



“Together WE Can Grow a Better Community.”

Visit us on the web at: www.dancing-trees.org

Email us at: dt@dancing-trees.org

DancingTrees is a proud member of www.iSearchiGive.com
Sign-up and start raising funds today!

Committed to

- Families
- Animals
- Environment

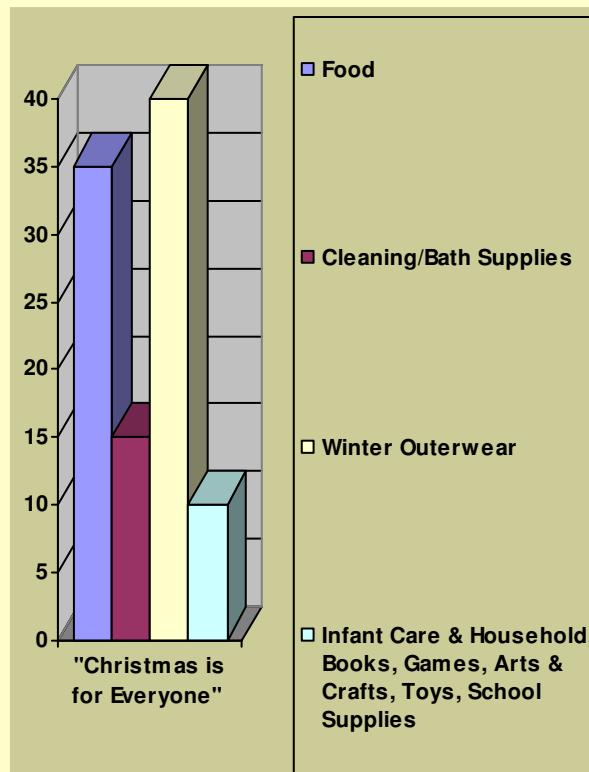
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Statistics from the 2010 “Christmas is for Everyone” Program Are In.

Almost 9,000 items traveled from our hands into the hands of 602 community members. (71) households had two parents, (59) households had one parent, and (68) households had “other adults” defined as grandparents and extended family. 82% of recipients were referred by State and Federal Entities (defined as caseworkers, school or town officials).

This year, there was an increase in requests for school supplies from adults striving to attain higher education.

The graph below depicts the items recipients requested most, showing us what our community members need.



Where’s Waldo? Christmas bags getting ready for the wrapping table!

Warm clothing is still available to our community members in need.

If you or someone you know needs warm clothing, please contact Jacki at 207-539-2670 or dt@dancing-trees.org

Help Us Give...Children’s Books, Winter Boots, Snow Pants, & Winter Coats...To Our Community.

Can’t come to us, we will come to you!

To remove your name from our mailing list, please email us at: dt@dancing-trees.org or call 207-539-2670.

Again this year, Ali Kiger (Volunteer and fellow Board Member of DancingTrees) will participate in Harvest Hills Animal Shelter's "Freezin' for a Reason" fundraiser on January 22nd.

Help support our four-legged friends by sponsoring Ali in this very important event.

[Read Ali's message for details on how you can help make a difference!](#)



“Hello all!

I wanted to let everyone know that on January 22nd I will be jumping into Highland Lake to raise money for Harvest Hills Animal Shelter <http://www.harvesthills.org>.

Last year, my teammate Patti Murphy and I jumped for Team DancingTrees and together raised \$5,600. The total amount raised for the shelter was \$19,000.

I would greatly appreciate any amount you have to give; nothing is too small. The shelter does great work and the animals really need your help.

Checks can be made out to Harvest Hills Animal Shelter and mailed to me at: P.O. Box 343, Bridgton, Maine 04009-0343

Thank you in advance for any help you can give!”

Ali Kiger



Recipe of the Month

FUSILLI WITH GARBANZO BEANS & SPINACH

(Submitted by Frank Howell)

A splash of balsamic vinegar adds zest to this vegetable-rich sauce.

- 1 pkg. (16 oz.) fusilli pasta
- 2 tbsp. olive oil
- 1 med. onion chopped
- 2 crushed garlic cloves
- 1/2 teaspoon dried oregano
- 1 can (29 oz.) garbanzo beans, rinsed & drained
- 3 tbsp. balsamic vinegar
- 1 1/4 tsp. salt
- 1/4 tsp. ground pepper
- 1 bag (10 oz.) fresh spinach

Options: Add tuna, chicken, vegetables.

1. Heat large saucepan of salted water to boiling over high heat. Add pasta and cook as label directs.
2. Meanwhile, in a 12-inch skillet, heat oil over medium-high heat. Add onion; cook, covered, stirring often, 5 minutes. Stir in garlic and oregano and cook 30 seconds. Stir in beans, vinegar, salt, and pepper; cook, stirring often, 5 minutes.
3. Drain pasta, reserving 1 cup cooking water. Return pasta to saucepan. Add spinach, bean mixture, and reserved cooking water; toss gently to combine.

Prep: 8 Minutes

Cook: 12 Minutes

Servings: 6

Each serving:

About 437 calories, 16g protein, 75g carbohydrate, 8g total fat (1g saturated), 0mg cholesterol, 679mg sodium.

Calendar of Events

- ⇒ **Harvest Hills Animal Shelter's** "Freezin' for a Reason" Fundraiser (part of Maine Lakes Musers' Bowl & Winter Carnival)

www.mainelakesmusersbowl.com)

Date: Saturday, January 22nd

Place: Highland Lake Bridgton

"Dip" Time: 1:00 p.m.

Check the website for a listing of events and times



Get outside and play...
grab your sled and ride!

Word of the Month

sitomanic

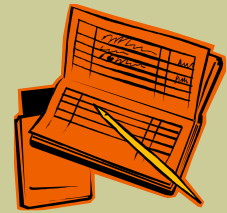
An abnormal or even neurotic craving for food. The next time you sit down with a spoon and a half gallon of ice cream, just grin and say your having an attack of sitmomania.

Source:
Million-Dollar Words by
Seth Godin and
Margery Mandell



"monetarily speaking"

It's a brand new year. A clean slate with 365 opportunities to claim the financial futures we know are possible.



To begin, we need to prepare a budget. We know, we know. Budgeting for many is the equivalent of enduring a root canal without anesthesia but this time will be easier. You don't need to join a club, drive anywhere, or purchase anything; just click, print, and enter your numbers on the budget worksheets which are listed below courtesy of BetterBudgeting.com.

- ⇒ (Monthly) Basic Budgeting Worksheet. Begin with this worksheet. You may (and probably will) need to make adjustments to the amounts originally entered as you discover how much your household actually needs in a particular category. <http://www.betterbudgeting.com/budgetformsfree-basicbudgeting.htm>
- ⇒ Dealing With Debt Worksheet. Use this worksheet each month to track your balance and watch that debt become a \$0.00 balance! <http://www.betterbudgeting.com/budgetformsfree-debt.htm>
- ⇒ Monthly "Spending" Worksheet. Do you wonder where your money goes each week? Well, I did. I found out it was café au'lait with a shot of espresso and steamed soy milk that took my hard earned money every time. To track your weekly spending habits, use this worksheet. <http://www.betterbudgeting.com/freeworksheets/monthlyspending.htm>
- ⇒ Annual Budgeting Worksheet. Now that you've completed and made any necessary adjustments to the (Monthly) Basic Budgeting Worksheet, it is time to prepare your annual budget. <http://www.betterbudgeting.com/freeworksheets/annualbudgeting.htm>
Now you are on your way to financial freedom!

Quote of the Month

"A big part of financial freedom is having your heart and mind free from worry about the what-ifs of life. "

By Suze Orman