

COLOURFUL HAPPENINGS

MARCH 2017

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TENNIS IS GROWING HERE IN CAROLINA COLOURS - NEVADA BRANNON

As members of the Tennis Committee we would like to welcome all newcomers to our community. Over the past year it's been exciting to see how our numbers have grown with new folks joining us at varying levels of play. On Mondays at 1 pm, weather permitting we have Jean Herscovici who is a friendly & very energetic tennis pro offering 2 hour sessions of tennis drills & practice all for \$10 per person. This has proved to be quite helpful for those of us wanting to improve our skills. On Thursdays at 1 pm we have Open Tennis where friends, neighbors, novices and intermediates come out to play on our excellent courts. There is no fee for this & it has proved to be lots of fun. Jean has also developed a nice tennis program for our children

here offering group classes of 6-8 similar to those for the adults. We hope this encourages some of you to come out & join us on the courts. Tennis is great fun & exercise so get out those racquets & bring your energy! Just a reminder, please refer to CC's Tennis Rules and Regulations for recommended attire.

For those interested in being on an email list for updates on Mon clinics and Thurs Open Tennis please email Dan Damweber to be added: djdn24@gmail.com

For those interested in classes for children you can contact Jean Herscovici at: 201-787-8551

For any other questions you may contact one of the following on our CC Tennis Committee:

Lee Purcell - lee66purcell@gmail.com

Nevada Brannon - nbnevie@gmail.com

Hollis Brannon - hollis.brannon66@gmail.com

David Constant - dfconstant@aol.com



SPRING CHORAL WORKSHOP CRAVEN COMMUNITY CHORUS - MARILYN DAVIS

A WEEKEND in OF SINGING: Sit in on Craven Community Chorus rehearsals in preparation for its annual spring concert " Requiem for the Living" by Dan Forrest, with Dr. Robert A. Harris as Clinician. Sessions will be on Thursday, March 30 at 6:30pm and Friday, March 31 at 6:30pm. Registration will be \$10 and the Requiem score \$12. **SATURDAY IN SONG:** The workshop with Dr. Robert A. Harris will offer eastern North Carolina singers and conductors a chance to learn and rehearse iconic choral selections, choral and vocal techniques along with Conducting Master Class activities. The Saturday session will be 9:30 - 4:30. Registration will be \$30 and will include lunch. The spring choral workshop is being sponsored by Craven Community Chorus, Carolina Coast ChoralArts and First Presbyterian Church. The sessions will be held at First Presbyterian Church Session House, 400 New Street, New Bern. For more information or to register, contact: Registrar, Cheryl Kite 252-717-5667 or kiteca@centurylink.net

“ON THE MOVE” in Carolina Colours - Leigh A. Toth

Spring is almost here! The temperatures, trees, and flowers are telling us so. We're starting to move more around outside...yey!

After that long, hard winter (giggle!), we turn our thoughts to our favorite spring activities: golf, cycling, kayaking, tennis/pickleball, running, yard work, etc.

Let's talk this month about an often-forgotten part of our workouts and fitness activities: the warm-up and cool down. I know, I know... you don't have time...you forget, etc., etc. This topic is especially relevant in the spring as we begin more vigorous activities. You don't want to get sidelined early in the season with an injury!

The purpose of the warm-up is to get our joints, muscles, and heart ready for work. As we begin to slowly move our bodies, our hearts and breathing ramp up, our blood flows faster to our muscles and throughout our body, and the fluid in our joints warms up for easier movement.

My suggestion is to warm up doing the same movements, slowly, of the activity you are about to begin. If it's golf, for example, park further from the clubhouse and walk purposefully towards it, getting your heart rate up a little. Once on the green, do slow squats in preparation for sighting that putt, picking up the ball, and getting in and out of the golf cart. Then, begin to slowly swing a club, in each direction, to warm up the arms, shoulders, spine, core, and neck.

It's the same for any activity you are starting. If you are going for a run, start with a slow jog. For cycling, start with some easy spinning. Before a weight workout, warm up on the treadmill, elliptical, or stationary bike for five minutes. For tennis, a few jogs around the court, then shuffling sideways each way, followed by the motion of slow swings and slow serves. In other words, don't go full-on into your activity; let your body get ready to move from rest to exercise.

Some people like to stretch as their warm up, before they begin an activity. There is a little controversy within the kinesiology community on this. Some say there is no harm, others say you should warm up aerobically first, before stretching. (A warm muscle is more receptive to stretching than a cold one.) The American College of Sports Medicine advocates warming up by doing the same activity you are going to be engaged in, at about 50% intensity.

Ok...so now you're done with your activity. Don't just leave the course, court, bike, gym, or boat and get into your car and drive home. Take at least five minutes to stretch all the muscles you have used. Hold each stretch for a minimum of 15 seconds, 30 seconds would be better, but I know you're all busy!

Warm up, be active, cool down and enjoy your activity for the whole season! Keep moving...more!!



Name Tags

It seems like we have a lot of new neighbors moving into Carolina Colours lately. If you would like to order a name tag to wear at Pavilion events, Cul de Sac Happy Hour, Bunco Nights (or any other events), send me a note.

The cost for each name tag is \$12.00 plus tax and will be billed to your Carolina Colours Association account. Your name and neighborhood will be printed on a tag made of hard white plastic which will have a magnetic backing. The size is 1-1/2" high x 3" wide.

Everyone will be responsible for their name tag; we will not keep them at the Pavilion. This opportunity is available to all residents, property owners, and tenants. If you are interested in ordering name tags for you and your family, kindly provide the name(s) to Mary Ellen Dorsey at melondor@aol.com by April 1st. Once we have orders for 40 tags, I will place the order with the vendor.



1	MaryAnn	Stinson
14	Kathy	Kirkman
15	Diane	Barnett
16	Jim	Oros
24	Chris	Babich
26	Barb	Hoffman
27	Andrea	Nelson
29	Nancy	Filipow
29	Tom	Trimmer
29	Dave	Gaulin
30	George	Orsega

Carolina Colours Cycling Club - Steve Forney

Each month the Carolina Colours Cycling Club gets together for a field trip to Oriental. We typically ride on a Friday. The roads around Oriental are well paved, lightly traveled, and provide beautiful scenery. Participants meet at the Pavilion parking lot at 8:30 am and then carpool to Oriental for the ride. Rides are typically around twenty five miles and last two to two and a half hours; with a couple of rest stops along the way. The route varies each month. For those not interested in that long a ride, shorter routes of ten to fifteen miles are available. Following the ride, everyone gets together for beverages and lunch at one of the restaurants in Oriental.

This began in the spring of 2014 with two riders. We were looking to add variety to the rides we had been taking around our neighborhood. Others soon began to ask if they could join us, and it has grown from there. So far, a total of nineteen people have participated in the rides. Typically we have eight to twelve riders each month.

So, if you enjoy bicycling and a good time, email me at steve@forney429.com to be added to the email list. Hope you'll join us on a future ride.



Picture taken at the O'Town Restaurant after the October 21, 2016 ride.

Spring is almost here, and to me one word springs to mind...FRESH! What's better than garden fresh vegetables? This salad is wonderful for brunch, lunch, or dinner! Keeping this salad simple really lets the freshness shine! It is topped with a soft boiled egg, but if you don't care for it.... simply cook a bit longer or leave off. Serve with a slice or two of crusty bread. Hope y'all enjoy!

ASPARAGUS BISTRO SALAD:

serves 4

DRESSING :

- 1 tablespoon red wine vinegar
- 1 tablespoon Duke's mayo
- 1 teaspoon Dijon mustard
- 1/2 small shallot, diced
- 2 tablespoon olive oil
- sprinkle of salt & pepper

SALAD:

- 6oz frisee, washed and torn into 1" pieces
- 6oz baby arugula, washed and dried
- 1 bunch asparagus, tough ends trimmed
- 4 large eggs
- fresh parmesan shavings, optional
- fresh cracked pepper

Mix all dressing ingredients together until blended. Set aside.

Bring a small pot of water to a rapid boil. As soon as it boils, turn off the burner and carefully place each egg in with a slotted spoon. Cover and remove from heat. Set timer for 18-20 minutes. Remove eggs from water and set aside to cool slightly.

Meanwhile, bring a large pot of water, about 3"-4" deep, to a boil. Sprinkle in a fair amount of salt to boiling water. Turn down to a simmer and add the trimmed asparagus. Make sure to fully submerge in the water. Cook 2-3 minutes until desired tenderness. Once tender, immediately remove asparagus from hot water and place in a bowl of ice water to stop from cooking any further. Remove from ice water and place on paper towels to drain. Any large asparagus, simply slice in half lengthwise.

Toss the lettuce with the dressing and place on 4 plates. Place asparagus on top of dressed greens. Carefully crack soft boiled egg over top of asparagus. Top with parmesan shavings, if desired, and fresh cracked pepper.

WINE PULL PAGES 4 & 5



SAVE THE DATE!

Below is a list of planned events sponsored by the Social Committee for 2017. Final details will be provided in a separate email as we get closer to the date of the event.

St. Patrick's Day Dinner – Friday, March 17th

Easter Egg Roll – Sunday, April 16th, 1:00 pm

5th Annual Kay Wilson Golf Tournament & Dinner (in support of the Carolina Colours Relay for Life team), Friday, May 19th

Cul-de-Sac Pool Party - Wednesday, June 14th

Fourth of July Pool Party/Dinner at Pavilion, Tuesday, July 4th

National Night Out, Tuesday, August 1st

Halloween Party – Friday, October 27th

Halloween Kids & Pets Parade – Tuesday, October 31 (Bayberry)

Veterans Day Program/Dinner – Friday, November 10th

Quilting is Alive and Well in Carolina Colours - Chris Babich



Last September I offered a class for beginner quilters in Carolina Colours. We made a table runner as a project and ran the class for 6 weeks with nine Carolina Colours Residents. In the picture you see four eager beginner quilters who had completed their very first block! Left to right is Mary Purcell, Jean Stoll, Deb Birenbaum, and Barb Fodroczi. Additional members of the class were Betty Orsega, Maureen Faul,

Linda McDonald, Susan Lucas and Tina Perruquet. We had bunches of fun and some of us (no names mentioned) even finished their projects. In the pictures below are just two of the beautiful table runners that were completed.

Most of the beginning quilters chose to make their blocks and quilts by hand. This is more difficult and time consuming than completing the project by sewing machine. I think all the quilters had fun and learned a lot. I also believe that several got the quilting "bug" (or addiction if you are a husband!).

Quilters here are thrilled with the opening of a new quilt store (husbands be afraid...be very afraid....) called Sewing on the River. It is located close by on Market Street in James City. You can

catch Chris down there often (just ask Jim).

I am now teaching some quilting courses there and hope everyone will take a look at what is going on. Beautiful fabrics are coming in daily and tremendous people there to help you out with anything you might need for quilting. I am teaching a series of "mini quilts" one for every month of the year. In the picture above are examples of a few of them. On April 5 I will be teaching the mini quilts for May and June. We will meet once a month on the first Wednesday to finish out the calendar year. Come and join us as each class you can sign up whether you have taken any of the classes before or not. The class is \$35.00 and I will give you tips and suggestions for these cuties. They measure about 10" by 16".

These would be great gifts and they finish up fast with a minimum of quilting. You will learn how to machine appliqué raw edges.

In addition I am looking forward to teaching a Basic Free Motion Quilting Class on Wednesday, March 29, 10:30 to 2:30. This is the ideal class for someone who wants to learn to quilt using their sewing machine. Come in to Sewing on the River and sign up for the class as there is a limit to the number of students per class. Hope to see you there! Tell Karen of Becky I sent you!

