

# FRIDAY FOLLIES



February 13, 2009

Happy Valentine's Day!

February 14, 2009

Talk about unconditional LOVE!

My Oliver is the best! I cannot imagine life around here without him. No matter what I do or don't do...

No matter how many nights/weekends I have to work...

No matter how many times I go out or meet friends...

No matter how many times I just feel like sitting and doing absolutely nothing...

No matter how many times I am just too tired to jog around the neighborhood with him...

He still wags his tail and his eyes still light up EVERY TIME he sees me!

"He's just that into me!" Haha!

Isn't that a wonderful feeling...

Having said that - - don't you just love Valentine's Day with all of its silly sappy-ness?

Oh! To let you know... I have started clearing off my desk for all of your flowers, cards, and candy - - as my friend Kaigler used to say. :-)





My Jessica called Tuesday all excited! She is an Auntie for the first time!!!! Ricky's sister in Arizona, had her baby boy. Jess was so excited that I hope she and Ricky start thinking along those lines. I have never pushed, at all, none of my business, but MAN! A grand

baby before I die would be awesome! :-) I keep hearing from so many of you with grandchildren about what a true joy it is. I am thinking I would like to try it... someday... no pressure.

Well, this week has been filled with fundraisers, too. A lot of that going around right now. There was a fun one at Lynnhaven Fish House this week. And Roman Gabrielle has written with all of his schedules for his golf tournaments this year. Wish I could make one of them. Maybe - we will see. They are a complete BLAST!

You will be proud of me! I started Weight Watcher this week! I am doing it online because I have no time for





the meetings and such. Anyway, I have TONS (no pun intended) of friends doing it and they are dropping 20-30 pounds like it is nothing! I need to drop 10-15. Just have been doing a LOT of stress eating lately! Not a healthy thing to do. I am loving it so far. Not hungry at all and can already tell a difference... well a little difference.

You know what is really strange, though, I have been on the stupid “no-carb diet” for so long - I am talking during the week for YEARS! - that I honestly do not know how to eat healthy anymore. I went to the cafeteria at lunch the first day on it and just kinda stared at the buffet trying to decide what I could and could not have. It is almost the exact opposite of the “no-carb” ... and I have to tell you that it is very *refreshing* -- to say the least!

My mama used to swear by Weight Watchers. When she got a bit older, she said that was the only thing that would keep the weight off and keep her eating healthy. But once again, I went to the grocery store and just kinda wandered down the aisles. I honestly have been so programmed by the no-carb, that I cannot make myself reach for some of the things I know I can have now, AND that are good for me! I'll get the hang of it.

Hey, another thing I remind you of every Valentine's Day is to trim your roses back to a couple of feet high. I did that last weekend when we had 70 degree weather for two days. My trash can was actually overflowing, I have so many rose bushes. Remembering roses in association with Valentine's Day makes it easy to remember...

I hope you will also remember to feed the birdies during these cold months. It has been so warm here lately, that it is scary, but remember, the birds still do not have many

plants or seeds this time of year. Here is my simple Bird Suet Recipe that makes enough for a couple of weeks and the birds LOVE it! Try it. You will be surprised at the variety of birds you attract.

#### Homemade Birdseed Suet Recipe

4 cups cornmeal  
1 cup Crisco or lard  
1 cup peanut butter, crunchy or smooth  
1 cup flour  
1 cup bird seed  
Add raisins or oatmeal as desired.  
Mix all together and store in old jars. Does not need refrigeration.

OH! And don't forget there are pages and pages of Valentine's Day recipes on my recipe page! Great ones. I see a ton of folks hit that recipe page during the holidays and the Super Bowl from all over the globe! That section of my website gets as many hits as any other section. Cool!

OK - enough of that domestic stuff... except that if you have not ordered your Just Judi's cook books, do so now! I am gearing up to do Volumes Five, Six, and Seven!

Facebook continues to be a BLAST! See more of you on it every week! Such fun!

Ken is coming home this Sunday. We will celebrate Valentine's Day and then he will be here for a week. The new "Party Deck" at Harbor park is coming along and there is an exhibition game in April between the Orioles and the Nationals. That is going to be a HOOT!

Just a reminder! I still need to borrow an 8MM movie projector if anyone has one. PLEASE! I will be careful and will return it after I view my 33 movies!

Just Judi's Favorites  
Volume One • Appetizers  
Volume Two • Breakfast, Brunch, and Late Nite  
Volume Three • Soups  
Volume Four • Salads  
All available on [www.judiwithani.com](http://www.judiwithani.com)  
Go to Judi's Friends' Links at:  
[www.judiwithani.com/links](http://www.judiwithani.com/links)

Spring is right around the corner. Y'all!



# Happy Valentine's Day!

**T**o all of you on my Friday Follies List, whether you are in Manila, Singapore, Kuwait, Bermuda, Virginia Beach, Mississippi, Los Angeles, San Francisco, Minnesota, Indiana, Colorado, Lake Tahoe, Philadelphia, Key West, New Jersey, North Carolina, Indonesia, Washington D.C., Iraq, Costa Rica, Poland, Maryland, West (By-God) Virginia, Nashville, Florida, Saudi Arabia, New Hampshire, Tampa, Chattanooga, France, Phoenix, New York, Oregon, Russia, Maine, Australia, Bangkok, or Yuma, have a wonderful, wonderful week!

**G**od bless.  
Remember, life is short!  
We need to make it a good one.  
Grow in peace and wisdom.  
Your Friday Friend,



**JUDI GODSEY**

PS. NOTE OF CAUTION... 20 employees were fired from The New York Times here in Norfolk for sending lewd and indecent emails. (To my knowledge, none of the 20 were on our joke list - even though some of the attorneys who represent the company were!) I have asked each and every one of you on this list to tell me if the jokes that accompany these "Follies" place you in jeopardy, or even if they offend you. Please understand that they are intended to be light-hearted and are not mean-spirited in any way. If you are ever offended, do not hesitate to ask to be taken off the Friday Follies Joke List. PSS. If you send a joke and I don't use it, it is because it has been used before, and I try not to repeat. Remember, I have been sending these since August of 1997. One tends to go through huge numbers of jokes that way. Disclaimer: When anyone asks if I type all of these jokes, the answer is, "No!" I cut and paste one evening during the week (30 minutes, TOPS). Obviously I don't have time to sit, read, and retype jokes all day!