

Committed to Quality.
Dedicated to Service.

September 2012

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Relax and Enjoy

We hope you take time to relax and enjoy the Labor Day holiday. It is hardworking people like you who make our community and country great. So make the most of this last official holiday of the summer season.



A Hunt Military Community

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CEL Survey

Residents will be receiving a customer satisfaction survey in September. If you fill out the survey and mail it in with your entry ballot, you will be entered to win one of the following prizes: Tablet, Xbox Kinect Bundle and a Keurig Machine. We encourage all residents to participate in this survey and we look forward to hearing your feedback.

Wheel! Let's Play on the Wii!

Sept. 12 is Video Games Day.

Noise Carries

In a community such as ours, we must remember that one person's fun can be another's nuisance. Voices carry, slamming doors can be felt throughout the building, and TVs and stereos are sometimes louder than we realize. Be careful about the noise you make, especially between 10 p.m. and 8 a.m., and don't take it personally if a neighbor asks you to be a little quieter. It's just part of living together.

5K CEL Fun Run and Walk



Come one come all to our 4th Annual 5K CEL Fun Run/ Walk on Saturday, 29 Sept. This is a fun

family event that kicks off our CEL Surveys. All residents are encouraged to wear their favorite sports team apparel. This is a great event to get to know some of your neighbors. All housing residents are welcome to participate. Children under 13 must have a parent present. The starting point will be at the Community Center. Walking participants begin at 9 a.m. and running participants begin at 9:30 a.m. Please contact our office by 17 Sept. to sign up. Refreshments and snacks will be provided.



Centers Available to Rent

Community and Neighborhood Centers are available to rent to all housing residents. A \$100 deposit is required. Contact the leasing office to reserve for your next party or function.



Heroes Homecoming

It's always nice to recognize military members that recently returned home from deployment. We enjoyed being a co-sponsor for the Heroes Homecoming/ BBQ & Blues event. Thank you for your service to our country. Welcome Home!

How Sweet It Is

A 10,000-year-old cave painting in Spain depicts two women collecting honey from a wild bee hive. The practice of keeping bees to produce honey dates back to at least 700 B.C.

Here are some more facts about this sweet treat:

- In addition to a food source, honey is used for medicinal and cosmetic purposes.
- Honey is produced in every state, and in most countries of the world.
- According to the National Honey Board, the average American consumes about 1.3 pounds of honey per year.
- Honey bees must visit 2 million flowers to produce one pound of honey. The bees' source of nectar determines the color and flavor of honey. Types include alfalfa honey, which is light in color with a mild flavor, and orange blossom honey, which has a slight citrus taste.
- Store honey tightly sealed and out of direct sunlight. If honey crystallizes, place the container in hot water for 15 minutes.
- A tablespoon of honey provides 17 grams of carbohydrates. Athletes can get an energy boost by adding honey to their bottle of water.
- For centuries, honey has been used to help heal wounds. Researchers think this works because honey's main components, glucose and fructose, attract water, drying the wound and inhibiting the growth of bacteria.

**"No bees, no honey;
no work, no money."
—Proverb**



It's Nice to Meet You

Are you a little shy in social situations and not sure how to get a conversation started? Here are a few tips to help:

Relax. Don't worry about trying to impress someone; that will only make you nervous.

First things first. Introduce yourself by smiling, offering a handshake and telling the person your name.

Express interest. Your curiosity is your best asset. Letting someone

know you are interested in them makes them feel good, and they will want to continue the conversation. Most people like to talk about themselves.

No yes or no. Don't ask questions that can be answered with a simple "yes" or "no." Instead, make a relevant comment, then ask an open-ended question. For example: "Those are great boots. Where did you get them?" As the conversation progresses, you will have opportunities to ask other questions, perhaps about the person's hometown, education or family.

Listen. The secret to a good conversation is to listen. People are more likely to open up when they can tell you care about what they say.

Moderation. Too many questions will seem like an interrogation. Offer information about yourself, too.

Now get out there and meet someone!

Breads Around the World

Grain and water are the mainstay ingredients of most types of bread, with a variety of additions possible, including salt, nuts, fruit, oil, sugar and spices. Bread dough can be baked, steamed or fried.

Bread has been prepared for thousands of years and is a staple food around the world. Put away the sliced white and try one of these breads sometime soon:

Chapati. Common in India, chapati is an unleavened flatbread made of whole wheat flour and cooked on a skillet. Pieces are often torn off to scoop up other food during mealtime.

Tortilla. Similar to chapatis, tortillas are made with corn or wheat flour. This staple in Mexico and Central America has become a mainstream food in the United States.

Lefse. This Scandinavian soft flatbread is made of potato, milk and

flour and cooked on a griddle using special tools.

Pita. The pocket in pita bread is created by steam during the cooking process. The slightly leavened flatbread is a staple in the Middle East and the Mediterranean, where it is used to make sandwiches or scoop dips.

Scone. Similar to a biscuit, this British quick bread can be sweet or savory. Raisins or cheese are often added to scones.





Score a Tailgate Touchdown

Football season is almost here, which means it's time for tailgate parties. If you have never tailgated before or are still new at the game, the experts at *Tailgating.com* have some great tips, including:

- Plan your menu and do the prep work a day or two before the game. Keep the menu simple.
- Make a list of the items you want to take along. Check off items as you pack.
- Plan to arrive at least three hours before the game starts. Try to park next to a grassy area or at the end of the parking row so you will have more room.

If you are preparing food at the event, you will need: a portable grill and propane or charcoal, lighter fluid and lighter; grilling and serving utensils; towels and water for cleanup; cutlery and bottle/can opener; napkins, plates, cups and eating utensils.

Pack two coolers—one for food and one for beverages. Freeze bottles of water and use them to keep items cool, then for drinking as the ice melts. Take plenty of trash bags, plus chairs and a folding table.

Other items that will come in handy are: a first aid kit, jumper cables, rain gear, sunscreen, a flashlight, and entertainment such as a radio/CD player, football and Frisbee.

Fly helium-filled balloons on really long strings so friends can find you, and have fun supporting your favorite team!



One Minute Chef

Glazed Salmon With Cherry Salsa

Ingredients:

Salsa:

- 1 cup frozen tart cherries, thawed and chopped
- 1/2 cup diced red onion
- 1 jalapeño, chopped
- 1 tablespoon honey
- 1 clove garlic, minced
- 1 teaspoon grated ginger
- Salt and pepper, to taste

Salmon:

- 1 pound salmon fillet, cut into four pieces, rinsed and dried
- 1/4 cup tart cherry juice (from frozen cherries)
- 1/4 cup honey

Directions:

In medium bowl, stir together ingredients for salsa until well combined. Cover and refrigerate. Preheat oven to 350°. Line a baking sheet with nonstick aluminum foil. Arrange salmon fillets on baking sheet.

In small bowl, whisk together cherry juice and honey. Spread half of mixture over salmon fillets. Bake for 15 to 17 minutes, until almost cooked through. Drizzle second half of cherry-honey mixture over fillets; bake another 2 to 3 minutes, until slightly golden at edges. Serve with cherry salsa on top.

Find more recipes at
www.ChooseCherries.com.



Wit & Wisdom

"The time to relax is when you don't have time for it."

—Sydney J. Harris

"Tension is who you think you should be. Relaxation is who you are."

—Chinese proverb

"For fast-acting relief, try slowing down."

—Lily Tomlin

"Besides the noble art of getting things done, there is a nobler art of leaving things undone. The wisdom of life consists in the elimination of nonessentials."

—Lin Yutang

"There's never enough time to do all the nothing you want."

—Bill Watterson

"I try to take one day at a time, but sometimes several days attack me at once."

—Jennifer Yane

"Stress is an ignorant state. It believes that everything is an emergency. Nothing is that important."

—Natalie Goldberg

"How beautiful it is to do nothing, and then rest afterward."

—Spanish proverb

"Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time."

—J. Lubbock

September 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	Labor Day	3	4	5	6	7
8						
9	10	11	12	13	14	15
						
16	17	18	19	20	21	22
						
23/30	24	25	26	27	28	29
						CEL 5K Fun Run/ Walk

UNITED WE STAND



Honoring those whose lives were touched
by the events of September 11, 2001.