

November Newsletter

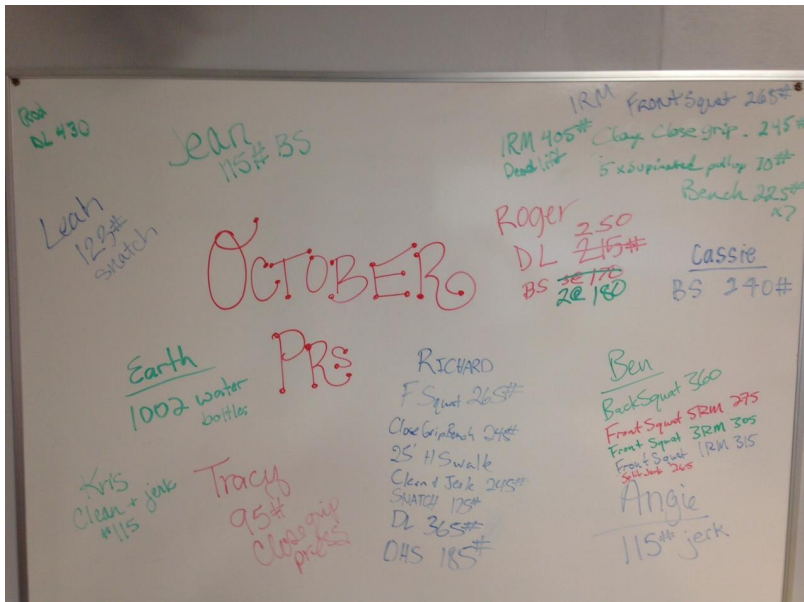
IMPORTANT ANNOUNCEMENTS

WELCOME TO THE COOP!

Please welcome our newest members: Sam Anderson, Megan Wilcox, Traci Bartels, Mindy Nelson, Alex Firari, Sarah Pulliam, and Chad Warecki!

FOOD and BEVERAGE CHARGE SHEET

Due to the flat fee and percentage fee per charge, a minimum of \$10 needs to be charged per month to use a credit card for purchase of food and beverage items. If your charges are less than \$10, Michelle will send you an email with the total owed and you can leave money in the gray lock box in the bottom desk drawer. If your charges are over \$10, Michelle will email you a bill that can either be paid online or with cash (leave in a labeled envelope in the gray box).



HOLIDAY PANTRY DRIVE



Monday, the 2nd—Instant Potatoes and/or Ramen Noodles

Tuesday, the 3rd—Ketchup/Mustard/Mayo (plastic only)

Wednesday, the 4th—Saltine Crackers

Thursday, the 5th—Biscuit Mixes

Friday, the 6th—Flour and/or Sugar

Saturday, the 7th—Canned Spaghetti w/ Meatballs

Monday, the 9th—Canned Fruit Cocktail

Tuesday, the 10th—Jell-O/Pudding

Wednesday, the 11th—Spaghetti Sauce

Thursday, the 12th—Instant Oatmeal

Friday, the 13th—Baked Beans

****Any Day**—Toilet Paper & Hand Soap**



ANNUAL MEMBER MEETING

Please plan to attend our annual meeting on Friday, November 13th at 7:00 pm at The Ballroom. We will elect two new board members and review financial information from the past year. We will also celebrate the successes of our first year in business! Refreshments will be served, so bring your significant other!



Member of the Month: Jean Fahey

Tell us about yourself!

I am originally from Dane and have been married to Mark for 10 years; we have 2 children, Addison & Wesely. I currently work at Hillestad Heating & Cooling in Lodi. I enjoy playing softball & golfing in the summertime. My favorite sport is just about to start for the season and that would be curling. I curled competitively for a few years which built many friendships throughout the US & Canada. Currently, I am still actively involved in the Lodi Curling Club, playing & coaching. In my spare time, Mark & I enjoy attending Packer games, for which I am spoiled to have season tickets!

What is your favorite

movement and/or benchmark workout?

I am still learning & perfecting all the movements, but my favorite movement would be the push press & and the back squat.

What has been your biggest struggle?

I think my biggest struggle is convincing myself that I can do all the exercises & movements and not having the fear on not being able to do certain things. I have to remember that I haven't been doing this type of exercise for years & that it will take time & strength to master all the movements.

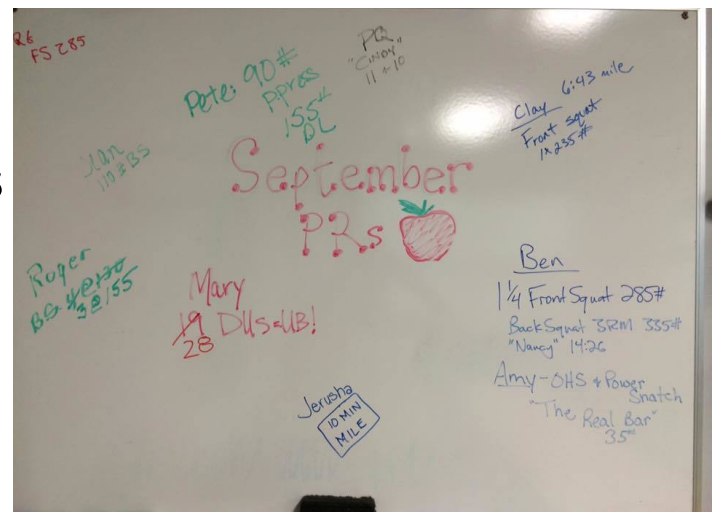
What advice would you give a new PCC member?

Don't be afraid to try it! I was very intimidated by everything when I first started. I had wanted to try it for a while but always thought I couldn't do most of the exercises. Once I realized that there were other options to start with & that you can build yourself up to the full exercise it became easier. Coaches are super helpful showing you available scaling options and at the same time building your confidence in yourself that with practice you will get to the full scale WODs.



PCC NOVEMBER BIRTHDAYS

- 13 - Roderick Gumz
- 14 - Clay Heitmeier
- 23 - Tera Mitchell
- 30 - Jerusha Smith



Check-In Challenge

Congrats to Jerusha Smith, who was the winner of the October check-in challenge! Jerusha checked in 21 times. Jean Fahey was 2nd, with 19 check ins. Angie Tomlinson was 3rd with 18. There were a total of 205 check-ins. As promised, your coaches will complete 205 burpees on Saturday morning at open gym!



Reebok CrossFit

Website Banners Coming Soon!

We will soon add Rogue and Reebok banners to our website. If you are planning to purchase anything from Rogue or Reebok, please go to the PCC website, click on the Rogue or Reebok banner and then make your purchase. PCC will receive a percentage of your purchase as payment for advertisement!



Paleo Pumpkin-Apple Muffins

Ingredients:

½ cup coconut flour
½ cup tapioca flour
½ cup maple or coconut sugar
½ teaspoon baking soda
½ teaspoon baking powder
½ tablespoon Primal Palate Apple Pie Spice
pinch of salt
1 apple, cored and diced
⅓ cup applesauce
¼ cup pumpkin puree
¼ cup almond milk
3 eggs, whisked
1 teaspoon vanilla extract
1 teaspoon lemon juice

For the streusel:

1 tablespoon tapioca flour
2 tablespoons almond flour
3 tablespoons maple sugar
2 tablespoons Tin Star Brown Butter

Instructions:

Preheat oven to 350 degrees F. In a large bowl, whisk together coconut flour, tapioca flour, baking soda and powder, apple pie spice, salt and apple. Then add the rest of the ingredients and mix well until combined. Use an ice cream scoop to scoop the mixture into 10 muffin tins (I used a silicone muffin liner). In a small bowl, mix together all the ingredients for the streusel. Add about ½-1 teaspoon of the streusel on top of each muffin. Bake for 30 minutes.

