



# JRD NEWSLETTER NOVEMBER 2020

No matter what's going on in your life,  
there is ALWAYS something to be

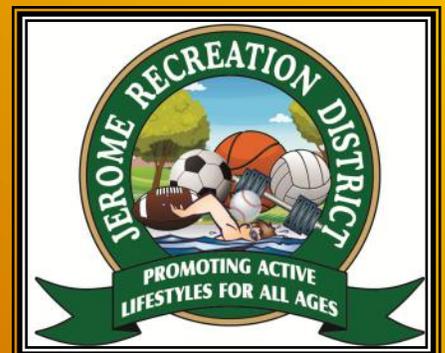


Daveswordsofwisdom.com

## 2020 JRD Fun Facts

### Did you know....

1. 250,000 gallons?..... Water it takes to fill the JRD pool
2. How many acres do the JRD parks boys mow each week in the summer? 33 acres
3. \$3000.00 .....Cost to water our JRD parks each month.
4. How many grey hairs on Carl's head each summer, after his summer parks boys' antics?....23
5. Fuel used annually for park maintenance vehicles?.....\$6000.00
6. Revenue generated from the public's use of bike path and JRD parks- 0
7. What is unlimited and priceless?..... The benefits to you and your families from using the bike path and JRD parks.
8. 150.....Number of meetings our director Gary participates in, to be active in our community and invest in the lives of others.
9. 1300 .....number of times JRD employees punch a fitness class punch card in a year.



10. How many times a JRD employee asks if you need punched? 650
11. How many times have we asked you if your good on your Covid Symptom checklist....164?
- 12.Only 1? Fender benders in the parking lot after the 5:30am workout class.
- 13 .How many fender benders in the parking lot after Over 60 and Getting fit class at 10:00am? 0 !!!
14. How many close calls? 81
15. 35,040 times !!!!!!!!!!!!!.....JRD member's health and fitness were improved in 2020 , by Clover, Paula, Carmen, Trudy, SueLin, Annie, Amy, Scott, Joe, Kylie, RuthAnn, Devin, Jaime, Arturo and Lorena.
- 16.How many times Scott yelled "Hurry up!" .....576
17. 35.....Schedules prepared for youth and adult sports in 2020.
18. How many people offered their services for free in 2020 to coach our youth sports? 150
19. 5 .....Headaches Becky gets from adult sports each year.
20. How many times in a year Amy tells the Over 60 and Getting fit class "OK, last one..." 216
21. 542 miles ran in Boot Camp and Functional Training in 2020.
22. Number of times Randy Theissen scowled , but still ran practically every mile?.....542
23. 1000%.....Effort that Functional Training classes gave.
24. 520.....JRD Sweat Towels that magically disappear each year.
25. How many sighs of joy and relief when we reopened and got to see our gym members again in 2020.....still continually doing it.
26. How often the Jerome Recreation District employees are blessed by our jobs, our community and by you and your families??? .....All the time!!!!



## Turkey Trot Raffle

**\$1 for 1 Ticket**  
**\$5 for 6 Tickets**

**Three different amazing prizes being given!!**

All proceeds go to the Martha and Mary's Food Pantry in Jerome.

Raffle will take place on November 26th after the JRD Turkey Trot Run.

Sponsored by:



# JRD 5K Turkey Trot

November 26, 2020

Run starts at 8am

Cost: 5 cans of food or non-perishables

It's a Super Hero Thanksgiving 5K!  
\*Prizes for the best Superhero costumes\*  
The Hulk, Captain America, Batman and Spiderman

Burn off those Thanksgiving calories with your friends and family. Course is a 3.64 mile run or walk along the bike path. Run starts and ends at the Jerome Recreation District.

Register by Friday Nov. 20th to be guaranteed a shirt on race day. **You WILL NOT receive a shirt if you register after Nov. 20th.** All donations go to Martha and Mary Food Pantry. Please limit the amount of vegetables donated. Families in need can not prepare adequate meals with only canned vegetables. The food pantry is needing more protein rich food, baby products and paper products.



**Register online, in our office or mail your registration and liability waiver to:**

Jerome Recreation District

PO Box 289

Jerome, Idaho

# 2020 Jingle Bell 5K Run or Walk



**Cost : \$20.00 a  
person or  
\$60.00 a  
Family**

**IMMEDIATE FAMILY OF 4  
Register before  
December 9th to  
guarantee a shirt on race  
day.**

*You WILL NOT  
Receive a shirt if you  
register after December  
14th.*

**Saturday, December 19th, 2020  
8:00 AM**

Run starts at the JRD and follows the bike path around, back to the JRD. T-shirts, refreshments and prizes for the best festive holiday attire! Call or stop by the office to register.

# GET TO KNOW OUR INSTRUCTORS!

## Clover Smith

Clover has worked for the JRD since 2007 in many different teaching capacities. She has been an instructor of Kickboxing, Step, Boot Camp, and currently, TRX.

*She enjoys camping and hunting (got her first buck this year!), fishing and spending time with her family, husband Brian and children, Taylor, Kinsey, and Brock.*

She not only instructs classes at the JRD, but is also a teacher at Lighthouse Christian School.

*Clover says her favorite thing about instruction is helping clients see and feel the results they are looking for.*

*Achieve their GOAL!!*

If you've ever had the opportunity to attend one of Clover's TRX classes, you will recognize this saying,

"Apples--not Applesauce!"

Come try a class to see what that is all about!

***Words of wisdom from Clover---***

***Results happen over time, not overnight.***

***Work hard! Stay consistent!***

***And be patient!!***

# FLU SHOTS

**For Ages 59 and Under**

**November 16th**

**8:00 AM- 10:00 AM**

**By appointment only!!**

**\$25.00 paid at registration**

Last flu season, the CDC reported 45% of adults and 63% of children receiving their flu vaccine. Vaccine manufacturers anticipate those numbers will be higher this year with public concerns about COVID-19.

Because the majority of flu vaccines for children are delivered in a doctor's office setting, along with about one-third of flu shots for adults, local health organizations have had to rethink their flu vaccine delivery strategy to prepare for the increase in clinic visits. To keep patients and providers safe from COVID-19, the JRD

**will require appointments for flu vaccinations.**

Those appointments can be made by calling the office at 208-324-3389.



# Pumpkin Stuffing for Thanksgiving

4 T. olive oil  
1/4 c. butter  
8 whole mushrooms, shitake  
2 c. onion, chopped  
5 stalks celery, chopped  
2 T. rosemary, fresh, chopped  
1 T. sage leaves, fresh, chopped  
15 oz. canned pumpkin  
2 c. chicken broth  
8 c. 3/4 inch bread cubes, day old  
French bread or ciabatta bread work great.

Preheat oven to 400 degrees.  
Grease a 9x13 baking pan.

In a large pan over medium heat add olive oil and butter, let melt. Chop mushrooms and add to pan. Let cook for 3 minutes. Add chopped onions and celery. Let cook for 10 minutes until veggies are soft.

Add rosemary and sage, stir and cook for 1 minute. Season with salt and pepper to taste.

Reduce heat to low, add pumpkin and chicken stock, stir, and cook for 5 more minutes.

Place bread cubes in baking pan. Pour veggie/pumpkin mixture over the bread cubes. Gently toss to coat evenly and bake for 20 minutes. Bake longer if you like a dryer stuffing.



*TIP: If you want to make this recipe even healthier you can reduce the amount of butter or use olive oil or another oil of choice. You can also use a whole wheat bread! But with holidays and certain dishes you may want to make special exceptions. The butter definitely gives it a delicious rich flavor. You can add in double the veggies in this recipe and cut back on the bread to make up for the butter! At the end of the day, your kids will be eating their veggies and loving them! —superhealthykids.com*



## Dinner in a Pumpkin #1

### INGREDIENTS

1 medium pumpkin (see note)

### SAUCE:

- 1 1/2 cups low-sodium chicken broth
- 1/4 teaspoon poultry seasoning (or sub a pinch each of marjoram, sage and thyme)
- 1/2 teaspoon onion powder
- 1/4 teaspoon garlic powder
- 1/8 teaspoon black pepper
- 1/2 teaspoon salt, more to taste if needed
- 1/8 teaspoon dried parsley
- 1/8 teaspoon paprika
- 1 cup milk
- 1/2 cup all-purpose flour
- 4 ounces light or regular cream cheese, cubed

### CASSEROLE:

- 1/2 tablespoon oil (coconut, vegetable or olive oil)
- 1/2 cup finely chopped yellow or white onion
- 2 cloves garlic, finely minced or 1/2 teaspoon garlic powder
- 1 cup finely diced carrots
- 1 cup diced broccoli florets
- 1 cup frozen corn kernels
- 2 cups cooked rice or quinoa
- 3-4 cups cooked chicken (see note)



## INSTRUCTIONS

1. Preheat the oven to 350 degrees F.
2. Cut the top off the pumpkin and set aside - try for about a 6-7-inch opening. Clean out the seeds and insides of the pumpkin until the inner walls of the pumpkin are smooth.
3. For the sauce, in a medium saucepan over medium heat bring the chicken broth and all the seasonings to a simmer. Whisk the milk and flour together until very smooth. Gradually pour it into the simmering broth while whisking quickly and continue cooking until the mixture is bubbly and thick. Off the heat, stir in the cubes of cream cheese and let them melt while preparing the rest of the ingredients.
4. In a large, 12-inch nonstick skillet, heat the 1/2 tablespoon oil over medium heat. Add the onion, garlic (or garlic powder), carrots, broccoli and corn. Cook the mixture, stirring often, until the onion is translucent and the vegetables are slightly tender, 5-8 minutes.
5. In a large bowl, combine the rice or quinoa, chicken, and cooked vegetables. Stir the sauce to combine the soft cream cheese and pour over the other ingredients, mixing to combine. Add additional salt and pepper to taste (don't be shy - it may need another 1/2 teaspoon of salt or so).
6. Lightly salt and pepper the inside of the pumpkin (the sides and bottom) and spoon the casserole into the pumpkin.
7. Place the top back on the pumpkin and place a large rimmed baking sheet covered in foil in the oven. Most likely it will need to be on a rack placed low in the oven to fit the pumpkin. Carefully place the pumpkin on the baking sheet and bake for 90 minutes.
8. Remove the baking sheet and pumpkin from the oven and let the pumpkin rest for 10 minutes before serving. Scoop the casserole out of the pumpkin - don't forget to scrape the soft, delicious sides of the pumpkin to get a bit of the sweet pumpkin meat in with the casserole (that's what makes it so tasty!).
9. Be careful moving the pumpkin after it has baked. It probably should stay on the baking sheet - the sides will be ultra soft and I've learned the hard way that if the pumpkin is being moved from the baking sheet to a platter, it may split in half!

## Notes:

**Pumpkin:** *ok, let's talk pumpkins for this recipe. It will vary a little based on the fact that some pumpkins have more guts than others (gross but true); generally speaking, you want to look for a pumpkin that is about 9-10 pounds with dimensions about the equivalent of 10-inches high and about 26 1/2 inches in circumference at the thickest part. It's ok if it's slightly larger and the casserole ingredients don't fill it all the way up. Just make sure with the stem back on that it can fit in your oven.*

**Chicken:** *if you have access to good-quality rotisserie chickens (I'm looking at you, Costco), this is a perfect recipe to use the meat in.*

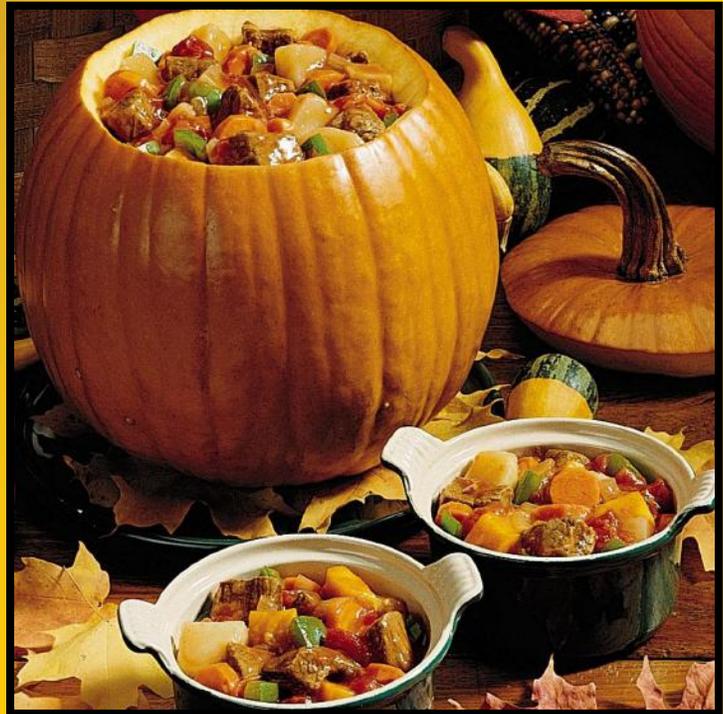
**Make Ahead:** *several of the components can be made ahead of time - the cooked chicken, cooked rice or quinoa (cook it up earlier in the week and keep it in the refrigerator) and even the sauce (it can be prepared days in advance, too, and used straight from the fridge).*



## Dinner in a Pumpkin #2

### Ingredients

- 2 pounds beef stew meat, cut into 1-inch cubes
- 3 tablespoons canola oil, divided
- 1 cup water
- 3 large potatoes, peeled and cut into 1-inch cubes
- 4 medium carrots, sliced
- 1 large green pepper, cut into 1/2-inch pieces
- 4 garlic cloves, minced
- 1 medium onion, chopped
- 2 teaspoons salt
- 1/2 teaspoon pepper
- 2 tablespoons beef bouillon granules
- 1 can (14-1/2 ounces) diced tomatoes, undrained
- 1 pumpkin (10 to 12 pounds)



### Directions

1. In a Dutch oven, brown meat in 2 tablespoons oil. Add water, potatoes, carrots, green pepper, garlic, onion, salt and pepper. Cover and simmer for 2 hours. Stir in bouillon and tomatoes. Wash pumpkin; cut to 6 to 8 in. circle around top stem. Remove top and set aside; discard seeds and loosen fibers from inside.
2. Place pumpkin in a shallow sturdy baking pan. Spoon stew into pumpkin and replace top. Brush outside of pumpkin with remaining oil. Bake at 325° for 2 hours or just until the pumpkin is tender (do not over-bake). Serve stew from pumpkin, scooping out a little pumpkin with each spoonful.

[inhttps://www.tasteofhome.com/recipes/pumpkin-stew](https://www.tasteofhome.com/recipes/pumpkin-stew)

**The fiber keeps you energized.** One cup of canned pumpkin has about 7 grams of fiber (about 20% of the recommended daily amount), whereas kale has a little less than 3 grams. While both have a place on your plates, the fiber content of pumpkin will fill you up, help stabilize blood sugar, and keep your energy up throughout the day.

**The minerals help your heart.** Pumpkin is loaded with blood pressure-regulating minerals like potassium, magnesium, and iron. They're necessary for providing oxygen to red blood cells. Surprisingly, one cup of pumpkin packs 14% of your daily value for potassium, whereas one banana has 12%.

**The antioxidants boost immunity.** Pumpkin is packed with beta-carotene, the precursor to vitamin A — an important antioxidant for visual acuity and skin integrity — as well as vitamins C and E, also important antioxidants for repairing your body's cells from damage. Diets rich in antioxidants and potassium are also linked to helping reduce your risk of cancer and heart disease.

# Old Irish Blessing this Thanksgiving

May Love and Laughter light your days  
and warm your heart and home  
May Good and Faithful friends be yours  
wherever you may roam.  
May Peace and Plenty bless your world  
with joy that long endures.  
May all life's passing seasons  
Bring the best to you and yours.

From our home to yours

Sláinte  
The Irish Way

HAPPY THANKSGIVING  
FROM THE JRD!