



# FRIDAY FOLLIES

February 27, 2009

Hey!

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Happy Carnival!

Fat Tuesday!

Mardi Gras!

Whatever you call it where you live!

Enjoy your food, drink, friends, festivals, parties, services - all of it. It is truly a time of hope and spring on the horizon with deep philosophical and religious roots...

Growing up close to New Orleans, it was definitely a time of year we looked forward to. Not only that, but living in the deep south, the flowers begin to bud and all things start to come back to life.

I will never forget being in the Caribbean during Carnival season. It was very similar, yet very different from the celebrations in New Orleans. All, though, understood the significance of it all.

Just enjoy the moment... be grateful... hope... and know that tomorrow brings relief...

Boy, could we use that about now!



This week was busy, but ended with great fun! As I said, Saturday afternoon and evening the Admirals alumni players were in town and then that night was a regular game against the Senators. When I say alumni, you expect MUCH older players... The oldest was about 43! Too funny... But even at that age, after a few minutes on the ice, they were whipped. That is hard work. One of them, Murray Hood, had literally not had his skates on in 17 years. He said when he went to get his bag off the hook where it had been for 17 years, the zipper was actually rusted shut! Hahaha!

Anyway, after the game, every piled into cars and went to the Great Steak for a late dinner. If you have never been to a Great Steak, they are pretty cool. You go to the refrigerator and pick out the steak you want and then you grill it yourself! Also the bread and potatoes. The salad bar is decadent, to say the least.

It was hilarious to see nothing but a sea of professional athletes grilling their own dinner. I felt privileged to be a part of it. Some of them were so young, you could see them literally looking around watching others grill for pointers. I am sure they would never want to admit they had never grilled before.





First, one started and that would trigger another, and before you knew it, the whole crew was silent as one-by-one the memories and stories grew. Some of the guys were laughing so hard they almost could not finish their stories. The young guys were hanging on every word. Just very cool.

There were so many of them that they had to cook in shifts. The smoke was actually overwhelming at times - even in the restaurant!

They had a great time, but after dinner was the coolest part. The younger players who had never had a chance to know John Brophy, the rather *colorful* coach for years, loved sitting and listening to the former players telling "Brophyism."



Then one-by-one, these polite, young men came over to the table and shook Ken's hand and thanked him for the evening. They were just precious!

There was also a little painting going on this week. I finished the still-life of the lemons and artichokes and framed and hung them. I am pretty pleased with it. REALLY like the colors and the frame.



Then, you know me... I started pulling paintings down and refining them. The Rooster was my next to work on. I added more color and feathers to him and adjusted his face and comb a bit. I am still not finished with him, but hung him back up to dry before I finish him. It was fun.

I also pulled out my spring dishes and decorated the house with flowers, a spring table setting, and just kind of "fluffed" in general.



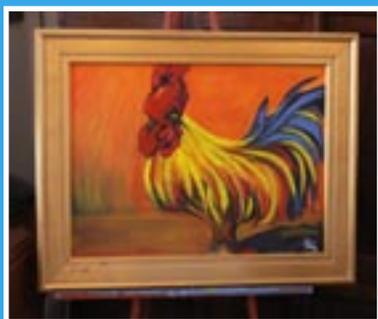
"Now hear This!" I have decided to revive my Pearl! Yup! Saved my money. You see, the way I look at it, if times get really rough, I may need her for moving... (weak smile). It would cost less to fix her up than to buy or even rent another for any length of time! Wish me luck!



Spring break begins for us this Friday. I do not have a trip planned, but with everyone gone for well over a week, I do plan to get alot of work done and to take a bit of time off to take care of some personal stuff. I look forward to a bit of a slower pace for a couple of week! Man!



I did not shed as much weight this week! DARN! But I knew I could not keep that up! Nine pounds the first week was kinda ridiculous! I lost three more, though - so the total now stands at 12. I need to go about 8 more. Actually, I would like to shed 18 more, but I do not think that would be wise... or even possible...



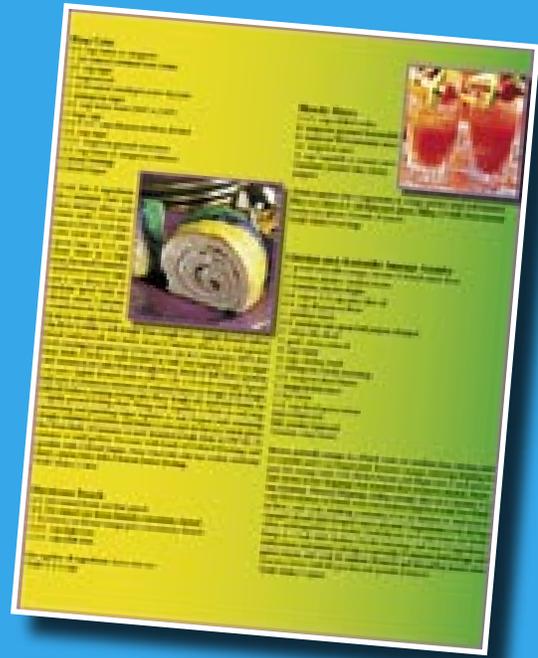
Don't forget the Fat Tuesday/Mardi Gras recipes on my recipe page on the website. I have 9 pages of awesome, free, Fat Tuesday recipes and drinks. Check them out!

Here is a sample:

## **Fat Tuesday Etouffee**

*New Orleans' Mardi Gras (French for "Fat Tuesday") was begun in the 1740s by the French. It was punctuated with grand balls celebrating the end of the Carnival season. Celebrated on the eve of Lent, it has always been known as a time of over-indulgence. The word, etouffee, comes from the French word, "smother." In this recipe, it refers to being smothered by a sauce.*

4 tsp. Louisiana Hot Sauce  
1 small Bell Pepper, diced  
1/3 Cup Vegetable oil  
1/4 Cup Flour  
1 med Onion, chopped  
2 cloves Garlic, minced  
2 stalks Celery, diced  
2 med Tomatoes, peeled and chopped  
1 C Fish Stock or Clam Juice  
1/2 tsp Dried Basil  
1/4 tsp Dried Thyme  
1 Bay Leaf  
Freshly Ground Black Pepper, to taste  
1 lb Crayfish or Shrimp, cleaned and peeled  
1/2 C Chopped Scallions



To make the roux, heat oil in a heavy skillet until hot. Then gradually stir in the flour and stir constantly until the mixture turns brown but does not burn. If you burn the roux, start again. Should just be slightly brown. Add the onions, garlic, celery, and bell pepper to the roux, and saute for about five minutes until vegetables are soft. Add the tomatoes, stock, basil, thyme, and bay leaf. Bring the roux mixture to a boil, stirring constantly. Reduce the heat and simmer for fifteen minutes or until it thickens to a sauce. Add the hot sauce, crayfish/shrimp, and scallions and simmer for an additional five minutes or until the crayfish/shrimp are cooked. Remove the bay leaf and enjoy over white rice.

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**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.  
**R**emember, life is short!  
**W**e need to make it a good one.  
**G**row in peace and wisdom.  
**Y**our 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!