

# January Newsletter

## IMPORTANT ANNOUNCEMENTS

### New Members

Please welcome our newest members: Shaina Dittberner, Rebecca Gray, Jeremy Smith and Amy Zeihen. All successfully completed fundamentals with Ben during the week of December 14th.

### **NEW YEAR NEW SCHEDULE**

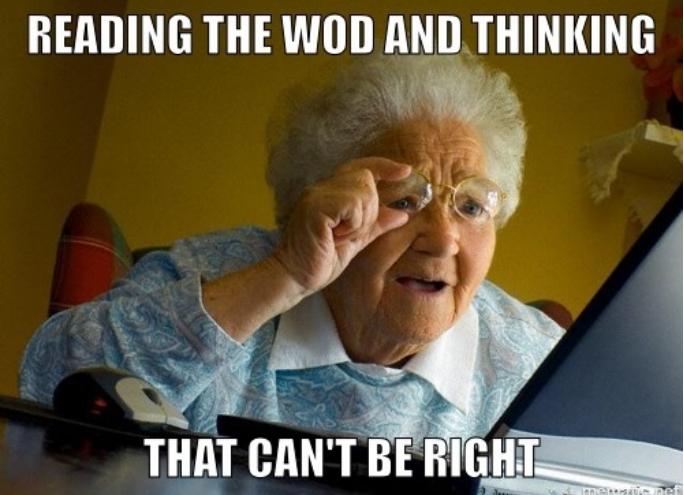


**Starting Monday, January 4th 2016:**

Monday—5AM, 6AM, **3:30PM, 4:30PM, 5:30PM**  
Tuesday—5AM, 6AM, **4:30PM, 5:30PM**  
Wednesday—5AM, 6AM, **3:30PM, 4:30PM, 5:30PM**  
Thursday—5AM, 6AM, **4:30PM, 5:30PM**  
Friday—5AM, **4:30PM, 5:30PM**

\*New class times are noted in bold.

\*\*6:30PM on Mondays and Wednesdays will be eliminated starting Monday, January 4th due to low (and generally no) attendance.



### Burpee Challenge

It's not too late to join the fun! Many members are participating in a 100 day burpee (or other movement) challenge. Contact Ben for details if you're interested in taking part!

### January Birthdays

January 1 - Kris Bisch

January 5 - Judy Syens

January 25 - Brandon Gumz

January 28 - Matt Lindman





# Member of the Month: Patti Tessmer

*If you could design a workout, what would it be?*

If I designed a workout it would be with partner moves and no burpees.

***What is your favorite outfit to WOD in?***

Unfortunately my favorite workout pants match the bathroom floor, but I still love them!

*ow often do you talk about CrossFit?*

I don't talk about CrossFit too much because no one seems to get it!

## **Burpees: Love 'em or hate 'em?**

Burpees prove I am not flexible. Hate now, but working on it.

***Do you have a favorite moment or story about the Coop?***

My favorite part so far is the positive energy everyday.

***What advice would you give a new PCC member?***

My advice would be to be here for yourself; try to improve on your goals not meet someone else's.

## Dont Forget!

If you are in need of new CrossFit gear and are planning to purchase online through Reebok or Rogue, follow the link to their websites through our website.. You'll help PCC earn a little extra cash with your purchase!



## **Rustic Beef, Tomato & Cabbage Stew (Whole 30 Approved)**

### **Ingredients**

1 tbs olive oil  
1 onion, diced  
3 cloves of garlic, minced  
1 lb of grass fed ground beef  
1 tsp oregano  
salt, pepper, granulated garlic (to taste)  
5 stalks of celery, chopped  
4 carrots, chopped  
5 dutch baby potatoes, sliced  
1 28oz can of diced tomatoes in their own juices  
5 cups of beef broth  
1/2 large head of green cabbage, shredded



### **Instructions**

In a heavy bottomed soup pot, heat up your olive oil over medium heat. Once the olive oil is hot, add in the onion and minced garlic. Saute until the onions are soft and the garlic is fragrant. Add in the ground beef and break it up with a spoon. Allow the beef to brown. Season with oregano, salt, pepper and granulated garlic to your taste. I like to use a decent amount of salt in this recipe as we are adding potatoes and they absorb a lot of salt. Once your beef is browned, add in the celery, carrots and potatoes and stir. Add in the entire can of diced tomatoes with their juices and stir again. Allow to cook together for a couple of minutes. Add the beef broth and the shredded cabbage, stir together. Allow to simmer on the stove for at least thirty minutes. After thirty minutes, taste your soup and adjust the spices to your liking. You might need to add a little more salt or pepper. Serve and enjoy!

Taken from [soletshangout.com](http://soletshangout.com)