



RV Resort Newsletter

From the Gals in the Office

March flew by so fast we had a blast at our Resort Easter egg hunt and dinner, thank you to all who came out to enjoy the festivities. Congratulations to our golden egg winner Mrs. Walter will enjoy \$50 off her rent this month. Thank you all for the warm welcome for our traveling group The Del Pacificos we will see them again in September. As we head into our peak season, I want to address a few of our resort rules:

The resort speed limit is 5MPH please be aware that Circle RV is a family friendly resort and we have several children through out the resort who enjoy riding their bikes and playing outside. When you are driving through the resort be mindful of your speed and surroundings.

Several sites are in need of some spring cleaning so please find some time through out your week or weekend to clear out some of your unused and or un wanted items from your sites. If you have any questions on how to dispose of larger items please see the front office for directions on how to dispose of the items properly.



Important Dates:

- 4/2 Autism Awareness Day
- 4/7 World Health Day
- 4/10 Nat'l Siblings Day
- 4/18 Tax Day
- 4/22 Earth Day
- 4/23 Passover begins
- 4/29 Arbor Day

TOP 10 ACTIONS TO REDUCE YOUR IMPACT ON THE ENVIRONMENT

Earth Day is celebrated annually worldwide to demonstrate support for environmental protection.

Earth Day has grown into Earth Week and even Earth Month to accommodate the profusion of events and projects such as walks, clean-ups and festivals. Just remember – whether you choose to spend the day participating in scheduled events or make daily conscious decisions to save energy at home – every bit counts.

Bathroom

- Take short showers instead of baths
- Turn tap off while brushing teeth

Super Savers

- Use LED bulbs
- Use aerators on faucets and shower heads
- Weatherstrip windows and doors

Transportation

- Walk, cycle, car pool or use public transportation
- Reduce idling while driving
- Maintain correct tire pressure
- Try car-sharing programs

Temperature

- In the summer, set thermostat to 24°C or 25°C
- In the winter, set thermostat to 19°C or 20°C
- Install ceiling fans and a programmable thermostat

Shopping

- Buy needs, not wants
- Rent or borrow things you only use once in awhile
- Score bargains from garage sales and second-hand stores

Travel Distance

- Try to work as close to home as possible, reducing daily commutes
- Consider vacationing closer to home

Food

- When possible, choose in-season, local foods
- Eat less meat

Laundry

- Wash full loads
- Use cold water
- Weather permitting, hang clothes to dry

Garbage

- Think about donating, reusing or recycling before throwing something out
- Harmful materials like chemicals, batteries and electronics should be taken to hazardous waste depots or recyclers

Cleaning

- Use natural, non-toxic cleaning products (like *Mr. Clean*)
- Try making simple, natural cleaners with ingredients like vinegar, baking soda and water

EARTH DAY
April 22, 2013

Earth Day is an annual event, celebrated on April 22, on which **day** events worldwide are held to demonstrate support for environmental protection. It was first celebrated in 1970, and is now coordinated globally by the **Earth Day Network**, and celebrated in more than 192 countries each year.

- See more at: <http://www.earthday.org/about/the-history-of-earth-day/#sthash.8Fp6dFxo.dpuf>

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<https://www.facebook.com/CircleRV?sk=wall>

Follow us on Twitter: <http://twitter.com/sunlandrv>



Recipe Of The Month:

Homemade Mac & Cheese

Ingredients:

- 8 ounces uncooked elbow macaroni
- 2 cups shredded sharp Cheddar cheese
- 1/2 cup grated Parmesan cheese
- 3 cups milk
- 1/4 cup butter
- 2 1/2 tablespoons all-purpose flour
- 2 tablespoons butter
- 1/2 cup bread crumbs
- 1 pinch paprika

Directions:

1. Cook macaroni according to the package directions. Drain.
2. In a saucepan, melt butter or margarine over medium heat. Stir in enough flour to make a roux. Add milk to roux slowly, stirring constantly. Stir in cheeses, and cook over low heat until cheese is melted and the sauce is a little thick. Put macaroni in large casserole dish, and pour sauce over macaroni. Stir well.
3. Melt butter or margarine in a skillet over medium heat. Add breadcrumbs and brown. Spread over the macaroni and cheese to cover. Sprinkle with a little paprika. Bake at 350 degrees F (175 degrees C) for 30 minutes.

Serve.



Propane is filled twice daily, at 9:30am & 2:00pm. At Pump Price \$3.45 + tax per gallon, or Delivery Service Price \$3.65 + tax per gallon. Please have your tanks ready prior to ser-

World Health Day 2016: Beat Diabetes

In 2012, the disease was the direct cause of some 1.5 million deaths, with more than 80% of those occurring in low- and middle-income countries. WHO projects that diabetes will be the 7th leading cause of death by 2030.

Diabetes is a chronic disease that occurs either when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces. Insulin, a hormone that regulates blood sugar, gives us the energy that we need to live. If it cannot get into the cells to be burned as energy, sugar builds up to harmful levels in the blood.

There are 2 main forms of the diabetes. People with type 1 diabetes typically make none of their own insulin and therefore require insulin injections to survive. People with type 2 diabetes, the form that comprises some 90% of cases, usually produce their own insulin, but not enough or they are unable to use it properly. People with type 2 diabetes are typically overweight and sedentary, 2 conditions that raise a person's insulin needs. Over time, high blood sugar can seriously compromise every major organ system in the body, causing heart attacks, strokes, nerve damage, kidney failure, blindness, impotence and infections that can lead to amputations.

