



Welcome to ...



!!!MAY!!!



Your MONTHLY Garden Gnome News! "with a little help from my friends!"

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HOME OF THE GNOME!

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In the Gnome's continuing search for health, we bring you:

### 5 Calorie-Saving Bread Swaps for Sandwich Making

By Lisa Lillien, a.k.a. Hungry Girl - Reviewed by a board-certified physician.

Sandwiches are delicious, portable, and full of possibilities. The only problem is that they're often loaded with calories, and carb-heavy bread is partly to blame!

What to do? I'm Hungry Girl Lisa Lillien, and I have some calorie-saving bread swaps you can use for your next sandwich.

#### Cabbage Buns/ Wraps

Cabbage isn't just for rabbits! The leaves of this veggie are thick enough to hold all the stuff in your sandwich.

Just steam or boil the large outer leaves to soften them and make them easier to chew. Then pile on the protein and veggies. By the way, cabbage is a great source of fiber, which helps to keep you feeling satisfied. Wondering what to do with the small inner leaves? Make adorable sliders, or shred them and add to meatloaf!

#### Lettuce Bread/Wraps

This idea stems from one of my favorite dishes at Asian restaurants, chicken lettuce wraps! You'll literally save hundreds of calories by using lettuce instead of sliced bread. Personally, I think it's totally worth it. You can either wrap a giant lettuce leaf around your sandwich goodies (like you would use a tortilla), or you can create little slices of "lettuce bread" by peeling off a few leaves and using them to build your sandwich—perfect for housing jerk



chicken or saucy Italian burgers. By the way, some restaurant chains (like Red Robin and Carl's Jr.) offer lettuce buns as a bread alternative.

When in doubt, ask!

#### 100-Calorie Flat Sandwich Buns

Okay, technically these are bread based, but they have around half the calories of your average pair of bread slices. There are so many varieties on shelves. My favorite is whole-grain (extra fiber). Pick some up, and use them for lunch and breakfast sandwiches!

And when it comes to what goes inside your sandwiches, there are five things to leave off.

#### Portabella Mushroom Caps

Portabella mushroom caps are a super-low-calorie alternative to bread.

While they only have about 25 calories each, these magical mushrooms really do fill you up! Just bake or grill them until tender before assembling your sandwich. FYI: This one's more of a fork 'n knife sandwich. Portabella mushrooms are a great swap if you're trying to lose weight.

#### High Fiber Tortilla With 100 Calories or Less

Tortillas are another great alternative to carb-heavy rolls and sliced bread. But you have to be careful when shopping for them! Many tortillas (also referred to as wraps) are extremely high in calories. High-fiber ones tend to be lower in calories, but you need to read the labels carefully to be sure. My favorite tortillas are the La Tortilla Factory Large Low Carb Whole Wheat Tortillas—only 90 calories, plus 13 of filling fiber.

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**Tech In A Flash**  
**Matthew Rebstock & Bekki Shanklin at your service!**

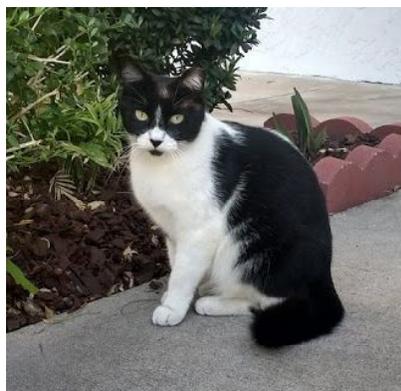


## **SALLY (a Different Kind of Mojo)**

*By Janey Hesche*

It was not so long ago, I can't quite remember the month or day, but I know that it hasn't been quite a year that Seminole Gardens acquired a new resident. Let's start this story at the beginning.

One day out of the blue, a very emaciated mother cat strolled through the property with a litter of kittens trailing behind her. A sad sight to behold, for sure. We have a rule at



Seminole Gardens that prohibits us from feeding strays. (It is a reasonable rule.)

After a few days, a resident that no longer lives here captured the kittens and took them to an Animal Control Shelter. She was told that they were young enough and would be adoptable. So, with happy hearts we thought the problem was solved. NOPE.

Not long after, a small kitten could be heard meowing in the evening on the property. I am not proud to say that for a few days I tried to ignore it and turned a blind eye and a deaf ear to the sound. Well folks, I would not let anything starve (except a snake) so we tossed an occasional piece of chicken out to it. Others would put out a morsel of tuna, small piles of dry cat

### **May Social events:**

Thursday, 5/4, 630p: Bunko: \$10.00

Tuesday, 5/16, 7p: Bingo: \$1.00 per game to play

Saturday 5/27, 1p: Memorial Day Cookout:  
bring a dish

Card-Making at 1pm: 5/10, 5/24: \$5.00

to make 2 cards ~ must RSVP  
to Denise by Sunday of that week,  
so the teacher can be notified.

Every Friday: Crafts in Clubhouse:  
Bring something you're working on and  
come for the fun!

Everyone Welcome--Let's get together & have some  
friendship & fun!!

**SALLY (a Different Kind of Mojo) continued)** That I would take care of them on Sunday's. There are some in bags in the area of can crusher and I will take care of them food in strategic places and one resident even brought home left over fish from dinner to give to the little homeless beggar. Folks, I hope you see where I am going with this!

A very fine human, Margaret in B building, caught this little feline and took it to the Animal Shelter. Well, guess what? They aborted the kittens she was pregnant with (that's when we found out she was a girl), they spayed her, vaccinated her, chipped her and dropped her back off at Seminole Gardens, her place of origin. That's what they do!

Okay, what now? It was assumed she would live at Margaret's. She put food and water out for her on a regular basis and even set out a soft bed for her. Mark and Sue in B building gave her the name of Back Alley Sally, and also had a nibble for her on a regular basis. Things were going great until Margaret went on



vacation for a month. We assured Margaret that Sally would be looked after in her absence.

You guessed it. Sally made her way down to C building. Of course, we had plenty of food for her as we have a cat ourselves. Soon she set up residence in C block. The balcony is where she sleeps at night. She is particularly fond of the four doormats.

That's not to say that she doesn't frequent other buildings. Kathy, in E building, makes sure she lacks for nothing when Sal comes to visit. One evening we were visiting Terri in F building and Sally followed along. She loudly meowed and meowed and MEOWED outside of Terri's door. Finally, I asked Terri if I could give Sally a morsel of chicken to quiet her down. Terri would have none of that. She insisted that Sally have shrimp!! Three giant ones at that.

She is a proven huntress. We have found rats outside our doorstep that she very proudly brought for our approval. (Yes, she is given high praise!) Many, many, times she has brought us half eaten lizards. She has brought them to her good friend Terri as well. I can't tell you how many times I have sat on the steps drinking my morning coffee watching the sunrise with Sally by my side crunching on her morning lizard. (It took some getting used to.)

Our neighbors, Kirk and Rita, came for a visit

e people that ~~call for a differ sorting of people to live in~~ )  
 n. Also a ~~note to please first stepping on bugs and wasps~~. The next  
 morning Steve was working feverishly to clean up the  
 crime scene (Sally killed another rat) before they woke  
 up and stepped outside. At first, they were mildly  
 shocked, but Sally worked her magic on them and low  
 and behold, they love her too!



Sally is quite social. She loves to stroll down  
 to the pool and sit in on the  
 conversation with the ladies.  
 In the early evening, Janice  
 and Denise will often admire  
 her and whisper sweet  
 nothings to her. On a recent  
 visit to Jadwiga in A building,  
 Sally tagged along. She again  
 meowed and meowed and  
 MEOUED outside  
 Jadwiga's door. I was  
 slightly embarrassed. I asked  
 Jadwiga if perhaps she had

a shrimp!!!! She did not. Well, it didn't hurt to ask!

If I go away overnight, Brenda is designated to  
 feed Sally. I leave food and paper bowls. Brenda will  
 have none of that. She feeds her on good china! Go  
 figure! Brenda and I find we have to occasionally  
 defend Sally's honor. A male stray will waltz through  
 the property. We call him  
 Fifty Shades of Gray due to  
 his coloring. We have thrown  
 many a shoe at him and  
 away he will go. Then it is  
 up to us to retrieve our  
 shoes, while Sally lays on  
 the steps giving herself a  
 bath. She is very, very clean.



She spends her days  
 sleeping in the garden of C  
 building in the shadow of the  
 gargoye in front of Ann's  
 condo. I think she feels she is a rose among thorns  
 there. Sally is small but mighty. Many dogs stop by to  
 visit her. I have seen her back them down the steps  
 with swipes of her paws and her tail bushed out like a  
 feather duster. She can hold her own.

Sally brings so much joy to our community. She is most  
 certainly a Human Whisperer. For the longest time, I thought that  
 she belonged to us at Seminole Gardens. Not true. We belong to  
 her, and that is just as it should be. I love her.

~meow~

*We will have two more full time owners  
 soon!!  
 Kate Buckley at one end of the property  
 and Gloria Robilotta at the other end of  
 the property!!*

***Yes!! We CAN change our rules.. they're  
 OURS, so we CAN!!!***

Each building rep will be contacting you, either in person  
 or by phone, polling the residents of each condo, to find  
 out if their thoughts on hanging outside adornment by  
 their doors. The board has received feedback by several  
 residents to possibly modify this rule.

The board has asked the building reps to pole the  
 owners of their bldg, regarding this matter  
 and either changing or altering the rules and refs  
 according as to how the majority of y'all vote ..  
 be sure to voice your hearts!

Your reps:

- Bldg a: Marg Prozaki***
- Bldg b: Alexis Linder***
- Bldg c: Johnie Mason 111***
- Bldg d: Richard Slater***
- Bldg e: bek the Veep Veep***
- Bldg f: Denise Rees***

***From Alexis and the recycling committee:  
 and KATHY:***

Kathy will take care of the cans on Sunday's. There are  
 some people that can't crush them. So marg told people to  
 leave in bags in the area of can crusher and I will take care  
 of them. ***Also a note to please rinse them. The bugs  
 and wasps seem to like them when there is soda in  
 them.*** Thank you

***Very important - emphasize RINSING the cans,  
 please.*** It is so gross when ya'll don't, plus we store in the  
 shed until we have a few bags and they attract "wildlife".



Lastly because sharp can edges can  
 perforate the bag, they leak all over the  
 interior of my car. That I don't like.

The Heschel and now I have  
 driven the scrap to ALLSCRAP on Ortiz,  
 near Colonial. We are not paid, all \$\$ goes  
 to the FUNFUND (Johnie holds the cash).

And, they pay us for washers, dryers, screen doors,  
 and water heaters (drain them). The employees will unload  
 items for you. RECYCLE!

Red sox win 7 to 2 against the Twins.  
Baseball Game w SG Peeps!



***These days are GREAT!!!***

Wow, I don't know what you see when you look out your window, but I know, no doubt you appreciate it, like we all do, in a very positive way. It has no limits, it can be helping take care of the common grounds, swimming pool, clubhouse or even better yet, neighbor helping neighbor.

I don't mean to embarrass anyone but those can-do-crew, hands on, face to face people you see are always busy all the time and deserve to be noticed even if it's a HUGE (alpha order) thank you from all of us. Teri Auen, Kathy Francis, Janey Hesche, Steve Hesche, Alexis Lander, Brenda Mason, John O'Neil, Marg Prozaki, Janet Rasmussen, Dianne Seitz, Kenneth Short, Tony & Pat Vervena. **THANK YOU !!!**

We also owe so much thanks to all the committee volunteers & the chairperson leadership, Ray - grounds, John O - maintenance, Ray - Social, Dianne - Clubhouse, & Gloria - Pool. Our board is so lucky to have all these people. Our community is blessed.

It's now getting deeper into summer and time to get out of the heat and let the professional folks we've hired keep the day to day stuff going. Very Great People and partners.

Our finances are solid, our property improvement funding is accruing for the next future projects after summer and Life is very good. You've all worked hard at keeping the positive momentum engine of success rolling. Now's a time to wrap up our current projects and start planning the next ones for this fall. Bring together ideas that will tangibly make a difference in our preservation and our quality of life. It's our combined resources, that may have caps on them, but we've always known that, and we know we can move forward responsibly within those boundaries without worry. I love seeing the positively. We CAN-DO-CREW it right as we continue to move forward ! We have recently and successfully partnered with a long term pressure washing company that will not only help lower our cost now but will help keep our cost down long term while doing an A to Z job that will include everything including all of our new outdoor furniture. We are currently working on improving our outdoor lighting using some solar products, we are also working on a project to preserve the integrity of our buildings through managing the water run off. Additional project that is undergoing will beautify our garden areas with products that have longevity and beauty, saving us substantially long term. Best part, timing will be everything, keeping all affordably within our financial means.

Same old jingle...:Don't Worry be Happy !

We are here to work for You !

Johnie // SG President / Treasurer

If you ever have questions, Please call me 304-860-8380