



***“Together WE Can Grow a Better Community.”***

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**Big Brothers Big Sisters Bowl for Kids' Sake**

For the 3rd year in a row, Team DancingTrees supports Big Brothers Big Sister at their Annual Bowl for Kids' Sake (BFKS) event on Saturday, April 2nd.

Patricia Brennan, 2011 BFKS Coordinator-Oxford County says, "The goal of Big Brothers Big Sisters is to help boys and girls, most of whom are considered vulnerable youth, to achieve their full potential through "one to one mentoring relationships" with dedicated volunteers". DancingTrees is honored to have a "Big Sister"& "Little Sister" on our team this year. Support Big Brothers Big Sisters by sponsoring Team DancingTrees. FMI: contact Jacki at [dt@dancing-trees.org](mailto:dt@dancing-trees.org) or 207-539-2670.



2010 Team DancingTrees at Big Brothers Big Sisters Bowl for Kids' Sake Event

**Get Ready for the Annual "Earth Day Challenge" !**



Shhh! We are letting you in on a secret. On Saturday, April 23rd (4) "Prize Patrol" vehicles filled with exciting prizes will leave DancingTrees in search of households participating in "Earth Day" activities. Prizes awarded for:

- ⇒ Raking
- ⇒ Cleaning Up Debris
- ⇒ Ditching
- ⇒ Repairing Dirt Driveways
- ⇒ Picking Up Trash
- ⇒ Pruning Trees & Plants...you get the idea!

**Help Us Give...Warm Clothing, Winter Boots, Snow Pants, & Winter Coats...To Our Community.**

**Can't come to us, we will come to you!**

If you wish to unsubscribe to this e-newsletter, email us at [dt@dancing-trees.org](mailto:dt@dancing-trees.org) or call 207-539-2670.

**Happy St. Patrick's Day!**

## Quiz - Are You Ready For Change?

From Oprah Magazine, January 2011 Issue

- ⇒ **When you consider your goal, what else do you automatically think of?**  
(a) sacrifices I'll have to make. (b) all the great things that will come of it. (c) I actually try not to think about it too much. (d) Both the costs and the benefits.
- ⇒ **What is inspiring you to try to make this change?**  
(a) a suggestion from a loved one. (b) my own desire. (c) societal pressure. (d) at least 2 of the previous.
- ⇒ **Do you expect to encounter any obstacles on your path?**  
(a) yes my path is a minefield. (b) I imagine I will, though I don't know exactly what they will be. (c) not really. (d) I can think of a few.
- ⇒ **If you were to start making the change today, what would you do first?**  
(a) I don't have a plan per se. (b) I'd talk to a friend about my expectations. (c) I have no clue. (d) I'd make a rough list of the stops I need to take.
- ⇒ **Say a few weeks down the road you slip back into old behaviors. Which scenario is most likely?**  
(a) I'd feel very discouraged and probably give up. (b) I'd try to figure out what went wrong and fix the problem. (c) I can't even entertain that possibility now. (d) I'd look back to the success I had early on.
- ⇒ **Imagine that before you meet our goal, you start feeling worse rather than better. What would be your first impulse?**  
(a) there must be something wrong with me. (b) its too soon to quit. I need to keep pushing myself. (c) this is a sign, I'm not ready to change. (d) I need to revisit my goal to see if its still what I really want.
- ⇒ **Which best describes your attitude toward challenges?**  
(a) embrace them, but get impatient for success. (b) it depends on the challenge. (c) I have to admit I don't love them, I prefer to stick with things familiar. (d) When I commit to something I'm committed 100 percent.
- ⇒ **Remember the last time you struggled with a challenge. How did you get through it?**  
(a) I buckled down and tried to tough it out on my own. (b) I called someone to get encouragement. (c) I focused on the expectations of my friends and family. (d) I did something really fun to rejuvenate myself.
- ⇒ **Think of your favorite hobby. How feasible would it be for you to commit time to it?**  
(a) that's not an option. I choose to devote as much energy as possible to my work. (b) it's possible. (c) I'd love to, but time is a luxury. (d) I'd need to think about whether there was anything else in my schedule I could skip.
- ⇒ **When you have a craving, how do you handle it?**  
(a) I don't like to deprive myself too often. (b) I think carefully about whether its worth it. (c) I usually cave, then feel guilty. (d) I distract myself with another activity.
- ⇒ **When you don't get what you want, how do you typically react?**  
(a) I want it more. (b) I feel angry or sad at first, then get over it. (c) I try to convince myself that it wasn't worth having. (d) I try not to dwell on the loss.



**SCORING:** Give yourself 1 point for every (a) and 2 points for every (b) and (d) 1, 2, 3, 8 self awareness - 5 points or more - You have a healthy sense of your own motivation. 5, 6, 9, 10 strategic approach - 5 points or more - you tackle problems with a thought-out plan, which is great 4, 7, 11, 12 perspective - you have the wonderful ability to keep your efforts in context.

## Irish Stew (the "real thing")

Rated with 4 ½ stars by allrecipes.com

Every Irish household has their own version of this famous dish-so here's mine. I like to add chunky pieces of parsnip for a little sweetness, and fresh rosemary gives it a distinct flavor. If you use a tougher cut of meat, you can leave it to simmer longer before adding the potatoes.

### Ingredients:

- 1 T olive oil
  - 2 lbs. boneless lamb
  - 1 large onion, sliced
  - ½ t salt
  - 2 carrots, peeled and cut chunked
  - 1 parsnip chunked
  - 4 C water
  - 3 large potatoes quartered
  - 1 C chopped leeks
  - 1 T chopped rosemary
1. Heat oil over med heat in large stock-pot. Add lamb pieces and cook, until brown. Season with salt.
  2. Add onion, carrots, and parsnip and cook gently alongside the meat for a few min. Stir in water. Cover and bring to boil, then turn heat down to low. Simmer 1 hr. or longer depending on the meat used.
  3. Stir in potatoes, simmer 20 min add leeks. Add rosemary. Simmer until potatoes are tender, serve hot.

## monetarily speaking

### Your Money Blueprint for 2011

By Suzie Orman

Thoughtful Financial Planning can easily take a backseat to daily life. (Do your taxes two months early? You're just trying to stay on top of today.) But I promise that if you set aside time each month to give your money some attention, when 2012 rolls around you'll be in fabulous financial shape. Here's my plan of attack for the year to come:

### MARCH: Do Some Spring Cleaning

Make time to toss any outdated paperwork. You should keep a copy of your tax return indefinitely, but you need to save supporting documents for only three years. Anything from before 2007 should get shredded. If you're self-employed or have income from multiple sources, hold onto your documents for six years. That's how long the IRS has to challenge your reported income.

Next, roll over your 401(k) from old jobs and IRA's at different firms into one account at a low cost brokerage or mutual fund company-it's easier to keep track of this way, and you'll save on maintenance fees.

**TIP:** IF you are owed a refund, change your W-4 withholding to get that money back in your paychecks where it belongs. If you owe a penalty, make sure you're not having too little money withheld.



## Word(s) of the Month

Although the word *equinox* is often understood to mean "equal [day and] night," this is not strictly true. For most locations on earth, there are two distinct identifiable days per year when the length of day and night are closest to being equal; those days are referred to as the "*equiluxes*" to distinguish them from the equinoxes. Equinoxes are points in time, but equiluxes are days. By convention, equiluxes are the days where sunrise and sunset are closest to being exactly 12 hours apart.

## Quote of the Month

"Some national parks have long waiting lists for camping reservations. And I say when you have to wait a year to sleep next to a tree something's wrong."

~George Carlin On Tour 2007