

It's summer, it's hot. So pop this into the crock-pot and enjoy it in the cool of evening!



**RECIPE OF THE MONTH**

**Garden Chili**

- 1 Tbsp. oil
  - 1 medium onion, chopped
  - 3 cloves garlic, minced
  - 2 c. chopped fresh tomatoes
  - 1 bell pepper, diced
  - 1 small zucchini, chopped
  - 1 small squash, chopped fine
  - 1 carrot, grated
  - 1 c. chopped kale
  - 1 Tbsp. chopped fresh oregano (or 1 tsp. dried)
  - 1/2 c. chopped fresh cilantro
  - 2 Tbsp. chili powder
  - 1 tsp. cumin
  - 1/4 tsp. cinnamon
  - 1/2 tsp. pepper
  - 1 tsp. salt
  - 2 1/2 c. veg or chicken broth
  - 1 c. dark beer
  - 2 Tbsp. tomato paste
  - 1 can kidney beans
  - 1 can black beans
  - 1-2 Tbsp lime juice
  - 1 lb. ground chicken or turkey
- Directions: Heat oil in a skillet and sauté the onion, garlic, meat until the onion is translucent. Add the spices and cook until fragrant. Transfer mixture to a crock-pot and add all other ingredients. Cook on low for 8 hours or\_high for 5 hours.

The summer night is like a perfection of thought. -Wallace Stevens

**Easy No Cook Dessert**

You can use any flavor of canned fruit pie filling in this easy and adaptable recipe.  
 Prep Time: 10 minutes  
 Total Time: 10 minutes  
 Ingredients:  
 •21 oz. can apricot, peach, or cherry fruit pie filling  
 •1 (8-ounce) container frozen whipped topping, thawed  
 •1/2 cup chopped walnuts or pecans, toasted  
 Preparation:  
 In medium bowl, fold together pie filling and thawed whipped topping just to marble. Spoon into six parfait glasses or stemmed goblets and sprinkle with nuts. Serve immediately or refrigerate until ready to serve. 6 servings

**Stay Cooler & Add Shade:**

Shading windows is the easiest way to keep your house cool or keep your air conditioning bills down. Pulling down interior window blinds will help, but shading is even more effective if you can block the sunlight on the outside of your windows this is better. Climbing vines on a trellis, nearby trees, large potted plants that can be rolled in front of doors or windows and awnings can also help.

**August Fun Facts To Celebrate:**

- Admit You're Happy Month
- Family Fun Month
- National Golf Month
- Peach Month
- National Picnic Month
- Week 1 National Simplify Your Life
- Week 2 National Smile Week
- Week 3 Friendship Week
- Week 4 Be Kind to Humankind
- 8/2 National Ice Cream Sandwich Day
- 8/10 National S'mores Day
- 8/15 Relaxation Day
- 8/16 National Tell a Joke Day
- 8/21 Senior Citizen's Day

**August is a great time to look ahead to the school year, and plan your finances for the rest of the year. Here are some tips to keep your finances on track.**

1. Begin Back to School Shopping. Now is the time to look for back to school sales, coupons and promotions. You can find some good deals on summer clothing (it's clearance time) that most kids can wear for at least the month of September and October.
2. Budget for School Activities. Look at last year's costs, and use those costs to estimate your expenses this school year. You can begin setting money aside in a high yield savings account so that the cost of paying for sports, arts, music and other activities don't come as such a blow to the budget. Encourage them to decide what is most important, and focus on that.
3. Shop Seasonal Sales. Air conditioners, lawn mowers (and other yard equipment) and outdoor furniture all go on sale in August. Begin looking for good deals on summery things you have been meaning to buy.

**Things to Do This Month in Northern California:**

- \*Local Events: <http://www.hellosacramento.com/Events.cfm>  
<http://www.napadowntown.com/calendar.html>, <http://www.zvents.com/napa-ca/events/holiday>,  
<http://events.contracostatimes.com/>, <http://events.sfgate.com/>, <http://www.sanfrancisco.com/festivals/>,  
<http://sf.funcheap.com/>
- \*Thunder Valley Concert Series: [www.ThunderValleyResort.com](http://www.ThunderValleyResort.com);
- \*Free Things to Do with Kids: <http://onefatherslove.com/sacramentofamilyevents.aspx>,  
<http://www.solanolibrary.com/kids/events/index.cfm>  
[http://eventful.com/stockton\\_ut/events/categories/family\\_fun\\_kids](http://eventful.com/stockton_ut/events/categories/family_fun_kids),  
[http://eventful.com/modesto/events/categories/family\\_fun\\_kids](http://eventful.com/modesto/events/categories/family_fun_kids)  
<http://www.bayareakidfun.com/pages/events.html>

Serving these Northern California Counties: •Sacramento, Yolo, & El Dorado: 916-924-9111  
 •Placer County: 916-242-9111 or 530-852-5119 •Alameda: 510-581-1111 •Contra Costa: 925-280-9111 •Napa: 707-320-9208 •San Francisco & Marin: 415-452-9111 •San Mateo: 650-482-9111  
 •Santa Clara: 408-993-9111 •San Joaquin: 209-478-9111 •Solano: 707-421-9111 •Stanislaus : 209-525-9111