

# THE Bedford EVENING POST

NOVEMBER/DECEMBER 2005

BEDFORD AT FALLS RIVER



COMMUNITY NEWSLETTER

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## HAPPY HOLIDAYS, BEDFORD!

As the end of the year approaches, so does the 2005 Holiday Season! Bedford is a wonderfully diverse community filled with people from all over the country. With that comes a variety of traditions and customs, celebrating everything from Thanksgiving

and New Year's Eve, to Christmas, Hanukkah and Kwanzaa. Unfortunately for many, as all of these special dates approach, life tends to get a bit hectic!

Regardless of which holiday you celebrate, you are most likely affected by the hype and the pressures of the season. For many of us, this results in extra stress. Many of us tend to respond to the stresses by over-indulging: we spend too much, eat too much, drink too much... and then feel even worse. Luckily, whatever your situation, there are things you can do to relieve the stress and increase your enjoyment of the season. Here are some tips on how to make the most of your holidays:

First, instead of just reacting to the pressures of the season, take some time out to really think about what matters to you and then prioritize your time accordingly. With whom and how would you most want to spend this time? What do you think is the true meaning and value of the season? Seriously thinking about these questions may help.

Second, slow down and relax! Remind yourself to take your time and enjoy the day. Make some quiet time

and start a journal. Keep a written record of all the things you have to feel thankful for, of the nice things that happened that day, or of proud moments in your life.

Third, be sure to make enjoyable rituals a part of your celebrations. Whether with family or friends, with adults or children, rituals create meaningful bonds that enrich our lives. If the old traditions no longer work for you, then give yourself permission to make new rituals. This sort of flexibility is especially important in today's world due to the changing nature of "families" and our geographical mobility.

Finally, give support and good cheer to others. Smile; Volunteer; Do good! The appreciation you receive in return will add to your own joy and good feelings.

We wish the entire Bedford Community a very Happy and Healthy Holiday Season!



Bedford Christmas Tree

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## LETTER FROM JOHN

Dear Bedford Residents,

It's hard to believe that another holiday season is upon us. We at Wakefield Development Company would like to wish you and your family all the best this season brings. It has been a great year as we have added so many new families to Bedford in 2005. We started the year with around 400 families and we now have over 700!

This season brings us the annual 5K Fun Run, Monday Night Football and the City of Raleigh Holiday Parade in which Bedford once again will be represented with a holiday float. Check with the Recreation Center for information on how your family might be able to ride on the float in the parade.

We all know that the holiday season is a time of giving. That is why we will again be a drop off point for Coats for the Children. Please watch the calendar for this year's dates and locations within Bedford. The coat drive always concludes with WRAL-TV's telethon. We encourage you to donate money to the Salvation Army during the telethon which will help purchase clothing for families in need if you are unable to drop off a coat. We look forward to our continued commitment to providing assistance to the less fortunate this year.

The Bedford Farmer's Market featuring Vollmer Farms will be open for selling Christmas trees beginning November 25th.

May each of you have a safe and happy holiday season.

Sincerely yours,

John Myers,

President, Wakefield Development Company



## COMMUNITY NEWS



### VOLLMER FARMS UPDATE

Bedford would like to thank John Vollmer for providing the fun hay ride at the Fall Fest. Thanks also goes out to the Market's service providers, including Edna Lee Baking, Linda Dawson Burton (and her great pimento cheese!), and Barbara from Sierra Sweets. They all had some great samples at the festival. We look forward to the holiday season, as the market will showcase some beautiful Christmas trees for sale. Bedford Holiday wishes go out to John and his staff!



### OCTOBER FUN

The month of October here in Bedford was filled with some great fall fun! The festivities began with the Bedford Halloween Fall Festival on October 22nd. Chaired by Tracy Finn, and with the help of many folks who volunteered, the event was a huge success. The day featured fun for everyone in the community, from a bounce house and hayrides, to carnival-style games and a live bluegrass band! The highlight of the afternoon was the scarecrow decorating contest. Families, individuals and groups were invited to make and decorate a scarecrow. It was great fun to see all of the entries make it to the rec center parking lot! The entries were

judged by the residents, and each scarecrow had a canister for folks to drop some change or bills into their favorite one. We had some great individual winners, but the real winner of the day was the Susan G. Komen Breast Cancer Foundation. All of the proceeds went to this great cause.

On October 29th, the Recreation Center hosted its annual Adult Halloween Party. The clubhouse was "ghoulishly" decorated, and the huge inflatable black cat at the entrance was one of the highlights! Delicious "finger food" (no pun intended) was provided by Hans Lang, our resident grill-master. The costumes were fantastic, the music was great, and everyone seemed to have a devilishly good time.

Then, on Halloween Night, the kids in the neighborhood were able to go door-to-door around Bedford showing off their unique costumes for some yummy treats. Residents of all ages gathered at the end of the evening at Clocktower Square for some coffee and warm cider, and for the lighting of the jack-o-lanterns. The pumpkins were lined up around the tower and illuminated for display. It was quite a scene!

Thanks to everyone who helped with all of the festivities. Your continued support is much appreciated!





## MARK YOUR CALENDAR

### November 3, Thursday

Bedford "Over 50" Game Day  
10:00am - 12:00pm

### November 5, Saturday

Yoga 8:00am - 9:00am  
New Year's Ticket Sale  
12:00pm - 4:00pm

### November 7, Monday

Yoga 6:30pm - 7:30pm

### November 9, Wednesday

New Year's Ticket Sale  
6:00pm - 8:00pm

### November 10, Thursday

Financial Seminar 7:00pm - 9:00pm

### November 12, Saturday

Fall 5K Fun Run & Tailgate Party  
9:00am - 1:00pm



5K Run

### November 14, Monday

Yoga 6:30pm - 7:30pm  
Monday Night Football  
8:30pm - 11:00pm

### November 15, Tuesday

Social Committee Meeting  
7:00pm - 9:00pm

### November 17, Thursday

Bedford "Over 50" Social  
2:00pm - 4:00pm

### November 18, Friday

Kids' Night Out 6:00pm - 9:30pm

### November 19, Saturday

Yoga 8:00am - 9:00am

### November 21, Monday

Yoga 6:30pm - 7:30pm

### November 24, Thursday

THANKSGIVING  
Clubhouse Closed

### November 28, Monday

Yoga 6:30pm - 7:30pm

### December 5, Monday

Yoga 6:30pm - 7:30pm

### December 8, Thursday

Bedford "Over 50" Holiday Party  
5:00pm - 8:00pm

### December 12, Monday

Yoga 6:30pm - 7:30pm

### December 15, Thursday

Bedford "Over 50" Game Day  
10:00am - 12:00pm

### December 16, Friday

"It's A Wonderful Life"  
in the Rec Center 7:00pm

### December 17, Saturday

Bedford Kids' Holiday Party  
2:00pm - 5:00pm



Kids and Santa

### December 18, Sunday

Holiday Pancake Brunch  
11:00am - 1:00pm

### December 19, Monday

Yoga 6:30pm - 7:30pm

### December 24, Saturday

CHRISTMAS EVE  
Clubhouse Closed

### December 25, Sunday

CHRISTMAS  
Clubhouse Closed

### December 31, Saturday

New Year's Eve Party!

## New Year's Eve Tickets on Sale

Saturday, November 5th will be your first opportunity to purchase tickets for the much-anticipated New Year's Eve Party. The sale will take place in the clubhouse from 12-4pm. The second sale date will be on Wednesday, November 9th, from 6-8pm. Individuals will be able to purchase a maximum of four (4) tickets. This promises to be an outstanding event with great food, music and dancing!

## Turkey Trot Set for November 12th

The Bedford Turkey Trot will take place on Saturday, November 12th. The check-in time is scheduled for 9am. The race is set to begin at approximately 9:30am, with the Kids' Fun Trot to commence shortly thereafter. At the end of the event, folks will gather in the parking area for the awards ceremony and some great food. Specific details will be provided to all of the residents. We look forward to seeing everyone there!



## RECIPE OF THE MONTH

# HOLIDAY FUDGE



- 1 cup butter
- 12 ounces semi-sweet chocolate chips
- 1 (7 ounce) jar marshmallow cream
- 1 cup chopped walnuts
- 1 teaspoon vanilla extract
- 1 1/4 cups evaporated milk
- 4 cups white sugar

Line a 13x9 inch baking dish with foil and butter the foil.

In the top half of a double boiler, combine the butter or margarine, evaporated milk and sugar. Cook on medium heat for 12 minutes or until it reaches a temperature of 236 degrees F (112 degrees C). Remove from heat and stir in the chocolate chips, vanilla and marshmallow cream. Stir until chocolate chips melt, then mix in the chopped walnuts.

Spread mixture into the prepared pan. Score into squares while still warm. Refrigerate until firm, then cut along the scored lines.

(Original recipe yield: 1 -13x9 inch pan.)

