



Franklin Communities



Belleville Manor

8701 Belleville Road • Belleville, MI 48111 • (734) 697-5801

### July/Aug/Sept 2011

#### Resident Appreciation Gift Card Winners!!! Thanks for Participating

Sarah .....	Meijer
Frank .....	Walmart
Randy .....	Cracker Barrel
Sarah .....	Walmart
Kathy .....	Pizza Hut
Debra .....	Pizza Hut
Tara .....	Pizza Hut
Rob .....	Denny's
Robert .....	Meijer
Carrol .....	Walmart
Charles .....	Cracker Barrel
Gary .....	Walmart
Leroy .....	Denny's
Angelo .....	Pizza Hut
Betty .....	Denny's
Gail .....	Denny's
Brian .....	Pizza Hut



#### New Neighbors

Jessica and Leo, Larissa Cook and family, Vickie Patterson, Karen Smith and Steve Murphy, BethAnn Ciuk and family, Brittney Walker and Eric Williams, Randy Litteral, Ann Lewis and family, Mark Cady.

We have recently moved two homes into Belleville Manor from other Communities. This is a great way to use the referral program if you know someone who owns a home in another community. Have them call Belinda (734) 697-5801. Thanks to Donna Cook and Rodney Wedge for your recent referrals. Belleville Manor wants people like you!

#### Community reminders ...

- Our office is closed July 4 for Independence Day
- Yard waste pickup is every other week
- Office is closed in the morning on the 2nd and 4th Thursday for company meetings
- Speed limit is 15 m.p.h. Please SLOW down



#### 2011 Community Updates

It has been a busy spring at Belleville Manor. Hopefully you have noticed some of the repairs and updates in our Community.

We started off with the front pillar being repaired.

At the playground: new soccer nets and a baby swing have been installed. In the near future, you will notice more sand for the playground and a fresh coat of paint. New mulch in the front landscaping. New signs have been ordered; stop signs, speed limit signs, children at play signs.

We have repaired several of the catch basins/manholes throughout the community. You will notice roads being updated as well. Also, a new banner has been displayed at the playground. Just a reminder, there is an easy way for you to make money just by referring people like yourself to live in Belleville Manor.



#### Be Prepared!

For your best interest, be prepared for emergencies. Whether it's severe weather, a water break or utility issues. Please know where to go in case of bad weather. Know how to shut your water and utility services off.

Also learn the location of the heat tape on your water line; check it periodically.



#### Belleville Manor Staff

Manager and Sales ..... Belinda Lawson  
 Assistant Manager ..... Sherri Gerardy  
 Maintenance ..... John Smallman

#### Important Numbers

Office ..... (734) 697-5801  
 Emergency Number ..... (800) 708-0420  
 Franklin Homes Sales ... (734) 699-7700

'The People's Princess'  
Diana, Princess of Wales, would have been 50 years old on July 1. Diana's untimely death at the age of 36 in a 1997 car crash sent the world into mourning, but the bright spirit of "the people's princess" lives on. Here are some facts about Diana:

*Royal courtship.* Prince Charles had known Diana for several years and had briefly dated her older sister Sarah. But Charles never considered Diana as a potential bride until one summer weekend in 1980, when the future princess watched the prince play polo. In the winter of 1981, Diana accepted Charles' proposal of marriage.

*Worldwide wedding.* On July 29, 1981, 20-year-old Diana wed 32-year-old Charles, with 3,500 guests in attendance, at St. Paul's Cathedral in London. Two million spectators lined the route of Diana's procession to the church, and 750 million more people around the world watched the ceremony on TV.

*Little princes.* The union of Diana and Charles produced two sons, Prince William in 1982 and Prince Harry in 1984. Despite their differences, the royal couple reportedly made a good parenting team and shared responsibility for the boys after divorcing in 1996.

*Lasting legacy.* Her openness may have roiled the royals, but Diana modernized the monarchy. She campaigned against the use of land mines, raised awareness of eating disorders and held the hands of AIDS patients, confronting the prejudices of the time.

"Anywhere I see suffering, that is where I want to be, doing what I can."

—Diana, Princess of Wales



### Hidden Benefits of Exercise

Besides making you look better in a bathing suit, the health benefits of working out are legendary. Exercise builds muscles, strengthens bones and improves heart health. But did you know it could protect your vision, boost your word power and slash sick days? From *Prevention.com*, here are some of the lesser-known perks of exercise:

*Healthier mouth.* A study found that adults who moderately exercised for 30 minutes five times a week were 42 percent less likely to have periodontitis, a gum disease.

*Sharper vision.* A physically active lifestyle can cut the risk of age-related

macular degeneration by 70 percent, according to a British Journal of Ophthalmology study.

*Bigger vocabulary.* Researchers at the University of Muenster in Germany found that people who ran two three-minute sprints, with a two-minute break in between, learned new words 20 percent faster than study participants who didn't exercise.

*Fewer colds.* A University of Washington study found that women who did 45 minutes of cardiovascular exercise five days a week had 33 percent fewer colds than the control group, who did stretching exercises once a week.

*Better attendance.* Research finds that people who participate in strenuous leisure activities, such as running or cycling, take about half as many sick days as their sedentary cohorts.



### Pour on the Ketchup

Whether you spell it ketchup or catsup, the tangy tomato-based condiment is in peak demand during the summer as Americans take aim on hot dogs and hamburgers.

A forerunner to ketchup known as ke-tsiap or kecap originated with Indonesian and Asian cultures hundreds of years ago as a spicy pickled sauce for fish made of anchovies, walnuts, mushrooms and kidney beans. British seamen brought the condiment home with them in the 17th century and changed its name to catchup. By the 18th century, New Englanders were adding tomatoes to the mixture.

Full-blown commercial production started in 1876 when Henry J. Heinz started bottling ketchup. Although he was not the first to produce ketchup, his recipe caught on and remains the same to this day. Competitors soon were bottling their own formulas under the names of catsup, katsup, catsip, cotsup, kutchpuck, cutchpuck and even cornchops, which was briefly produced by Hunt's for the state of Iowa.

Ketchup does have healthful properties. Its base is cooked tomatoes, which contain lycopene—shown to have cancer-fighting properties. Still, the scientific world rebelled when ketchup was declared a vegetable on school lunch menus for a brief period in the 1980s. It would be absurd to declare a hot dog smothered in ketchup a health food, but it's summertime—the time to indulge.

### Riding With the Wind

If you've ever wondered what it's like to fly as free as a bird, floating in a hot air balloon is about as close as you can get. Hot air balloon festivals abound in summer as a feast for the eyes. For the adventurous, commercial hot air balloon rides are increasingly available.

The first hot air balloon took flight in 1783 in France, with a sheep, a duck and a rooster on board. In 1793, George Washington witnessed the first balloon launch in North America, piloted by Frenchman Jean Pierre Blanchard.

The three basic components of the aircraft are the envelope, burner and basket. The envelope is the actual balloon that holds the air. The burner is the equivalent of an engine and drives hot air into the balloon. The basket is where the pilot and passengers stand. To drive the balloon upward, the pilot opens the propane valve. To move it downward, the pilot uses the parachute valve. To steer the balloon, the pilot moves the craft up or down, depending on the location of wind currents, and rides with the wind.

A commercial ride in a hot air balloon generally costs from \$150 to \$275, but often rides in tethered balloons are available for much less at festivals. Check out [HotAirBalloon.com](http://HotAirBalloon.com) for a list of balloon festivals around the world.



### Creamy Mini Tarts

#### Ingredients:

- 1 8-ounce package cream cheese, softened
- 1 14-ounce can Eagle Brand Sweetened Condensed Milk
- 1/3 cup lemon juice
- 1 teaspoon vanilla extract
- 4 1.9-ounce boxes mini phyllo shells
- 2/3 cup blueberry preserves

#### Directions:

Beat cream cheese in large bowl until fluffy. Gradually beat in sweetened condensed milk until smooth. Stir in lemon juice and vanilla until blended. Spoon about 2 teaspoons into each mini shell. Refrigerate 2 hours or until firm.

Make a slight indentation in the filling using the back of small round measuring spoon. Fill with 1/2 teaspoon preserves. Refrigerate until ready to serve.

#### Variations:

*Fresh fruit.* Top mini tarts with fresh fruit such as strawberries, blueberries, bananas, raspberries, cherries, kiwi, grapes or pineapple. Garnish with mint leaves.

*Hot fudge.* Place 2 tablespoons hot fudge topping into corner of resealable plastic bag. Cut small corner off bag. Squeeze to drizzle over top of mini tarts.

*Preserves.* Use different flavors of preserves or orange marmalade to create a colorful assortment. Garnish with mint leaves.

For more recipes, visit [EagleBrand.com](http://EagleBrand.com).

### Wit & Wisdom

"He who is brave is free."  
—Seneca

"Freedom is not something that anybody can be given. Freedom is something that people take, and people are as free as they want to be."  
—James Baldwin

"For to be free is not merely to cast off one's chains, but to live in a way that respects and enhances the freedom of others."  
—Nelson Mandela

"To enjoy freedom we have to control ourselves."  
—Virginia Woolf

"Freedom is never voluntarily given by the oppressor; it must be demanded by the oppressed."  
—Martin Luther King Jr.

"I wish that every human life might be pure transparent freedom."  
—Simone de Beauvoir

"Those who deny freedom for others deserve it not for themselves."  
—Abraham Lincoln

"Freedom's just another word for nothing left to lose."  
—Kris Kristofferson

"Freedom is the oxygen of the soul."  
—Moshe Dayan

"The best road to progress is freedom's road."  
—John F. Kennedy

"A forest bird never wants a cage."  
—Henrik Ibsen

"Freedom lies in being bold."  
—Robert Frost

## Resident Appreciation 2011



Another lucky winner!!!!

Every year, the first week of May, we enjoy celebrating our residents. We start off with having dirt, grass seed and a dumpster available for our residents to assist in cleaning up your home sites.

Grass seed was a huge success this year.

On May 2, we played bingo and had dinner at the clubhouse. We served lasagna, garden salad with bread and, of course, dessert.

After dinner, we played several games of bingo with the chance of winning your choice of some really cute prizes. I am happy to say that we had some brand new residents attend who found the time to come meet their new neighbors.

This is what it is all about. Neighbor relations.

May 4, your Belleville Manor Team (Belinda, Sherri, and John) met you at the front entrances for Breakfast on the GO!

We really enjoy seeing everyone first thing in the morning.

May 7 was the deadline for the resident update raffle. We send this form out every year to keep your information up-to-date. This is very important for our office to have, so thank you to all who completed it and returned the update form.

On the front of this newsletter, you will find the list of the raffle winners.

Thanks for the comments and suggestions. We appreciate your input.

We appreciate you.

Belleville Manor Management

# That's Right...

 **Franklin  
Homes**  
*Custom designed factory built homes*



# \$1000 Referrals are back!

**\*Offer good for 30 days, restrictions apply. See office for details\***