



**FRIDAY FOLLIES**  
**Christmas 2009**



Hey!

December 25, 2009

### *Recipe For A Happy Christmas*

*Fill a house with equal parts of  
Love, Hope, & Peace.*

*Add The Joy of children,  
the Strength of older people,  
and the Spirit of Christ.*

*Spread over all the Blessings of  
Contentment.*

*Season with the music of Laughter.*

*Sprinkle with Kisses.*

*Warm before a crackling fire.*

*Serve with Great Welcome and  
Much Cheer.*

**Merry Christmas, everyone!**

**I hope it is memorable for us all!**



It has been a year to remember - or perhaps it is better to say a year to forget - at least at my house. But every, single day I wake and remind myself that, "I am too blessed to be stressed!" I truly am. I walk around much of the time with great contentment in my heart - even though if I allow myself to think about the many unfortunate things that have happened this year, I could lie down and cry like a baby! Ha! I just choose to try to hang onto every sliver of positive I can muster! That, I have found, is the best response to it all. Onward!

There have been some truly lovely Christmas parties this season, and I am so grateful to have been included. Some of these special friends I only get to see once a year. Others I am blessed to share time with throughout the year. All were wonderful. Thank you!

I am actually missing one right now that I wanted to attend. Let me explain. Early last week, I was rushing to get to work, and while putting the finishing touches to my makeup before heading out the door, a stray eye lash fell into my eye. When it did, by reflex, I snapped my eye shut.



In doing so, I jabbed my right eye with the mascara wand. Can you believe it? I knew right away that it was bad, but flushed my eye out with water, wiped the black out from under my eye, and went on to work. I just knew it would be better the next day. NOT!

It was much worse and VERY sore. I kept thinking it would get better, but a friend talked me into going to the doctor right away. So glad I did. I literally poked a hole in my eyeball and an infection had started to set in! A small fortune later and a visit to the doctor every, single day for over a week, I am better. Still have to continue to go to the doctor every day this week (except for Christmas, that is.) It will be fine, but it is one of those stupid accidents that simply did not need to happen right here at Christmas time. One of my responsibilities at work (which I love) is to take the photos for the publications and website. Thursday and Friday, there were numerous programs and parties, and by the end of the day, I had taken over 600 photos, formatted them, filed them, and posted many of them to our website. I thought my eye was going to pop right out of my head!

Since then. I have been forcing myself to take it easy with the eye strain! You see, I use my eyes to hear. I have to read lips and captions, and well, if I cannot see, I simply cannot hear! I joked about my new nickname being "Helen" all week, and went around quoting A Christmas Story with, "You'll shoot your eye out, kid!" But it really was not funny. OK, enough of that. Just thought I would remind you that even the most routine, mundane things can sometimes take a turn... Be careful! Be good to yourself!





Many of you have asked if I have been able to keep my weight off. The answer, I am proud to say, is YES!!!! I am so proud of me! If I feel my weight inching back up, I immediately, almost instinctively now, cut back. I have to admit, though, I tend to just say, "To heck with it" during the holidays and plan to get back on track after the first of the New Year's celebration. I have to tell you though, at work, with all of the students and teachers gone, the cafeteria is shut down this week. So, at lunch, we are all running to fast food restaurants. Today was the first time I have had fast food - french fried in particular - in almost 8 months! They smelled so good, they made me quiver! But after I ate about three of them, they just did not do it for me. All I could think about was how bad they were for me, and truthfully, they were not even satisfying to me. I actually did not finish them all! So, I guess more good happened when I lost the weight than just losing the weight. A lot of those cravings are now gone. Poof! (I still like to sneak and have a few chips and sour cream in the evening, though...) As long as I stick with fat-free, I don't think it is too bad, but man, fat-free sour cream just tastes like paste! Ha! So I sneak the real stuff from time to time.



I was able to sell four of my beautiful canaries this week - Beethoven, Lemoncello, Twitter, and Big Bird... That was kinda sad, but what it did was allow me to move all of the remaining canaries into one, much smaller cage that fits in front of my bird room window. They are so happy! I am so happy! I was able to rearrange that room which caused a change reaction in my dining room, as well. Seems like much more room now. And they love being directly in front of the window. BoBo, my parrot, loves having them close enough to watch, too. Sometimes he jumps over on their cage and just sits and watched them. Really cute.



The fireplace from the first page is the bird's fireplace. I have three, a wood burning, a gas, and the electric one for the bird room. I love them all, and will sometimes have them all going at once! Ha!

All decorated for Christmas now. I still have not finished my shopping, but will do that this week.





This Christmas is the last one without a "little person" running around! With the grand baby due in February, the next ten to fifteen years will be amazing. I hope for lots of grand babies!

Cookbooks are selling and the Farmer's Market has been going gang busters, too. I close up the antique mall booth at the end of this month and will have to find something else to fill my time. I REALLY am going to miss it and the people there.

OK, everyone! I love you. Going to go rest my weary eyes! Please have a safe and glorious Christmas, and remember to pray for our men and women still serving overseas on this holy holiday.







OK, below are the links!  
You know the routine!

Ho...  
Ho...  
Ho!

**Virginia Beach Farmer's Market**  
The "REAL" one!  
Open 7 days a week.  
Monday through Friday 10-6; Saturdays 9-6;  
Sundays 10-5  
3640 Dam Neck Road  
Virginia Beach, VA 23456 Fax : 757-463-8386  
Mon-Sat 8- 6 Sun 12- 5

**Barrett Street Auction Center**  
2645 Dean Drive  
Virginia Beach, VA, 23452  
Phone : 757-463-1911  
Fax : 757-463-8386  
Mon-Sat 8- 6 Sun 12- 5

**Just Judi's Favorites**  
Volume One • Appetizers  
Volume Two • Breakfast, Brunch,  
and Late Nite  
Volume Three • Soups  
Volume Four • Salads  
Volume Five • Sides  
  
Click on the books below  
to preview the cook books!



**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!  
**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!