

JEROME RECREATION DISTRICT

JRD November Newsletter

2021



Happy
Thanksgiving



So Thankful!

THE JRD WANTS EVERY
PATRON TO KNOW HOW VERY
THANKFUL WE ARE FOR EACH
OF YOU

&

WE ARE SO GRATEFUL FOR
THE OPPORTUNITY TO BE
ABLE TO PROVIDE PROGRAMS
FOR PEOPLE OF ALL AGES.

JRD 5K Turkey Trot

November 25, 2021

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
all stopped by last years Turkey Trot!

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. 19h 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.

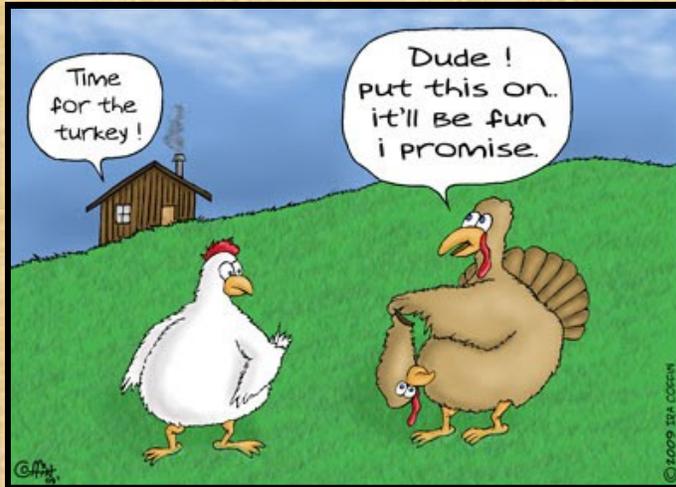


**Must register in our
office and have food present
at time of registration.**

Jerome Recreation District

PO Box 289

Jerome, Idaho



THANKSGIVING DAY SPECIAL EVENTS

6am-Spinning

7am-Boot Camp

(\$3.00 per class for Thanksgiving Morning Classes)

8am-Fun Run

We are

OPEN

6:00 AM - 10:00 AM



***“Thankful”
NOVEMBER
Is***

***Bring a Friend
Month!!***

***Bring a friend for free to
try any class the first
time or for a day of
weights and cardio!!***

Adult Volleyball Registration



September 7-October 15

Registration is on a first come-first serve basis

Team Fee \$275

*Season will be 10 weeks starting November 8th thru February 4th.

*Teams will play a total of 10 games followed by a double elimination tournament.

*Players are not allowed to play on more than one co0ed team.

*Teams are allowed a max of two players 16-18 years old.

*Current college volleyball players will be required to play in the highest league.

League Schedule

Monday-D League

Wednesday-C League

Friday- Women's League

Each league is limited to a certain number of teams so sign up early!

Registration will require a team fee, a completed roster with signatures relating to the liability waiver, JRD sexual harassment policy, and the assumption of risk relating to the Coronavirus/Covid-19 form.

Register in person at 2032 South Lincoln,
by phone at 208-324-3389,
by mail at P.O. Box 289, Jerome, or
online at www.jeromerecreationdistrict.com
(pay with Visa or Mastercard)



YOUTH BASKETBALL

Registration coming November 30th

Cost: \$17.00 in District \$27.00 Out-of-District

1st grade thru 6th grade

Games Start January 2022

Register by phone at 208-324-3389,
online at jeromerecreationdistrict.com, or
stop in to register at 2032 South Lincoln.



JUST FOR KIDS

Froot Loop Turkey

Ingredients:

Bite size donuts

Froot Loop cereal

Candy eyes

Toothpicks

Directions:

Place one bite size donut on a plate or flat surface.

For each donut you will need 4 toothpicks for the Froot Loop “feathers”. Stick the toothpicks in the donut on one half only, evenly spaced for the feathers. Place the Froot Loop cereal pieces on tooth picks. Each feather can be a single color or variegated. Place two candy eyes on the donut on the opposite from the feathers. Cut one orange or yellow Froot Loops in half. Stick one half of the cut Froot Loop in the donut just below the eyes for a beak. Set aside the other half for another turkey. Repeat with a red Froot Loop for the waddle.



messylittlemonster.com



Animal Facts & Trivia Turkeys!

1. Turkeys are intelligent and sensitive animals that are highly social. They create lasting social bonds with each other and are very affectionate; similar to dogs.
2. The modern domesticated turkey descends from the wild turkey.
3. Turkeys are known to exhibit over 20 distinct vocalisations. Including a distinctive gobble, produced by males, which can be heard a mile away. Individual turkeys have unique voices. This is how turkeys recognise each other.
4. Turkeys have 5000 to 6000 feathers.
5. The area of bare skin on a turkey's throat and head vary in colour depending on its level of excitement and stress. When excited, a male turkey's head turns blue, when ready to fight it turns red. The long fleshy object over a male's beak is called a snood.
6. The male is substantially larger than the female, and his feathers have areas of red, purple, green, copper, bronze, and gold iridescence. Female feathers are duller overall, in shades of brown and grey.
7. Turkeys have outstanding geography skills. They have the ability to learn the precise details of an area over 1,000 acres in size.

<https://www.facebook.com/RikkisRefuge>

www.rikkisrefuge.org

Amazing Healthy Benefits of Turkey

Turkey is a popular source of meat in the United States. Americans eat about 16.1 pounds of turkey per year per person. That's twice as much as people ate just 50 years ago. Turkey packs a powerful nutritional punch and it's healthier overall than red meat.

Turkey is a great source of protein. The body uses protein to build and repair bones, muscles, cartilage, skin, blood, and tissue. Protein is a macronutrient, which means that your body needs a lot of it. **It's also a good source of beneficial vitamins and minerals** like magnesium and niacin. Turkey is also an excellent source of selenium. Some studies have shown that a diet rich in the mineral may help to prevent certain kinds of cancer.

Turkey is a low glycemic index (GI) food. That means it won't cause the blood sugar spike that you'd get from more sugar-rich and carb-rich foods. If you have diabetes, including turkey in your diet can help you to **keep your blood sugar under control.**

Low GI foods like turkey can also help increase levels of "good" HDL cholesterol in your body. HDL cholesterol travels through the bloodstream and helps to remove "bad" LDL cholesterol.

Turkey and other kinds of poultry are part of the MIND diet. Scientists created the MIND diet to **slow the mental decline** associated with Alzheimer's disease and other causes of dementia. By eating poultry products like turkey at least twice a week as part of the MIND diet, older adults may preserve their memory and thinking skills.

Creamy Mexican Turkey Soup

- 1 Tbs vegetable oil
- 1 large carrot, chopped
- 1 stalk celery, chopped
- 1 cup chopped yellow onion
- 2 cloves garlic, minced
- 3 cups chicken or turkey stock or broth
- 1 can diced green chilies, drained
- 2 cups 1% milk (I used skim milk)
- ¼ cup all-purpose flour
- 1 tsp salt
- 1 tsp chili powder
- ½ tsp ground cumin
- 2 cups shredded turkey
- ¾ cup corn, fresh or frozen
- 3 Tbs chopped fresh cilantro
- 1 cup grated Monterey Jack cheese



1. In a large stockpot, heat oil over medium-high heat. Add vegetables and garlic and sauté for 5 minutes. Add broth and bring to a boil. Reduce heat to medium-low and simmer, covered, for about 10 minutes. Add chiles.
2. In a bowl, whisk together milk, flour, salt, chili powder and cumin. Increase heat to high and whisk milk mixture into soup. Stir until thick and bubbly, about five minutes. Reduce heat to low. Add turkey, corn, cilantro and cheese; stir until cheese is melted and soup is hot, 5 to 10 minutes.

Fall Time Recipes

Apple Snack Cake

This is a great snack for after school or on the weekend after a fun day of raking leaves.

- 2 cups sugar (or less to suit taste)
- 2 eggs
- 3/4 cup applesauce
- 2-1/2 cups whole wheat pastry flour (options: use all white flour or 1/2 white flour and 1/2 regular whole wheat flour)
- 3 teaspoons baking powder
- 1 teaspoon salt
- 1 teaspoon ground cinnamon
- 3 cups diced peeled tart apples
- 1 cup chopped walnuts
- 3/4 cup butterscotch chips (optional)



In a large bowl, combine sugar, eggs and applesauce. Stir in flour, baking powder, salt, and cinnamon (batter will be thick). Stir in apples and nuts. Spread into greased 13-in. x 9-in. baking pan. Sprinkle with the butterscotch chips. Bake at 350° for 35-40 minutes or until golden and a toothpick inserted near the center comes out clean. Cool before cutting. **Yield:** 2 dozen.

Butternut Squash and Apple Bake

A healthy version of a veggie casserole allows two of the season's most popular offerings to shine.



- 1 tablespoon olive oil
- 5 cups peeled and cubed butternut squash (about 2 lbs.)
- 1 large onion, peeled and diced
- 2 medium tart apples, peeled, cored, and cubed
- 1 teaspoon chopped fresh thyme
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 1/2 cups coarse whole wheat or cornbread bread crumbs
- 3 tablespoons melted butter
- 1/2 cup grated parmesan

In a large skillet heat the 1 tablespoon olive oil over medium heat. Add the squash, reduce the heat to medium-low, cover, and cook for 10 minutes. Stir in the onion and apples. Cover the pan and cook for 5 minutes longer. Stir in the thyme, salt, and pepper. Transfer the mixture to a greased 11x7 pan. In a small bowl combine the bread crumbs, melted butter, and parmesan. Sprinkle the bread crumb mixture evenly over the squash mixture. Bake in a 400 degree oven for 20-30 minutes or until bread crumbs are golden brown.

General Thanksgiving.

BY THE PRESIDENT
OF THE UNITED STATES OF AMERICA,
A PROCLAMATION.

WHEREAS it is the duty of all nations to acknowledge the Providence of Almighty God---to obey his will---to be grateful for his benefits---and humbly to implore his protection and favour : And whereas both Houses have, by their joint committee, requested me "to recommend to the people of the United States, a DAY of PUBLICK THANKSGIVING and PRAYER, to be observed by acknowledging with grateful hearts the many and signal favours of Almighty God, especially by affording them an opportunity peaceably to establish a form of government for their safety and happiness :"

NOW THEREFORE, I do recommend and assign THURSDAY, the TWENTY-SIXTH DAY of NOVEMBER next, to be devoted by the people of these States, to the service of that great and glorious Being, who is the beneficent Author of all the good that was, that is, or that will be : That we may then all unite in rendering unto him our sincere and humble thanks for his kind care and protection of the people of this country previous to their becoming a nation ; for the signal and manifold mercies, and the favourable interpositions of his Providence in the course and conclusion of the late war ;---for the great degree of tranquility, union and plenty, which we have since enjoyed ;---for the peaceable and rational manner in which we have been enabled to establish Constitutions of Government for our safety and happiness, and particularly the national one now lately instituted ;---for the civil and religious Liberty with which we are blessed, and the means we have of acquiring and diffusing useful knowledge ;---and in general, for all the great and various favours which he hath been pleased to confer upon us.

AND ALSO, That we may then unite in most humbly offering our prayers and supplications to the great Lord and Ruler of Nations, and beseech him to pardon our national and other transgressions ;---to enable us all, whether in publick or private stations, to perform our several and relative duties properly and punctually ; to render our national government a blessing to all the people, by constantly being a government of wise, just, and constitutional laws, discreetly and faithfully executed and obeyed ; to protect and guide all sovereigns and nations (especially such as have shewn kindness unto us) ; and to bless them with good government, peace and concord ; to promote the knowledge and practice of true religion and virtue, and the increase of science among them and us ; and generally, to grant unto all mankind such a degree of temporal prosperity as he alone knows to be best.

GIVEN under my hand, at the city of New-York, the third day of October, in the year of our Lord, one thousand seven hundred and eighty-nine.

George Washington.