from other parts of China.

The school provides basically a 6-year education, which is equivalent to a middle and high school general education, but with a specialization in acrobatic training. Training a student for one particular acrobatic act takes 2 years on average. The students pay no tuition or fees for the education and training, but do receive room and board, and a little pocket money during the schooling years.







Vast majority of the students have the opportunity to be on traveling show teams. The school has traveling show teams in China, Hong Kong, Japan, several European countries, and at several locations in the U.S. The Dragon Legend team in Orlando consists of 16 performers and 9 staff members. Students on this particular show team actually are in a mini Pu-Yang school at Orlando. They have a curriculum to follow with classes on various topics and daily training periods to attend. They have only one day off each week.

Tin-Tin Fu and Xen-Xen Fu, the identical twin sisters, first came to Central Florida in 2002. Their acts of "Bucket fitting" and "Lamp rolling" were amongst the best received acts. After their return to Pu-Yang school in China, they trained hard for the more difficult act of "Single-hand-stand." Two years later, in 2005, they were selected for the show team again and returned to Central Florida. Again, their new act is one of the most elite acts of the team.

A diligent staff escorts, teaches and trains these brilliant young acrobats, the leader of which is Xien-Mei Tang. Besides being the wife of the company's CEO, Xien-Mei is the manager of Dragon-Legend team in Orlando, and the mother who gives these away-from-home kids much needed love and care.

According to Xien-Mei, the business is reasonably profitable thanks to performing at Disney World's EPCOT at the China Pavilion five times daily, and other invited gigs. She feels fortunate that this allows her the opportunity to promote awareness of Chinese arts and international friendship. To pay back the warm receptions from the community, Xien-Mei said the team performs at many non-profit community cultural events.





Performing at Disney and participating social activities in the U.S. gives these young acrobats a rich living experience in a multi-cultural society, Xei-Mei said. The worldly perception developed from such experiences profoundly benefits the students and the people with whom they interact. At their tender ages, they don't get so philosophical, but they such have a great time in America eating McDonalds, etc. that they hardly get homesick.

The Rotary Club of Casselberry is privileged to have the Dragon Legend Acrobat Team as one of the 11 performing groups for four continuous hours of performance in the World's Festival, which will be on Saturday, March 5, 2011 in a first-rate concert hall in Metro Life Auditorium, 910 S. Winter Park Dr., Casselberry, 32707 at the corner of S.R. 436 and Red Bug Lake Rd. For more information of the World's Festival, which is free to the public, browse www.RotaryFestival.org.



About Ivan Mao—Rotary Chairman of the 2011 World's Festival



As a Ivan leads the Rotary to bring the world's dances to Casselberry, he has also taken America's dances to heart. He is a World Champion in Country Western Dance. Ivan's life is all about living the cultures of the world. He as born in Shanghai, China, and schooled in Taiwan. After college and a basketball career in Taiwan, Ivan came to the US for graduate studies, and received his doctoral degree in genetics at Cornell University. For 30 years at Michigan State University, Ivan was a professor and a research scientist leading a research team in the field of livestock genetics and animal breeding. He worked with research institutes and livestock industries in U.S. and in other countries, and extensively in Europe and Asia.

Before Ivan retired to Florida with his wife, Cecilia, who also was born in Shanghai, he was a senior scientist in the National Science Research Institute of Denmark for three years, and the manager of a fish breeding company in Norway for three years. Ivan was the United Country Western Dance Council World Champion at Intermediate level in 2005, and in 2006 at Advanced level in line dance. Since 2005, he has been a dance instructor teaching 4 weekly classes in Orlando area. Ivan can be reached at mao.ivan@gmail.com.



The Worlds Festival

Saturday, March 5
Metro Life Auditorium
910 S. Winter Park Drive, Cass
1–6 pm



SCHEDULE

1:00pm

Doors open for art & craft exhibits, and food vendors

3:00-5:00pm Sampler dance workshops* in classrooms

2:00pm	Opening Lion dance of ASIA* by Sifu Charles
	"Eye dotting": President Bill Hufford and Casselberry City dignitaries
2:15pm	Choruses. S. Seminole Middle and English Estate Elementary Schools
2:30pm	Folk dances of COLOMBIA by Semillas Colombianas
2:45pm	Sword dance of GYPSY by <i>Tribal Muses</i> *
3:00pm	Folk dances of HAITI by <i>The Belles of the Islands</i>
3:15pm	Dances of MIDDLE-EAST by Jollie & Elements of Dance*
3:35pm	Acrobats from CHINA by <i>Dragon-Legend, Inc.</i>
4:00pm	Intermission
4:15pm	Songs and dances of Latin America. Lake Forest Preparatory School
4:30pm	Dances of INDIA by Nritya Academy
4:50pm	Songs & dances of POLYNESIA by <i>Halau Hula O Kaleooka'iwa*</i>
5:15pm	Folk dances of MEXICO by School of Fiesta de Mexico*
5:35pm	Dances of AFRICA by the Center for Contemporary Dance
6:00pm	Step dances of IRELAND by Tir Na Greine*
<u>6:25pm</u>	Conclusion

Dance Workshops Featured:

Lion dance, ASIA Folk dance, MEXICO Folk dance, INDIA

Belly dance, MIDDLE EAST Hula dance and music, POLYNESIA Irish dance, IRELAND

Happy Chinese New Year—the Year of the Rabbit

1915, 1927, 1939, 1951, 1963, 1975, 1987, 1999

People born in the Year of the Rabbit are articulate, talented, and ambitious. They are virtuous, reserved, and have excellent taste. Rabbit people are admired, trusted, and are often financially lucky. They are fond of gossip but are tactful and generally kind. Rabbit people seldom lose their temper. To find out more or about your year, go to http://www.c-c-c.org/chineseculture/zodiac/Rabbit.html



^{*}Dance workshops register at www.RotaryFestival.org



At the January meeting, author Toni Gitles tells members...

"Happiness is a Decision of the Heart"



The Happiness Ambassador Toni Gitles at the January with Alvera Armour.

How we communicate with each other, and very importantly, how we listen, is a key to establishing meaningful relationships, in both our personal and professional life. I'm a real for of experiencing he

our personal and professional life. I'm a real fan of experiencing happiness on a daily basis. I've stopped pursuing happiness and intentionally choose and plan on having a sparkling, magical day. Doesn't always turn out like the day well, never mind. I have found that the Juice! in life is in deepening relationships with family, friends and colleagues. This is extremely important to my having an exceptional day. Therefore, communication plays an important role. Here are some everyday strategies that I have implemented and that can help you on your way to Everyday Happiness.

- 1. The Golden Rule is an excellent place to start: Do Unto Others as You Would Have them do Unto You! Really, we forget this a lot. Start treating people the way you would like to be treated you will start improving your interactions immediately.
- 2. In over 30 years counseling individuals with hearing loss and their families, it became very clear, people were talking but the intended receiver of the message was not always listening! Then I realized people with normal hearing had the same ineffective communication strategies!
- 3. So, I came up with the Golden Rule of Happiness: Listen unto Others as you would have them Listen unto You! We really must improve our listening skills. One of our deepest needs is to be heard, to tell our stories, to be understood and known by others. We do this in our speaking and in our actions. In order to be successful, we need an attentive listener. In return, to let others be heard and known, we need to BE the attentive listener.
- 4. Everybody has something that they want to say but people aren't always interested in listening. And people desperately want to be heard. Pay attention to your speaking. Most of us can only listen to a complainer for so long. How are you crafting your communication? Are you positive? Are you considerate of your listener?
- 5. In order to be a good listener, one needs to be comfortable with silence. An incredible amount of connection occurs in the silence and in not interrupting the person talking.
- 6. To become a better listener, stop criticizing and judging and considering what you are going to say when the person stops talking and its your turn! Listen to the person as if you are meeting them for the first time; as if you know nothing about them. Now, try it, listen.
- 7. Let others finish speaking before you start talking. Take turns. Bask in the delight of getting to know another human being, more deeply than usual.

Save the Date



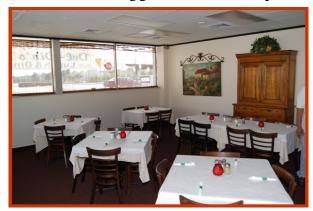
- 8. Ask interested questions that truly help you get to know the person. If you could ask any question and know the person would be happy to answer, what would you want to know? If you can't think of anything, ask the person, what would you like me to know about you?
- 9. Enjoy being with this person in a comfortable environment free of distractions, especially very little competing background noise. Give them your full attention. Often a quiet restaurant is hard to find today. When at home or in your office, you can more easily control the environment.
- 10. Put your attention on having fun in the moment. Relax, laugh, have a wonderful time!

For more information and articles and books by Toni go to http://www.tonigitles.com/

- **February Luncheon** Tuesday, February 1st 11:30AMProgram: Crime Prevention Safety Workshop. The luncheon honors Past Presidents & Honorary Members.
- **Do you play Bunco?** Come join us the 1st and 3rd Sunday 3:00PM

For more information on the Woman's Club go to http://womansclubofcasselberry.org/

Del Dio's Bistro: Flair and Affordability









Del Dio's Bistro is run by family and friends: Left to right: Alice Miller advises the owners on décor, Jewel is an owner and childhood friend of Chef Abe, Michelle serves, Abe cooks the outstanding Italian dishes, while his wife Annie is a owner and chef for Fusion dishes. Del Dio's is closed Sundays. Their wine license has been approved and they will be serving soon.

Casselberry has a new jewel, Del Dios Bistro. You can choose from Thai or Italian, and you cannot go wrong with either. I even ate Garlic Knots with my Thai dinner, followed by the best Cannolli I have ever eaten. The chefs who create this wonderful selection are Annie, originally from Thailand, and her husband Abe, from Bangladesh. Abe learned the art of fine Italian cuisine in his many years working in New York City. He brings a wonderful touch of New York Italian to us right here in Casselberry. To round out the staff in the restaurant is server Michelle Lose. Together the three offer excellent food in a family and atmosphere that says, "Welcome. Enjoy your special time with us."

An added bonus is that Abe and Annie think of their customers first. They keep their dishes affordable (entrees under \$10) and have a Children's Menu that will keep junior diners happy.

A friend and I had a wonderful dinner of Thai food on our first visit. I had the Stir Fried Vegetables and she had Pad Thai with Tofu (though shrimp was an option). They were both excellent and the portions were very generous. In fact, so generous we took part of our dinner home for lunch the next day. Eating three garlic knots apiece before dinner could have had something to with it, but they were so delicious. The Cannolli was fabulous and Abe makes the cream filling personally. They pride themselves on making everything from scratch with garden fresh herbs.

On our second trip we went entirely Italian. My friend and I shared a small Bronx pizza and Eggplant Parmesan. If the pizza we ordered was small I cannot image the size of the large. The homemade sauce was excellent and the toppings were very plentiful. Just the pizza could have been a meal for both of us. The very thinly sliced eggplant was cooked to perfection topped with homemade marinara sauce and cheese. The very edges of the eggplant were crispy and we both wanted the end pieces.

The building which at one time was a fried chicken franchise restaurant has been transformed inside to a quaint setting decorated by local Casselberry resident Alice Miller. She adds special touches on a regular basis to make the restaurant ready for holidays or the time of year. In fact the restaurant will be decorated for Valentine's Day and a Couple's Special is being offered. For more information call 407-834-4442 or 407-834-6616.

Love is in the Air



The Orlando Concert Band will be performing a *FREE* concert to welcome Valentine's Day.

It's the perfect gift for that special someone in your life.

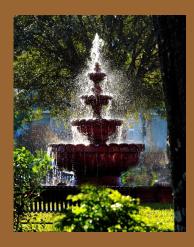
Give her something that's more than flowers,
And better than chocolates...
Give her....That's Amore!

Free Concert on February 11 at 7 pm





Photos from previous Concerts







PROJECT: TRAILBLAZER

Martin Luther King National Day of Service Project

City of Casselberry—Friends of the Parks—Hands on Orlando



Over volunteers of all ages showed up in commemoration of the Martin Luther King Day of Service. They were met with a perfect day, warm smiles, their choice of t-shirts or kerchiefs—and a big job ahead of them. The land on Plumosa Drive, once a thriving fernery had returned to native Florida jungle. The City, Friends of the Parks wanted to free up some of the land to add to the woodsy walking path near Pawmosa Park.

To take on that big a project, they turned to the most active volunteer base in Central Florida, Hands on Orlando. But with over sixty combined volunteers the entire project was completed in three hours. The City's cost was only for the materials. Thank you volunteers—and Mr. King—for inspiring this to be "A Day On—Not a Day Off."



Checking

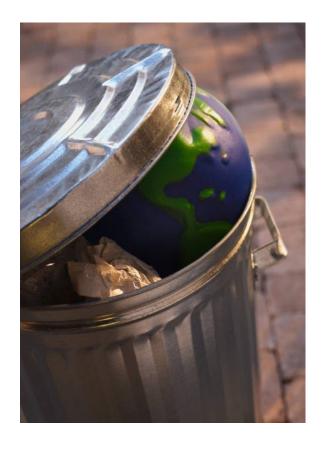


Commissioner Hufford with UCF students.



Volunteers with big tools wear big smiles.

Don't throw away our future!



"blue sky—

green earth"

Waste Pro is working to keep it that way.



Waste Pro was the first waste collection company to acquire 2 of the new International Trucks **hybrid clamshell collection trucks**.

Waste Pro has acquired "Smart Cars" for use by its municipal marketing staff.

Waste Pro's new Mack Trucks have a "Regenerative" system installed that reduces exhaust emissions and is ahead of the schedule for EPA requirements.

Waste Pro has initiated internal recycling programs for all of its on facilities.

Waste Pro goes to the additional cost and effort to place **anti-wear armoring** around all of its hydraulic hoses thereby virtually eliminating hydraulic spills into the environment.

Waste Pro is the first garbage companies to power a regional headquarters building through **solar energy**.



"The Waste Professionals"



Left below: Peggy Gibson considers herself a person who lives in Paradise. She travels with her husband John in their motor home, currently parked in Deltona. She spends her time volunteering in projects like this.

Middle: Teen volunteers Laura, Paul and Laura take a walk on the finished path.

Kathy Winkler, Volunteer Project Coordinator, has to multitask, but that's easy for her.





Stephen Augment, left, is a student from University of Florida, had been volunteering for Give Kids the World. When he found himself with extra time, he jumped into Project: Trailblazer. Little did he expect that he would unearth some of our local history, a smudge pot, used to keep the ferns warm on freezing winter nights for Barnett Fernery. Below, a smudge pot in Hibbard Casselberry's fernery, and some of the 100+ hands that carefully cut and selected the thorny plants before shipping to florists across the United States.



AIR POTATO RAID! NEXT SATURDAY

JOIN THE WAR ON THESE INVASIVE PLANTS
THAT ARE TAKING OVER OUR PARK LAND

Come join us to help pick up the potatoes off the ground. Every single one of those potatoes will grow, no matter how small the potato is when it falls from the vine. For more information, call 407-262-7774, or Friends of the Park at 407-699-9194.

This is a county wide volunteer project with the City of Casselberry, Seminole County, and Friends of the Parks.

HAVE FUN—WIN PRIZES FOR THE BIGGEST—UGLIEST—MOST AIR POTATOS YOU CAPTURE!



Light the North and West Line

At night, with only the old pickup's headlights to guide them through the dark and fog, the ride was as spooky as walking through a graveyard.



Hibbard Casselberry, left, with L. G. Hattaway

The cold winter nights of the 1935 brought problems for both men. Along the ocean beaches, frosty waves had brought abnormally high tides from the north. The radio weatherman predicted temperatures in the low 30's for Central Florida's outlying areas. With early varieties of oranges and grapefruit already picked, citrus growers remained calm. A moderate cold snap would sweeten the juice of the remaining citrus. However, the weather aroused concern for Hibbard and his employees, as frost only brought damage to ferns.

In the packinghouse, several men stood around an oil heater, bundled like layer cakes of denim, flannel, corduroy, and wool topped off with a with a hat or knit cap. "Evening, Mr. Casselberry," they greeted Hibbard as he arrived. Sam, a jovial young black man, walked in, having just finished another drive through the acres of slat houses. His job was simple but vital, to keep a watchful eye for falling temperature readings.

While Hib and Sam fortified themselves for their rounds, Hibbard walked over to a wall map showing the location of each slat house. Paul Bates, now a young man, advised Hibbard of his prediction, another dangerously cold night. "I'd better let the men know they can expect a call later."

Sam and Hib headed out the door to began their drive into the slat houses. The roofs, consisting of one-inch cypress lath strips spaced exactly one inch apart, prevented the frost from settling in during the winter. But at night, with only the old pickup's headlights to guide them through the dark and fog, the ride was as spooky as walking through a graveyard. He could make out the heaters that the men had put out that fall for a night like this. Smudge pots stood like



Hibbard Casselberry Jr, (right) with his brother Len.

little trolls, about three feet high including the stack, with 25 gallons of fuel oil in their bellies. If the mercury dropped to freezing, they would be lit first because their fuel efficiency. To the side of the smudge pots, smaller, less efficient "lazy boy" pots waited as the second line of defense. Then a creepy sight off in the shadows sent a chill through Hib: iceboxes laid silently in rows like coffins, with their insides stuffed with wood and ends cut out to direct the heat. They would be the last line of defense, and used only when temperatures dropped into the twenties and below.

Each time Sam stopped the truck Hib took his flashlight and ran to a small wooden box nailed to a post. He flashed his light up inside to see the temperature and then recorded it on the clipboard next to the time. When they returned to the packinghouse at about 3:30 a.m., Sam turned the clipboard over to Paul, who recorded the temperatures on the map. Hib ran to his dad. "It's really getting cold out there. It's down to 34 degrees." Hibbard and Paul gave each other that call-in-the-men glance.

Because few of the black fernery workers had phones at home, several men grabbed bundled up warmly, before catching a truck to their neighborhood. Quietly, they went door to door, waking up men to come in for a long night without, they hoped, disturbing the men's families. One of the women who worked packing ferns during the day came in on those frosty nights to cook a hot breakfast for the men. In the years ahead, when Hibbard's children Lilian and Johnny were old enough to go with him, they would remember Letroy Battles best, as the black woman who dispensed warm welcome smiles, endless cups of hot chocolate, and fried egg sandwiches. Cooks made sure there was always a big pot of coffee on the hot plate, along with sugar and canned milk. As men arrived, some carried homemade cookies or cakes their wives sent to share with other workers. With a hot mug to warm their hands, they gathered around the kerosene space heater to warm their bodies, first the front, then the back. Small talk began about the community's recent activities and upcoming events. Old-timers told youngsters tales about the big freezes of the late Twenties. Each time Sam and Hib came back from their rounds of temperature readings, the group stopped its chatter.

When Hib ran in shouting, "It's 32 on the North outside," Paul took the page with the critical readings from him. With Hibbard unspoken agreement, Paul sounded orders to go firing. "Suit up, men; and pick up lighters on the way out. Light the north and west line of pots only."

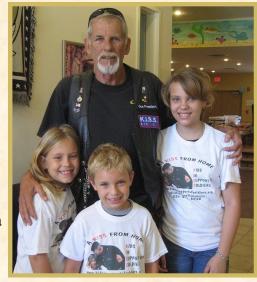
Continued on page 50

Growing Up in Casselberry

By Ralph Monger

The thing I remember most about growing up in Casselberry were in the late 1940s and the 1950s. My mother took a job working for Gordon Barnett, who owned a fernery business. The VFW clubhouse on Concord was his packinghouse. After school, I'd come here while she was working, and I even had a birthday party there.

Barnett was a smart businessman, and had good political connections. He heard that Highway 50 was going to go through, so he came to my mom and made her a deal to buy everything he owned here. At the time, that was about 80 acres, including where JVC Construction is on Anchor Road, Pawmosa Park, and other large parcels of land around the area. Once Barnett was free of this, he bought land to develop Pine Hills.



Ralph Monger is a member of the Casselberry Veterans, and president of its Caretaker Motorcycle Enthusiasts. This picture was taken with the children of KISS: Kids in Support of Soldiers at a packing event in Oviedo. The Caretakers came out in force to help.

Later in the 1950s, the town probably wasn't growing as fast as Hibbard would like. So at a council meeting, he and the councilmen decided that if a parcel of land in unincorporated Fern Park was bordered on two sides by the Town of Casselberry the town should annex it.

When my mom got the letter about this, she saw it as a patchwork way to get everything in the town. The town didn't have any services that it could give her at the time. Sure there were no taxes, but there were no water or sewer lines, thus no benefit to her.

Below left is the Barnett Packinghouse (circa 1940) on Concord Drive, which later became the Casselberry Veteran's clubhouse. Right is a plaque about early owners of the area, including Pawmosa Park.



JOHN & ANNIE GRIFFIN

In the early 1880s. John Wesley Griffin came to Central Florida with his father Dr. Abel Griffin and sister Henrietta E. Griffin. John Griffin purchased 6,000 acres of land near Kissimmee and was responsible for building the first saw and gristmill in the area. After John Griffin's death in 1882, his wife Annie inherited his land holdings and began selling off several parcels. In 1889, Annie Griffin platted a subdivision around Lake Lotus on present day Concord Drive, marking the first planned settlement in what would become Casselberry. Griffin's 1889 plat is still used in some of Casselberry's property descriptions to this day.

And Neighborhood Spotlight: Fern Park Estates

She called Hibbard and they had words. When he asked if he could come over to house, she said yes. I was just a kid, so I wasn't allowed to sit where grownups were talking, but that didn't matter. I could hear them from the other room. The conversation got louder and louder until she finally asked him to leave. Then she sued him, and he backed down.

In 1960, Hurricane Donna came through and put her out of business. It flattened all the slat houses. Afterwards, we sold off property bit by bit. Now, it's all in the city.

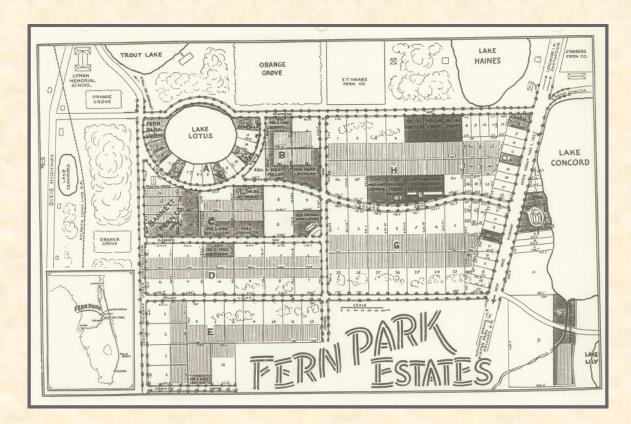
When mom died in 1970, we buried her at All Faiths Memorial. I'll never forget that when we went over there that day. I was going back to the car we went right past Hibbard's headstone. I remember looking back at that and saying, "So sorry, Mom, but it will give you all something to talk about."



Left: In 1960, Hurricane Donna devastated the fernery slathouses. This put an end to fern production for both Mrs. Monger and Hibbard Casselberry because of the time and money it would take to restore the crops and buildings. Mother nature, however, still brought freezing temperatures.

Below: At the western end of Concord at Anchor Road, you can see the original location of Barnett's packinghouse. All the vertical marks represent slathouses.

Lake Ellen was named Lake Haines, and Quail Pond was Lake Lily. The fine print on the highway says "Open about May 9, 1927.



Their By-laws are Clear: Casselberry Veterans Exist to Serve.



While the club will be 25 years old this spring, the story of the Casselberry Veterans and Auxiliary Christmas basket effort didn't start until 1987. It started with helping out four families, and has now expanded to about seventy families each year. The Auxiliary, led at the time by Auxiliary President Kay Baylor, was responsible for the implementation of the program and its continued growth and prosperity.

In order to provide funding for the effort, one of the founders, Billy Tingle, game up with the idea of having a Wednesday night dinner of spaghetti for \$3.00, with all the proceeds going to the needy family Christmas basket fund. The dinners have since gone up to \$4.00. Every week a different a different volunteer signs up to donate, cook and serve the Wednesday night dinners. At the end of the year, proceeds are approximately \$20,000. If you're doing the math, that's about 100 dinners served each Wednesday night for a year.

Each of the families the Veterans and Auxiliary members support, receives a total and complete basket, including all food for a Christmas breakfast and dinner, plus presents for the children and family members. The club's selection committee determines the neediest families as a result of applications they receive from local schools and social service organizations.

This big job took big hearts and hands—plus planning and fund raising. Above, left to right: Suzie Giberson, Steve Poole, Loretta Cipolla, Bart Cipolla Jerry Ernst, Mayor Charlene Glancy, Pat Skee, and Gary Martinson. Not pictured were Tracy Moore of Publix at Wekiva and Hwy. 434 who arranged for every family to have a full turkey dinner, and Ann Fitez, who was in charge of making sure all the shopping done got done.



Suzie Giberson made her list and checked it twice to make sure the right child got the right bike. Loretta Cipolla took on the bicycle "gift wrapping."



The club's constitution and by-laws are clear about the reason for their existence: to help our members, our veterans and our community.

They can look back and proudly say that they have done exceptionally well in the last 25 years. They have many other efforts they support financially each year with charity events and donations, but the Needy Family Christmas Baskets are by far their largest effort. It takes literally dozens of volunteers working year round to pull it off—but after more than two decades, they've got a system that works.

The Casselberry Veterans and Auxiliary will be honored at the January 24 City of Casselberry Commission meeting. The recognition is well deserved and long overdue. Thank you for your service!







Beginning the 4-H Demonstration Process

Shane Michael, 4-H Agent

Leadership Skills Start Early at 4-H

Some people think about Casselberry as being in a city, even though it's a small one in a larger metro area. In fact, what our citizens say they like most about it is just that. Though we don't think about 4-H Clubs in our area, this countywide organization is a great place to develop leadership and life skills in a variety of endeavors.

One of the most important skill a student learns is in how to present his or her project. Check out this article to see what I mean.

It's time to start thinking about 4-H demonstrations and your presentations at County Events. The first question we often get is what is a demonstration and why should I present one at County Events?

A demonstration is showing and telling others what you are doing or have done in your 4-H projects. Doing a demonstration will help you develop your presentation and speaking skills.

Where do you start? First pick a topic in your project. For example, if you are doing a dog project and this is your first year you may want to do a talk about the different breeds of dogs or you may want to demonstrate how to train a dog (remember you can't use live animals at County Events).

Next, outline the points that you want to tell the listener. Remember all demonstrations and speeches have 3 parts: an **introduction**—where you grab the listeners attention and you introduce yourself, **the body**—gives your main points of what you want to say, and **finally a conclusion**—which is a summary of your main points and where you got your information.

Visuals are an important part of a demonstration. These are posters and props that you use to explain or tell what you are talking about in your demonstration or talk.

County Events— this is the County level night for 4-H members to present demonstrations. All blue ribbon demonstrations and illustrated talks from County Events advance to District Events.

JANUARY

18 County Council 6:00PM 20 Horseless Horse Club 6-7 PM 21-23 LAW—Camp Ocala 28-30 Jr. Congress—Camp Ocala

For more information contact: Shane Michael UF/IFAS, Seminole County 4-H Extension Agent I 250 West County Home Rd Sanford, FL 32773 407-665-5571



FEBRUARY

7 Clover Kids 5:30-7:00PM

8 County Council Meeting 6:00-7:30PM

10 Florida State Fair Opens

11-13 State Intermediate Congress

12 Horse Judging Contest at State Fair-Tampa

14 Horse Leader's Meeting 6:30PM

17 Horseless Hors Club 6-7PM

19 Central Florida Fair Booth Set-Up 10 AM-3 PM

19-20 Benefit/Open Horse Show Clarcona Horseman's Park

21 Central Florida Fair Booth Set Up 10AM-7PM

24 Central Florida Fair Opens

26 4-H Day at the Fair

26 Citrus Tree Awards and Auction

28 Clover Kids 5:30-7:00PM

Congratulations, Athletes!



Multiple Kudos, Julie!

To Ms. Julie Ciuocca who has been promoted to Assistant Principal at South Seminole Middle School. She's not only active in the Rotary at 7:30 in the morning before school, but has found the time and stamina to do her first full marathon at Disney. For those of you who don't know much about marathons, a full marathon is 26 miles... and Julie did that in 4 hours and 30 minutes. This is a young professional to watch—but you'll have to be quick.

"You could go years without seeing as good a buzzer-beater in college basketball. And the hero is Casselberry resident Chandler Parsons." from Yahoo

http://rivals.yahoo.com/ncaa/basketball/blog/the_dagger/post/Video -Florida-s-Chandler-Parsons-hits-miracle-b?urn=ncaab-211529



Bake a Fresh Tradition This Year

If you are looking for a way to have better quality time with your children, more nutritious food for your family, and a new skill or hobby for yourself, learning to bake fresh homemade bread may be the answer you're looking for.

It's a special activity that brings together the senses. There's the kneading the bread and watching it rise, yet nothing tops the aroma to bring back memories. The time spent together is always one of sharing our thoughts. The taste of the bread and the satisfaction of the success or learning together makes it the perfect family activity.

Healthy Yeast Bread Baking Saturday, January 22, 2011, 9 a.m. – 1 p.m. Practice successful healthy bread making.

Healthy Quick Bread Techniques Tuesday, February 8, 2011, 6 – 8 p.m. Master the art of biscuits, muffins and breads.

Healthy Yeast Bread Baking
Saturday, February 26, 2011, 9 a.m. – 1 p.m.
Practice successful healthy bread making.



For more information go Contact the Leisure Services Department—of the Seminole County Extension Office

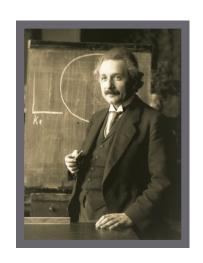
All classes will be held at Seminole County Extension Services kitchen. Class size is limited. Call 407-665-5553 to register. 250 West County Home Road, Sanford, Each class is \$10, payable in advance. FL \(\square 407-665-5553 \) e-mail: rlaw@seminolecountyfl.gov

Men, Relax. You can be smarter than Einstein.

By Lilian Casselberry

The Great Question – which I have not been able to answer despite my thirty years of research into the feminine soul – is "What does a woman want?"

Albert Einstein



Following December's holiday gift-giving frenzy, how many of you men look forward to facing the stressful battlefield of mall shops to find the right way to say "I love you"? You want to be a hero—not a zero? Am I right? But what price must be paid for that distinction, you wonder? It doesn't take a lot of money to make a romantic impression this Valentine's Day, nor is it difficult to know what your woman wants.

If Einstein tried to create a formula that scientifically defined what a woman wants, no wonder he never figured it out. Each woman has her own unique formula is a start, and success comes only when you know what that formula is, how it acts and reacts under different conditions, and that it will always be changing.

Does she like chocolates, or would that be an undesired temptation when she's trying to slim down? What are her favorite flowers and music? Would she prefer an intimate night out, or going to a place to see and be seen? And unless you are married to a diva, being romantic can be simple and inexpensive if you think of it this way:

Treat your lady as if she were your Number 1 client or customer. Work is challenging enough these days, as is raising children. But your spouse or significant other is with you at the beginning and ending of the day. So set up your home life to be a respite for both of you, not more time of more stress.

Think about how much time you spend twice a day brushing your hair and teeth or shaving. Do you spend that much time caring for your relationship? Duplicate that routine: take your lady in your arms for as long as you would brush your teeth! (Usually a sigh will show signs of relief and that she feels the attention.) Then look into her eyes and say something nice. Do this twice a day and you'll be surprised how much that small bit of attention will be appreciated.

Now on to the shopping. If you know exactly what your woman wants, great. But inside she's like a computer: her programs change all the time. Stay updated on her changes. She'll be impressed that you ask what she wants. Do this in advance. This should not be last minute research.

If you don't know what she wants, the best advice is to cover all the senses: taste, smell, sight, touch, and sound. You don't need Godiva chocolate if her favorite candy is Reese's cups, but when in doubt, small sumptuous chocolates can be wrapped in red or gold foil for under \$3.00. A red rose costs about \$2.00. Add a little flash by tying it with a red ribbon. Instead of a card, send her a note using words like feel, understand, care, love, and hope, written on nice paper you can buy by the sheet at your local office supply. If you look up quotes for those words you're bound to find something that will touch her heart.

The most memorable gift I ever received was her favorite candy bar wrapped with red ribbon and some romantic thoughts written on a yellow note pad. He didn't have much to spend a lot but he didn't have to because he knew exactly what I liked. Any man can do it. You don't have to be an Einstein.

How to Have an Out This World Relationship (or what I would have told Einstein)

By Lilian Casselberry

Relationships are like black holes. As you know, black holes are incredibly dense rotating mass of... well, "stuff." Gravity sucks in everything near them. Not even light can get out; consequently most people tend to avoid them. But there are significant points about relationships that can be learned from them.

When two people collide going into the black hole it's called the event horizon or "when they first meet." After that point, they can never return... their lives are forever altered... sometimes more significantly than others, but altered nonetheless.

What's really important is what happens after the event horizon. If the black hole is not rotating the two people will be pulled together into the center called the singularity. Strangely enough, this is when they are no longer considered single individuals, but become "a couple." At that point, even time and space disappear. We say, "they are in love".

Physicists would say they are then transferred through the black hole and into another side, which means into <u>another</u> universe. What actually happens is they drop out of site and their friends never hear from them again.

Now, what gets totally freaky is if you get sucked into the black hole, miss the singularity and end up in a wormhole! This is no fun. People who end up here reappear in another time and another place in this universe. It's like hitting the square that says "Do Not Pass Go – Do Not Collect \$200." Relax, everyone goes through wormholes. They're commonly referred to as a "bad date" or "lousy relationship," depending on how long it takes. (The time/space continuum being what it is, you always think it's longer than it actually is.) People survive only to be sucked back into another black hole and get another chance at hitting the singularity... and getting the \$200.

If you honestly want an "Out of This World Relationship" you have to be willing to be sucked back into more black holes. And you have to survive the changes. Yes, there's risk and fear. You may think you'll never hit the singularity. But trust me, unless you're a total jerk you will.

However, when two people do hit the singularity and come out on the other side in <u>another</u> universe they end up being a quasar. "Quasars are extraordinary intense energy sources. Most of them are only several times the diameter of our solar system, yet they emit more energy than an entire galaxy of 150 billion stars." This is what a good relationship looks like... powerful, energizing, and inspiring.

"Some astronomers believe that quasars are the most distant objects ever detected, yet their incredible brightness allows us to see them clearly." People who become quasars are also easy to spot and... they live happily ever after.

THE END

Quote from Gary Zukav, author of *The Dancing Wu Li Masters*, whose work I have referred to here: "The relationship between black holes and quasars is purely speculation but the speculation is mind-boggling...The concept of nonsense is relative, and we always can be sure when we use it that from some frame of reference it applies to us."

Non Residential Real Estate



As you drive down the highway or around the city, don't be saddened or discouraged by closed buildings. There is more going on that meets the eye. Remember that only a few months ago, some of these stood vacant and in need or repair. Now the Mason's Lodge on Triplet Drive near City Hall has been gutted and new trusses are going up. This is as welcome a sight to residents as it is to their members.

Across from the Casselberry Exchange, Del Dio's Bistro is open for business. Don't let the former Kentucky Fried Chicken building fool you. Behind the scenes of this local favorite (formerly in the Aldis Center) the owner has Alice Miller working her magic. Look for plenty of changes there. Alice served on the Casselberry CRA years ago, and has volunteered her services to the city on its building. This will be a winner.





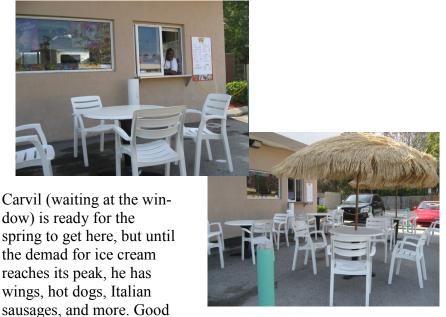




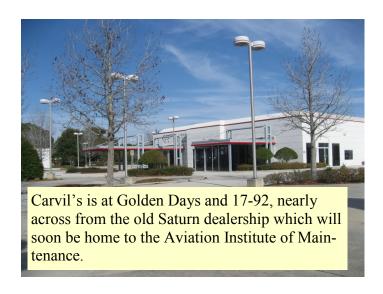
Looks like banks are loaning in Casselberry. This is new development at Shoot Straight Gun Range on Highway 17-92 in the CRD.

The former Bally's on Highway 436 in Casselberry is now getting its facelift. We look forward to the grand opening of Herzing University, a post secondary educational facility dedicated to prepare students for a career in computers.





Real Estate Off to a Good Start in 2011



Click below for a special selection of Casselberry area listings
Courtesy of Total Commercial
http://|-|-|-|-|-|.com/allcass



Some of the best redevelopment can be done with a bulldozer. With the old Arby's Restaurant gone, the land is much more inviting to a new use... not to mention it's great location directly across from Lowe's.

GEMM Presents: Special People

Focusing on Common Ground

By Rev. Tony Tizzio

One of the big stories of last year was that of Charari Jones being bullied on a school bus. Bullying is bad enough, but the 12 year old suffers from cerebral palsy, which affects her speech, motor skills and posture. While her father, James Willie Jones, boarded the bus to defend her, I see an underlying thread in this.



We have all seen it many times. You are strolling through a store or mall, when you see another person strolling along, but with a cane, power chair, scooter, or even a guide-dog. Uncontrollably, your eyes stray to that person. Why is it that in 2011, this sight still surprises people?

This question occurred to me recently, when I rode into a medical facility for a routine test on my scooter along with me. It got its share of onlookers. Then I have to remember that the sight of something (or someone) that is not usually seen can be of interest. This is most noticeable in children, who stare and giggle, mostly when they are not in regular contact with the disabled. Unfortunately, this attitude can evolve into adulthood, if not caught early, and adjusted.

Maybe this is why some of the disabled do not go out as much. Oh, they're around, but the media does not focus on or support them. In our society looks counts, sometimes more than substance. In a country that idolizes movie stars and sports heroes, the disabled person is usually seen in the bleachers or as an extra, but seldom the star.

The times, as they say, are a-changing. Thanks to medical science, people are living longer today. So many of us today over 50 are helped by the use of, canes, power chairs, scooters, etc. With more use, comes increased visibility to these tools and maybe more acceptance of the people who use them.

Bullying is a problem, but when students tormented Chatari, she proved that it is not the strength of our bodies that matters but the strength of our actions and character. In a short period of time, she found her inner strength – and thanked her bullies for empowering her to defend other disabled children. Chatari now speaks nationally about this issue in hope that it will help others.

Be it young or old, rich or poor, black or white, male or female, disabled or non-disabled, we can all learn from the encounters with the disabled, minorities, or even non-minorities, for that matter. The lesson is that diversity helps us all grow, and as we grow, we learn that people are more alike, than not. We should not dwell on our differences but on the common ground that we share.

GEMM: God's Eternal Miracles Ministries is a Christian Ministry helping the less fortunate, and is developing into a church for all. GEMM's a 501 (c) (3) charitable organization. If you have any questions or suggestions, call Rev. Tizzio at 407-461-7649, e-mail him at specialpeople81@msn.com, or join their meetings on the third Tuesday of the month at American Families Funeral home located at 5011 S. Highway. 17-92, Casselberry, Fl. 32707.



Note: Chatari's father was arrested and later apologized for his reaction on television and at press conferences. He says parents should not act out, as he had, especially around children.



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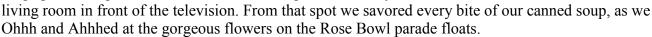
Off the Grid Gourmet

By Faye Beach

HAPPY NEW YEAR!

The usual fare in the South for New Year's Day is Hoppin' John, better known as Black-eyed Peas and Rice. I don't really remember eating that on New Year's Day, because my Grandma and I had our own tradition. Granddaddy always went hunting that day which meant Grandma did not have to cook a big lunch. I guess you could say that was her "day off" for the year.

She loved Campbell's Vegetable Soup with alphabet which she would have never served to Granddaddy. She loving prepared the soup, grabbed a pack of saltine crackers, set up two T.V. trays in the



Soup, no matter if it is canned or homemade it a wonderful meal for the cold days we have been having. The combination of foods which can be put into soup is limitless. Just let your imagination go wild. Do have leftover chicken or turkey? Chop it up, put it in some chicken broth, add noodles or rice, and in a matter of minutes you have homemade chicken noodle or rice soup.

I think the only rule for soup is it has to taste good. Here are some of my favorite recipes. Remember, you are the boss, so use ingredients that you think are delicious!

Stay warm!

Faye

Hearty Chicken and Vegetable Soup

2 chicken leg quarters

1 teaspoon salt (or salt to taste)

1/4 teaspoon black pepper

2 teaspoons chervil

1 small onion, finely chopped

2 cloves garlic, minced

2 cups cabbage, cut into small pieces

2 carrots, sliced

2 zucchini, slice in 1/4" rounds

1 cup green bean pieces

½ cup rice

Place chicken in pot and cover with about one gallon of water. Add spices, onion, and garlic. Bring to a boil, reduce to simmer and cook until chicken is tender and easily comes off the bone. Remove chicken and discard bones and skin. Cut chicken into bite size pieces and return to broth. Add vegetables and rice. Return to a boil, reduce to simmer and cook until vegetables and rice are done. This is a very low calorie, nutritious meal, and can be frozen for later use.

For Corn Chowder, go to page 46



Dark Chocolate and Port: A Match Made in Heaven

Many wine lovers say they don't like a sweet wine. With a meal or by itself, I would agree. But dessert is supposed to be sweet, so a dessert wine should be sweet also. There are several types of Port. At its most basic it is very affordable. At its highest level it is very expensive, as are most dessert wines. A few years ago I introduced a skeptical friend to Port. My reward was his ear-to-ear grin after he tasted it. Port will taste of sweet dark fruit, wood, tobacco, and pepper; pretty much what a good red wine will taste like, only richer and sweeter.

Port is probably the last, well known wine that was made with the help of the human foot. Now it is mostly made with mechanical devices. It is sweet because the fermentation is stopped early by adding brandy. The influx of alcohol stops the fermentation. When fermentation is stopped, there is still sugar in the juice. So the wine will be sweet.

Port is almost exclusively red. Depending on the quality of a particular harvest, several things can be done. If a Port maker (called a Lodge) believes the grapes are of superior quality, they will declare a Vintage. Vintage Port is usually blended from several vineyards, and it spends 2 years in a cask and is then bottled. Most Vintage Ports need about 15 years to be ready. Many will last for decades. Very expensive stuff.

A very good, less expensive alternative is a Late Bottled Vintage, or LBV. LBV's from a single vintage year are kept in wood for 4-6 years or so depending on the Lodge. They are bottled and are released as ready to drink.

Ruby Port is the most common. This fruity Port is blended from several vintages into a house style. Some makers will offer a branded Port that is a step up from a basic Ruby, such as Fonseca's Bin 27 or Graham's Six Grapes.

Tawny Port is handled in a different way. Tawnies are blended from different vintages and kept in oak casks for years, sometimes even decades before bottling. The extended wood ageing turns them a pale, brownish amber. The taste is different as well. They are less sweet and have a nutty flavor. You can find Tawny Ports bottled after 10, 20 and 40 years in wood. Other, less expensive tawnies are often blended with white Port, which is not often seen on its own.

Dark chocolate and Port is a match made in heaven. Another classic match is Port and Stilton (an English blue cheese). Try Port with some friends. You don't need much to enjoy it, and some Ports are available in half bottles. In fact, I recommend you do not drink too much of it because it is about 20% alcohol. A neighbor and I once made that mistake and paid dearly the next day.

For a special treat, see this blog on matching wines with chocolates! http://www.avoidbadwine.com/wine-and-chocolate/



Jim's passion for wine began more than 35 years ago. Early influences were television shows The Galloping Gourmet (Graham Kerr) and Julia Child.

Before blogging, Jim has had a distinguished career in management. He has given his time and energy to his community in leadership positions in both business and nonprofit sectors, including the Boy Scouts, Rotary, and Casselberry Chamber of Commerce.



You can follow Jim at AvoidBadWine.com, a blog targeted toward the casual wine drinker rather than the wine connoisseur. "Our main interest is in helping people find out what they like and how to find it at a good price."

Better Leadership Together



Reflect, Refocus, and Recommit By Bill Hufford

It was a harsh winter at Valley Forge in 1778, midway during the American Revolutionary War. General George Washington was losing more battles than he was winning. His men suffered from the cold. At night, snow storms raged outside their small canvas tents, which creaked and cracked. During the days, they huddled around campfires and waited for a break in the cold and orders from their General. They were outnumbered almost three to one by British General Howe's troops.

When Washington received new information, he reflected and came up with a new approach. Then he refocused his energy and troops and recommitted. When he did, hope replaced despair.

Each day we have a choice to start the day on the right foot. New Year's, however, brings an added incentive to determine what kind of leader we want to be. Now that it is here, what do we do to bring new leadership skills to our teams during this economic winter?

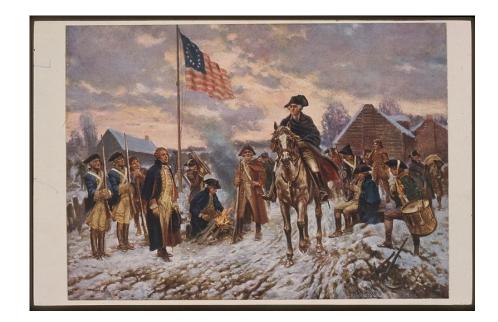
Let's get back to the 3 Rs: Reflect, Refocus, and Recommit.

REFLECT: Refection is probably the most critical of the 3 Rs because it forms the basis for what you should refocus on and commit to going forward. The old adage, garbage in, garbage out, applies here. If you reflect on the wrong things there is a good chance you will draw the wrong conclusions, pick the wrong action to improve, and not yield the results you expected.

So what should we consider when reflecting? While the list could be endless there is one criterion that captures most all that is important – the fruit of your labor. How is your harvest?

We often get caught up on how hard we have been working at leading, but fail to recognize whether the effort we're making, no matter how hard it may be, is making a difference? Key ways to determine this are the financial results, an increased number of people in the group you're leading, a better quality of life for them and you, and a greater influence on others in the area in which your working. Once those broad areas are indentified, drill down to get at the specifics reasons or root causes for your success – or lack thereof.

REFOCUS: Select only a couple of key areas that you identified when reflecting. If you pick too many, you won't be able to give those areas the specific attention they require for substantive change. Keep in mind if it was easy to make the improvement in the first place, you probably would have already done it. Then prioritize, don't just pick the easiest ones to change. You want to get the most results for the effort you and your team put in.



"We should not look back unless it is to derive useful lessons from past errors, and for the purpose of profiting by dearly bought experience."

George Washington

RECOMMIT: How often have we come up with a good idea that will help us improve but fail to work it into our lifestyle? Find people or a system that will hold you accountable in implementing the change. When it comes to honing your speaking skills, talking to yourself won't help as much as regular attendance at a Toastmasters Club.

Usually change requires a change in our habits, priorities, and/or a step out of our comfort zone. We resist making the commitment by saying we don't have the time or money to do what is required. Realize that is last year's talk. This is time for new skills and fresh outlooks. Washington got that with new information, and we certainly have access to information in today's world. Find it – then reflect, refocus and recommit. You too can mold the future.

As always, I welcome your thoughts and feedback. You can write me at bhufford@lbaorlando.com

More Thoughts on Leadership

"Control is not leadership; management is not leadership; leadership is leadership. If you seek to lead, invest at least 50% of your time in leading yourself—your own purpose, ethics, principles, motivation, conduct. Invest at least 20% leading those with authority over you and 15% leading your peers."

Dee Hock, Founder and CEO Emeritus, Visa

"All of the great leaders have had one characteristic in common: it was the willingness to confront unequivocally the major anxiety of their people in their time. This, and not much else, is the essence of leadership."

John Kenneth Galbraith

"The task of the leader is to get his people from where they are to where they have not been."

Henry Kissinger

Quotes from http://www.leadershipnow.com/leadershipquotes.html

Casselberry Chamber Honors Its Best in Business





Chamber members overwhelmingly voted of Carlos Giraldo of CRS Hotel—Central Reservation Services as 2010 Chamber Member of the Year. They noted him for his vision and attention that took the growing Chamber to the next level.

Glenda Dameron of Office Depot in Casselberry was voted 2010 Business Person of the Year. Members honored her for her energy, enthusiasm, and constant support of the Chamber's activities on all levels.



Above: Participating in the presentation of awards are (left to right) President Colleen Hufford (Silpada Jewelry), Roberta Weiss (BB&T), Pat Weber, and >>>> Back row: Hank Lander (Communication Solutions) and Suzanne Lander. The Office Specialist.

New members Vinnie >>> from Italian Village Restaurant in the Greater Marketplace, and >>>>American Tax in Summit Plaza. All are being welcomed by long time member Tom MacElroy of Real Estate Consulting Group of Altamonte Springs.

Right: Helen Ehrgott, Voter Outreach Manager for the Supervisor of Elections Office, right, welcomes guest Marianne Sherriff of Old Florida National Bank, Longwood.



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Continued from Off the Grid Gourmet, page 40

Corn Chowder

6 ears of corn, shuck and remove silk

4 slices of bacon, cut into small pieces

1 medium red onion, chopped

1 jalapeno pepper, seeded and finely chopped

1 clove garlic, minced

2 Tablespoons all-purpose flour

½ teaspoon salt

1/8 teaspoon black pepper

1 pound red potatoes (about 6 medium),

cut into ½" squares

3 ½ cups chicken broth

2 cups half and half

2 small ripe tomatoes, peeled, seeded, and chopped

Thinly sliced fresh basil leaves for garnish

Corn Chowder, <u>The Good Housekeeping Cookbook</u>, Susan Westmoreland, Hearst Books, 2001

Cut kernels form corncobs, reserving three corncobs.

In a 5-quart Dutch oven, cook bacon over medium heat until browned. With slotted spoon, transfer bacon to paper towel to drain. Once cooled, crumble bacon.

Add onion and jalapeno pepper to the bacon drippings and sauté until onion is tender. Add garlic and cook 1 minute longer. Stir in flour, salt, and pepper; cook, stirring for one more minute.

Stir in potatoes, corncobs, broth, and half and half. Heat to boiling over high heat, cover and reduce to simmer. Cook until potatoes are tender, 10 to 15 minutes.

Discard corncobs; stir in corn kernels and heat through. Before serving, stir in tomatoes. Serve in warmed soup bowls. Top each bowl with crumbled bacon and basil.

At the Art House: Africa— A Photographic Journey Of Charlene Edwards



Women of the Lower Omo Valley, Ethopia

Great improvisers—pens, nails, sweet wrappers, cartridges, and as seen here, even screws are all incorporated into jewelry and decoration.



Zebra Stallions Fighting for Dominance—Kenya

Zebra stallion s fight by rearing up on their hind legs, biting and kicking. They may also drop to their knees and attempt to bite their opponent's legs. Fighting helps young males to establish their place in the dominance hierarchy.



Nama Elder Namaqualand, South Africa

Namaqualand is indeed a vast and varied region and home of the Nama tribe who are directly descended from the Khoikhoi bushmen. Their customs and culture were abandoned when the apartheid regime prohibited their language being taught in schools and re-located them to other areas. Their heritage is now returning and traditional dancing and old customs are being reinstated. Their strange multi-clicked language, which is classified by UNESCO as endangered is being taught again as they hope to add it to the school curriculum.



Zebra Portrait, Kenya

Zebra stripes are as individual as a human fingerprint.

SEEN AROUND THE CITY

Lately you have to look quickly and carefully to see who is where.



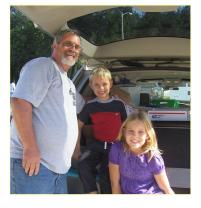


Above: Elizabeth Mattei, shows off the award during a commission break.
With her is Commissioner Susan Doerner.

This month the Mattei children accepted another award of their own. This time it was a Casselberry Mayor's Proclamation in recognition of their organization, KISS: Kids In Support of Soldiers.

Middle: Grandfather Joe Mattei with R. J. and Taylor. Not pictured is Makaylah.

Right: Commissioner Sandi Solomon and City Manager Barbara Lipscomb sign the KISS trademark banner that is sent to each soldier the organization sends care packages to.







Certificate of Appreciation for the City of Casselberry was awarded by artist Marcos Cruz on behalf of the American Culinary Federation for support of its Culinary Team 20012.

In November 2010, Marcos acted as visual art design consultant for the US Team. He designed and created the coldfood display table that won the Gold.



Happily, real estate closings went on during the holidays as people wanted to move in before the deadline for December 31 Homestead Exemption. Pat Weber came by First Security Title, while Patt Russle and her assistant Tammy were closing a transaction for Tom McElroy of Real Estate Consulting Group.

Blind Auction Re-Gifting Starts Rotary 2011 Fun-Raising







Rotarians are hard to beat when it comes to FUN-Raising! They started out with not just an auction or a regifting, but a way to do both at the same time. Each Rotarian was to bring a gift (anything that someone else might enjoy or get a good laugh over) already wrapped. The only hit given is who donated the item.

Bill Allen does a great job as auctioneer, coaxing money out of the wallets, while Gary Teramae, playfully points out the possible value of the gift wrapping. This act is far more fun than watching Vanna White sell a vowel. Left, Al Cook shows off a necklace for his wife, and far right, Dr. Bob Reid got a Tire Inflator. One Rotarian, enjoyed the breakfast and the bidding but left without her Garfield the cat Chia Pet. Surely someone gave it a good home before the breakfast was over.





City Calendar: For meetings, http://casselberry.org/CurrentEvents.aspx. The most comprehensive calendar is on the right side, sorted by week and month.

Standing meetings:

Rotary Club of Casselberry— Every Wednesday 7:15 am—Metro Life Church, 910 S. Winter Park Dr. Casselberry. The Rotary Club will not meet the Wednesday before Thanksgiving or the one between Christmas and New Years. For more info: www.casselberryrotaryclub.org

Boy Scouts—Troop 341— for ages 11-18—Monday nights 7:30—9 at Community United Methodist Church.

Woman's Club of Casselberry: the first Tuesday of the month (October-June) beginning at 11:30. For more info call Carol Fildes at 407-695-2026 or go to www.womansclubofcasselberry.org

Angel Food—VOLUNTEERS NEEDED. www.angelfoodministries.com

AARP will be offering free tax preparation assistance for local seniors by appointment only on Tuesdays and Thursdays from noon – 4:00 p.m. beginning February 1 through April 14. To schedule an appointment please call 407-262-7700 ext. 1575. Please note: AARP cannot assist with business or amended returns.

Continued from The Freeze of 1935, page 27

As the men moved across the acres of sheds, smoke puffed and chugged out each perforated chimney-like stack, warming the delicate ferns. Firing was part of the job, but from a distance, it gave breathtaking sight no one who saw it ever forgot. Dozens of acres glowed like a setting sun under the black velvet sky.

Although most cold air swept in from the northeast, the next wave moved into the northwest edge of the sheds. Sam and Hib kept their half-hour vigil, reading the thermometers and then reporting to Paul in the packinghouse. Everyone knew the most critical point came just before dawn. The men kept a sharp eye on the temperatures and read the gages in their assigned sections more frequently. Luckily, heaters in the sheds held in the safe zone, with only heaters in the north and west areas lit.

As the sun peeked over the eastern horizon and moved toward the red hearth haze in the west. From the packinghouse in the middle, it was like seeing both a rising and a setting sun in the same sky. Hibbard and the crews relaxed and waited for the sun to do the rest. When the thermometers indicated temperatures in the safe zone, Paul gave the order to snuff out the fires and let the smudge pots cool down.



From the earliest brochure of Fern Park Estates: the Artists' and Writers' Colony of Florida planned by Gordon Barnett. The New Dixie Highway was not cut through until 1927, and the Fern Park Post Office was not established a year later. Casselberry's Post Office was politically blocked from being established until the late 1950s.