

hello spring!

NEWS FROM THE FONTANA CENTER

HOPPY EASTER!!



Have you ever wondered how Easter (a religious holiday) got a bunny as a mascot? According to www.history.com, the Easter bunny was introduced to America by German immigrants in the 1700's. In Germany, there was a traditional folktale about an egg-laying rabbit named "Osterhase" or "Oschter Haws." This rabbit would lay colorful eggs as gifts to children who were good — so the kids would make nests for the bunny to leave his eggs, As time went on, the rabbit expanded the types of gifts to chocolate and toys. www.history.com

A little more "food" for thought when thinking of Easter is the tradition of decorating eggs. In the 13th century, eggs were part of the forbidden foods to eat during the season of Lent. People would decorate their eggs as the fasting period of Lent came to an end, and then eat them on Easter Sunday as a way to celebrate. www.goodhousekeeping.com

APRIL SHOWERS BRING MAY FLOWERS!

Here are a few gardening tips from the Fontana Center's very own master gardeners:

Mr. Travis Blanchard says that when planting vegetables, it is important to get seeds from a credible seed store even if it means spending a few extra dollars. He recommends Johnny Seeds and Southern Seed Exchange because their seeds are tested for bacteria and fungus and are guaranteed to sprout. Mr. Blanchard also says he waits until the fig trees are in bloom to begin planting in his garden because that is a sign that warmer weather is here to stay. Vegetables that work best in Louisiana heat are peppers (plant in early April) and okra (plant in late April). He also added that using a pH meter for your soil is also beneficial and inexpensive. This gives you an idea of what your soil might need to grow certain vegetables. Master Gardener Marsha Bayer recommends planting Sunflowers, Pentas, and Zinnia in the Spring if you'd like to add some color to your landscaping. Another colorful side effect from these flowering plants is their appeal to butterflies. Both Marsha and Travis agree that using pesticides is not a great idea. Butterflies are still insects, after all....

IN LOVING MEMORY....

It is with heavy hearts to announce the passing of our dear friend Mrs. Bercis Ovunc (also known as Mrs. "B") who shared countless, precious moments with us at the fitness center, and from afar, during the past 22 years - you will live in our hearts always and be truly missed. Rest in peace, Mrs. B.

CELEBRATE YOUR HOMETOWN - PLANET EARTH

On April 22nd, 2021, Earth Day will be celebrated for the 51st time. Earth Day originated in 1970 with the help of President Richard Nixon. Nixon led the nation in creating the Environmental Protection Agency which followed with successful laws including the Clean Air Act, the Clean Water Act and the Endangered Species Act. We celebrate Earth Day to increase awareness of environmental problems as well as gather communities together to clean up litter, plant trees, or simply reflect on the beauty of nature.

Here are a few Earth Day activities you and your family might enjoy doing together:

1. Plant wildflowers.
2. Bring nature into the garden with plants that attract butterflies and hummingbirds.
3. Conserve water.
4. Plant more trees.

www.almanac.com



DIY CORNER— PAPER BAG EASTER BASKETS

BY: LIA GRIFFITH <https://liagriffith.com/upcycled-large-diy-easter-basket/>



NORMA STEWART



To make a large DIY Easter basket, you will need: 4-5 brown paper grocery bags, scissors, a ruler, hot glue gun, and clothes pins.

Step 1: Cut your grocery bags into 19 strips that are 4 inches wide.

Step 2: Fold each strip into thirds.

Step 3: Wrap 2 strips around each other to make a handle and secure on each end with clothes pins.

Step 4: Weave 6 x 6 strips (over and under each other vertically and horizontally) to form the bottom of the basket. There will be a solid square in the center with 6 fringes extending from

the each side. Hot glue each inside corner.

Step 5: Cut 2 strips in half (creating 4 halves). Glue 3 of those halves to 3 regular length strips to make 3 longer strips.

Step 6: Fold the 6 fringes on each side up to form walls of basket.

Step 7: Trim 2 center strips of 2 opposite walls of basket and attach the handle on each side with hot glue.

Step 8: Weave the 3 lengthened strips over the top of half the basket (and down 2 sides).

Step 9: Tuck the tops of excess fringes into the top strip of basket.

<https://liagriffith.com/upcycled-large-diy-easter-basket/>

WE ARE NOT A POSSIBLE SCAM OR SCAM LIKELY!!

It has been brought to our attention that when we call members on their cell phones, CWR at the Fontana Center pops up on caller ID as POSSIBLE SCAM or SCAM LIKELY. You can rest assured we are NOT calling to scam anyone, especially our members. We apologize for any confusion this may have caused and appreciate your understanding regarding this matter. To prevent this from happening, we are asking our members to add us as a contact in your phone contact list.

In case we aren't already on your favorite contacts list, CWR at the Fontana Center's phone number is **337-234-7018**.



CARROT CAKE (from Malana Mouton, Office Manager at the Fontana Center)

Cake Ingredients:

2 1/4 cups of sugar
2 1/4 cups of flour
2 1/4 teaspoons baking soda
1 1/4 teaspoons salt
4 large eggs
2 1/4 teaspoons cinnamon
1 3/4 cup oil
4 cups grated carrots

Cream Cheese Frosting Ingredients:

1 8oz. package of cream cheese at room temperature
1/2 cup butter, softened
1 1/4 teaspoons vanilla
1 lbs. box of powdered sugar, sifted
1 cup chopped walnuts or pecans

Cake Instructions:

Preheat oven to 375 degrees. Sift all dry ingredients into a large mixing bowl. Add oil and mix well. Add eggs one at a time, beating well after each egg. Stir in carrots. Place batter in greased 13" x 9" cake pan or split batter into 3 greased round cake pans. Lower the oven temperature to 350 degrees and bake for 40-45 minutes. Let cake cool completely on wire rack before frosting.

Frosting Instructions:

Mix cream cheese, butter and vanilla together. Add powdered sugar and mix well. Stir in chopped nuts. Frost cooled cake.