



Motivated To Exercise: Our Foolproof Formula by Raphael Calzadilla, BA, CPT, ACE

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A few years ago one of my personal-training clients asked me to help him manipulate his diet. He wanted me to provide a substitution for his daily lunch of a cheeseburger with french fries. He had been eating this lunch three to five days per week for about two years. You might be surprised at what I told him. I recommended that he remove the cheese from the burger for two weeks and then we'd analyze it again after that.

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So what's the moral of the story? To create motivation and new habits, you need to coax it with small changes -- not force it. This philosophy has worked for many of my clients and for eDiet members who have a dislike for exercise.

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Your goal should be to create a successful time period of exercise with a limited number of days. Tell someone who dislikes exercise to work out four to six days per week and you know what you get? Failure waiting to happen.

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I've always recommended that people who hate to exercise but know they should, limit their exercise to twice per week for 30 days. Why so little? Well, I know anyone can commit to two days per week for 30 days. So, immediately we remove the dreaded feeling that plagues many individuals. Why 30 days? Because we need to create a timeframe along with quantifiable goals (two days per week of workouts) for the mind and the emotions to experience a feeling of success.

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The key here is to create a realistic plan of consistency -- so that at the end of 30 days you can look at yourself in the mirror and say, "I did it! I completed all my workouts for one consecutive month."

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If you think this is psychological mumbo jumbo, think again. Remember, your mind doesn't want something forced upon it that it dislikes. However, your mind also loves achieving goals, and your body likes feeling more energized. At the end of one month, with this minimal activity, you will increase energy, and you'll also serve to empower yourself.

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If you're a beginner and want to increase motivation, try two 30 to 40 minute workouts of your choice on alternate days of the week. If you're more advanced and have been working out for quite some time at four to six days per week but you've lost motivation,

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Remember, one month of consistency -- but you do have to get all the workouts in.

I guarantee as your muscles get a little tighter and as you slightly increase your energy, you'll want more at the end of 30 days. It'll catch fire, and you'll be on your way to the body you really want and deserve.

Don't forget to choose activity you enjoy. It can be aerobic videos, Yoga, Pilates, weight training or even just a 30-minute moderate walk at lunchtime.

What can you expect? If you remain consistent, at the end of 30 days you'll have a desire to add one more day or possibly just increase your time a bit.

We live in an all-or-nothing society and forget that small, consistent changes have more power than the "I'm going to work out six days per week and lose 10 pounds in two weeks mentality."

This is an effective strategy to use during this holiday season. With all the pressure and stress the holidays seem to bring -- this workout plan will get you grounded and ultimately successful.

Try my small, consistent changes for one solid month and I bet you end up feeling better physically and mentally.

If you want to take it to the next level and set yourself up for a magnificently successful 2006, then a realistic diet and workout plan provided by eDiets may be your answer as well.

Looking for more information? Go to www.ediets.com and visit Raphael's support group (Fitness For You) for interactive support! We all know fitness is a vital part of living a healthy lifestyle -- let Raphael and eDiets help you on your way!

A drug-free competitive bodybuilder and 2005 winner of the prestigious WNBFF (World Natural Bodybuilding Federation) Pro Card, Raphael Calzadilla is a veteran of the health-and-fitness industry. He specializes in a holistic approach to body transformation, nutrition programs and personal training. He earned his B.A. in communications from Southern Connecticut State University and is certified as a personal trainer with ACE and APEX. In addition, he successfully completed the RTS1 program based on biomechanics.

HAPPY NEW YEAR!



In Home Tutoring

“To Teach is to Touch Lives Forever”

Does your child need that little extra push to get them on the track to straight A's? If you answered yes to this question, you need not look any further. My name is Lisa Jones and I am an elementary tutor. I specialize in helping the students grasp understanding in all elementary subjects. My goal is to make learning fun and easy, while making it convenient for you and your child.

My credentials:

- Bachelor of Science Degree from Texas Tech University
- Enrolled in Alternative Certification Program
- Certified in classroom management, Bloom's Taxonomy, etc.
- 2005-2006 self contained 4th grade teacher in a private school

I am in the process of setting up tutoring times. My schedule is pretty flexible at this time. If you are interested please give me a call at **281-255-3330**. I look forward to hearing from you. My goal is to make learning fun and easy. References are available upon request.

The Londonderry Homeowners Association would like to encourage residents with similar interests to join together and we would like to help you get started. If you have any of the following interests and would like to meet others in the neighborhood who have similar interests, please drop in on a LHOA meeting or contact one of the board members (there is a listing of board members on the last page) and let us know. We will help you get your group started by providing a place to meet and even guest speakers for your group.

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|---------------------|--------------------|
| Dog walkers | Pilates |
| Joggers | Bunco Group |
| Book Club Group | Prayer/Bible Study |
| Writer's Club Group | Charity-In-Action |
| Quilting/Crocheting | Tennis Club |

To residents who had pictures taken with Santa at the Clubhouse,

The LHOA Board would like to apologize that your pictures have not been delivered. We have had problems with the volume of pictures and the computer that was being used to download all of the pictures has crashed. We are working on the problem and will get your pictures to you as soon as possible. Next year, we will plan

KL NAILS *by Josefa* Your Neighborhood Spa Salon

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- ◆ Body Care: Massage, Tanning, Wax hair removal
- ◆ Facial Care: Facials, Eyebrows, Eyelash extensions, permanent makeup

Every professional has no less than 5 years experience
Two nail technicians with 20 years combined experience
One therapist with more than 15 years experience

APPOINTMENTS APPRECIATED, WALK-INS WELCOME

OFFER: 10% discount on all services starting before 2 PM with this coupon

281-516-1757

Visit our website for more information
WWW.KLNAILS.SAMSBIZ.COM

Coming in February:

A Scrapbooking Saturday at the Clubhouse!

Open to all residents

Look for more details in the February newsletter!

Interested in advertising in the Londonderry newsletter? Whether you are involved in a home-based business or go in to an office each day, you can advertise your product to the over 400 homeowners of Londonderry subdivision. It's easy to do.....just submit your information to lhoanewsletter@sbcglobal.net by the 15th of the month and your ad will appear in the following month's newsletter.

Prices are as follows:

	1 Month	3 Months	6 Months
1/8 page	\$10	\$25	\$50
1/4 page	\$15	\$40	\$80
1/2 page	\$25	\$70	\$140
Full page	\$40	\$100	\$200



Next LHOA Meeting:

Tuesday, January 16th
7:30 pm
Londonderry Clubhouse

Homeowners are encouraged to attend

January Trivia

Did you know.....

- ◆ January in the Northern Hemisphere is the seasonal equivalent to July in the Southern Hemisphere and vice versa.
- ◆ Leap years exempted, January always begins on the same day as October.
- ◆ In leap years, January always begins on the same day as April and July.
- ◆ January's birthstone is garnet.
- ◆ January's flower is the carnation or snowdrop.
- ◆ The Chinese floral emblem of January is the plum blossom.
- ◆ January is National Soup Month in the United States.

Potato Minestrone (Slow Cooker Recipe)

Submitted by: Paula Zsiray from www.allrecipes.com

"I only have to slice some bread and prepare a salad to have dinner ready," writes Paula Zsiray of Logan Utah. "For a thicker soup, mash half of the garbanzo beans before adding them to the slow cooker."

Original recipe yield: 12 servings

Prep time: 10 min. Cook time: 8 hrs. 30 min.

INGREDIENTS

- 2 (14.5 ounce) cans chicken broth
- 1 (28 ounce) can crushed tomatoes
- 1 (16 ounce) can kidney beans, rinsed and drained
- 1 (15 ounce) can garbanzo beans (chickpeas)
- 1 (14.5 ounce) can beef broth
- 2 cups frozen cubed hash brown potatoes, thawed
- 1 tablespoon dried minced onion
- 1 tablespoon dried parsley flakes
- 1 teaspoon salt
- 1 teaspoon dried oregano
- 1/2 teaspoon garlic powder
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried marjoram
- 1 (10 ounce) package frozen chopped spinach, thawed and drained
- 2 cups frozen peas and carrots, thawed

In a slow cooker, combine the first 13 ingredients. Cover and cook on low for 8 hours. Stir in the spinach, peas and carrots; heat thorough.

Quick Corner Store

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We appreciate your patronage!

We appreciate your patronage!

Did you know that Londonderry has a new mom's group? If you are a mom or about to be a mom, we'd love to have you join us. We meet once a month on a Wednesday morning at the Londonderry Clubhouse at 9:00 am. Our next meeting is scheduled for Wednesday, January 17th.

Below is some information that Deanna Kleypas, one of the moms from the MGM group, shared with us during our December meeting.

Cake Decorating Tips from one of our MGM Moms!

1. The internet (For More Info Then You Will Ever Use!)
2. The library
3. Wilton's Pan Release. This saves you from having to oil and flour pans. It is awesome, never fails! I buy it at Wal-mart in the cake decorating section, next to wedding stuff.
4. The best dye to color icings is a gel. It doesn't water down the icing. Also available at Wal-mart (limited colors). Be careful when dying frosting... a little color goes a long long way!
5. To level, trim or sculpt a cake, refrigerate it until firm (keeps it from tearing so much). Use sharp serrated knife.
6. To keep crumbs out of icing, crumb coat it first. Put a thin layer of frosting all over cake, then refrigerate until firm. Now you can finish frosting the cake.
7. To smooth out a frosting that "crusts over" let it firm up in the refrigerator. Then take a Viva paper towel smooth side down and gently smooth. If frosting starts to stick to paper towel, put it back into refrigerator. It can take a while 30 minutes, going back and forth. But it produces a nice "faux" fondant finish.
8. When whipping egg whites, make sure the bowl & beaters are clean, dry and grease free. Or the volume of the eggs will be less. No egg yolk either, not even a little!
9. All ingredients for cakes should be set out until they reach room temperature, about 1 hour. This includes: egg, butter, milks, flour.

Frosting Recipe: Wilton's Buttercream (very sweet)

- 4 cups powdered sugar
- 2 tsp Meringue Powder (helps frosting not to sag as much)
- 1/2 cup vegetable shortening
- 1/2 cup real unsalted butter
- 2 TBSP. milk
- 1 tsp. Clear vanilla
- Cream shortening and butter.
- Add Vanilla, mix.
- Add Meringue to Powdered sugar.
- Slowly add powdered sugar, continue to mix, It will become thick and dry. Add milk and mix until creamy.
- Makes about 3 cups.
- This makes a very thick frosting for piping decorations.
- Medium Icing: thin with 1 1/2 -2 TBSP clear corn syrup.
- Thin icing: for frosting cake add 3-4 TBSP. Clear corn syrup and mix.
- Store in an air tight container for up to 2 weeks.
- Rewhip before using.
- This frosting can be dyed, the color will darken

Cake Recipe: Wilton's Chocolate fudge cake

- 2 c unsifted all purpose flour
- 1 tsp baking powder
- 1 tsp baking soda
- 1/2 tsp salt
- 3/4 c unsalted butter (softened at room temp)
- 2 c sugar
- 3 eggs
- 1 tsp vanilla
- 1 1/2 c milk
- 3 oz. unsweetened chocolate, melted
- Preheat oven to 350 degrees.
- Combine flour, baking powder, soda, & salt.
- Cream butter and sugar together until light in texture. Add eggs & vanilla to creamed mixture. (Most recipes recommend beating in 1 egg @ a time.) Beat thoroughly. Add flour mixture to creamed mixture alternately with milk, beating well after each addition. (Flour, milk, flour, milk, flour.) Add melted chocolate & beat thoroughly.
- Grease (vegetable shortening, crisco) & flour two 8 or 9 inch pans. Pour batter into pans. Bake for 35-40 minutes or until top springs back when touched lightly in the center.

The goal of Londonderry MGM is to help moms of the neighborhood get to know one another and establish a supportive network for learning, listening, and fun that you can rely on. We all need a sanity break and hopefully this group will provide that for you.

Londonderry Tots

The Londonderry Children's Activity Committee is organizing a neighborhood playgroup called the Londonderry Tots. Not only will the kids benefit from the group activities, but it's a great opportunity for moms to connect!

Please join us for our January play date! It will be an indoor activity where everyone comes up to the clubhouse and we have play time and lunch. We are asking everyone to bring blankets, toys and anything that you would bring on a picnic. Of course bring your lunch too! We will play from 10:00-11:30 and then we'll eat our picnic lunch!



When: Monday, January 22nd

Time: 10:00 am

Where: Londonderry Clubhouse

All ages welcome, even if your little one can't walk or crawl yet, please join us!

Londonderry MGM

Londonderry Mom's Greet & Meet

A supportive network for learning, listening, and fun that Londonderry moms can rely on

Next meeting is scheduled for Wednesday, January 17th at 9:00 am at the Londonderry Clubhouse. Whether you've been able to attend a meeting before or not, we'd like to invite you and your children to attend.

Features of the MGM Meeting:

Breakfast for mom and kids
Childcare during the Meeting
Conversation with other women

Tips on decorating, raising kids, cooking & being the best mom you can be!

If you are interested in MGM and would like more information, please contact robin at 281-255-2009 or lilly-shaa1008@sbcglobal.net.

Operation Independence

Remembering our Troops



Metzler Elementary will be collecting much needed supplies for our military troops serving our great country. To commemorate our troops, we will be writing notes, drawing pictures and sending baggies of 'goodies' to our troops. This project will continue all year long!

If you would like to participate, please bring items that will fit into a quart Ziploc bag to Metzler Elementary or to the Londonderry Clubhouse during an LHOA Meeting or an MGM Meeting. The next LHOA Meeting is scheduled for January 16th at 7:30 pm and the next MGM Meeting is scheduled for January 17th at 9:00 am.

Items Needed: Travel size shampoo, conditioner, mouthwash, shaving cream, lotion, chewing gum, small note pad, ink pen, individual packets of food condiments like ketchup or mustard, pre-paid phone cards, and chap stick.

Londonderry Homeowners Association (LHOA)

Meeting Minutes ~ Dec. 12, 2006

The HOA Board of 2006

President: Guy Chason
(281) 351-9544
Vice President: Ticia Stolt
(281) 255-2016
Secretary: Robin Haney
(281) 255-2009
Treasurer: Open position
Parliamentarian: Wayne Rutledge
(281) 255-4554
Sergeant-At-Arms: Geno Biasucci
(281) 516-1466
Newsletter Editor: Brandi Morgan
(281) 923-4252

2006 Londonderry

Committees

Adult Activities: Open position
Architectural: Joe Perez
(281) 516-7729
Ball Field: Darrell Schulze
(281) 351-2008
Clubhouse: Sara Dibble (281)
255-6112
Deed Restrictions: Roy Alford
(281) 357-4367
Directory: Valarie Jones
(281) 650-1377
Fishing Pond: Roy Alford
(281) 357-4367
Improvements: Geno Biasucci
(281) 516-1466
Swim Team Liaison: Larry
Gnatzig
(281) 255-3187
Website: Brian Conrad
(281) 255-2016
Welcome: Bob and Jimmie
Carlton
(281) 351-4358

If you are interested in any of the above positions or committees, please contact the person named above or one of the board members for more information.

Visit the LHOA website
at www.londonderry-hoa.org.

Attendance

Board Members: Guy Chason, Ticia Stolt, Geno Biasucci, Paul Hodges and Robin Haney

Residents: Amy Murphy, Roy Alford, Darrell Schulze, and Amy Rush

The meeting was called to order at 7:33pm. The minutes of previous meeting were read and approved.

Treasurer's Report

A. Checking account balance \$32,942.83

B. Treasurer's Report is to be submitted for independent audit review.

Committee Reports:

- A. Adult Activities: The first MGM (Moms Greet and Meet) went very well. We had 13 moms show up, 2 stopped by but couldn't stay, and 17 little ones (the youngest was 4 months, the oldest was 5 years old). It was a very nice gathering where moms could meet and discuss concerns, listen and offer advice, share interests and hobbies, as well as discuss how they would like to see Londonderry grow into a closer knit community. MGM will meet once a month. A play date was set for Dec. 6th at Jumping Jacks and was opened to all moms/dads interested in the neighborhood.
- B. Children's Activities: We held an open play date at Jumping Jacks on Dec. 6th for everyone in the neighborhood. We had 8 toddlers attend and hope for a larger turnout at our next play date. On Dec. 9, we had children and pets pictures with Santa Claus. We had a great turnout. Robin took approximately 350 pictures and took down 42 separate family email addresses to mail photos to. We had hoped to have pictures sent by the 15th of December, but are having some difficulties with the software. We will be going soon to a photo place and emailing directly from there to ensure everyone gets their pictures. We feel pictures with Santa was a success.
- C. Fish Pond: Hays Utilities will be out to check on the fountain at the fishpond.
- D. Improvements: We have purchased a push button timer for the tennis court lights and hope to have it installed during a next LHOA work day.
- E. Welcome Committee: Has only been able to deliver 2 of the 5 new welcome baskets due to the schedules of our new residents. Everyone is so busy this time of year, it is hard to catch people at home. But they will keep trying.

Old Business

- A. The bushes by the bridge and utility boxes are to be cut 1' from the ground for safety measures and the Board will look at replacing them in the spring with a smaller type plant.
- B. A new LHOA Treasurer is needed beginning in January. Anyone interested in the opening or nominating someone can contact any LHOA Board member for details.
- C. Brian Conrad is now posting LHOA Board Meeting Minutes on the LHOA website as well as listing up coming events. Please check out the website, if you get the chance.

New Business

- A. Concerns over the punctuality of the Newsletter delivery are being raised. We need an accurate list of all Block Captains. Due to sporadic delivery, Brandi will investigate possible alternative methods for delivery.
- B. Amy Murphy, from the Children's Committee, has developed a website for posting Londonderry play date information. She is encouraged to get in touch with Brian Conrad, who runs the Londonderry website, about the possibility of linking the two sites together for greater availability and to share servers. MGM (Moms Greet and Meet) is planning their next meeting on Dec. 13th at 9am here at the clubhouse.
- C. The Adult Committee is looking for new members and a new committee chairperson.

The meeting adjourned at 8:10pm.