

CLIFFNOTES

The Newsletter of Highland 55 at Spring Creek in Edmond, OK



Beautiful Weather

Who doesn't love fall? I think all of us are looking forward to "Patio Weather" as we say good-bye to summer and welcome a new season to Oklahoma. We would like to thank everyone who joined us as we celebrated the beginning of fall during our "brunch on the patio". It was a beautiful morning with great friends, delicious food, fun conversation, and good music.

We would like to remind everyone to take the time to enjoy your front & back porches during this fall season. It is so much fun seeing everyone out offering friendly hellos from your beautiful homes and porches.

Also, a reminder that the Highland 55 patio is waiting and ready for you to enjoy. We have a beautiful grille that you are welcome to cook on, as you entertain your family and friends.

Once again, we thank each of you for being good neighbors to one another and keeping Highland 55 on the cutting edge of the 55+ communities. It takes all of us working together to make H55 a fun and exciting community. And we thank you!

-Sheri and Cathy

In This Issue:

Page 2

**Resident Reminders &
Pickle Ball Sign Up
Changes
(We Listened!)**

**Yummy Fall Stew
Recipe**

**Highland 55
Highlighted**

Page 3 & 4

Edmond Events

**Something For
Everyone
Highland 55 Directory
Pick -Up Date**

REMINDERS FOR ALL OF US.....

*Please don't forget to pick up after your pets. Keep our community clean.

*Dogs must ALWAYS be on a leash.

*Pets are welcome on the porches at the H55 clubhouse.

*The H55 newsletter is always available online at Highland55.com

*Please use the north door for access (across from the mailboxes) to the Clubhouse when the office is closed.

*Lost and Found
Cathy has a small basket in her office with some items left in the Clubhouse.

***Be Considerate, Be Kind & Be On Time.**

If you are attending any class at H55 please allow yourself enough time to be ready to begin class ON TIME. REMEMBER, THE WARM UP IS THE MOST IMPORTANT PART OF ANY EXERCISE CLASS!

*Due to popular demand, and to be considerate neighbors our pickle ball court can only be reserved in hour and 1/2 time slots. Only exceptions is for a party. Thank you!!

With cooler weather on the way we thought a Beef Stew recipe would be perfect! Enjoy!



INGREDIENTS

1/4 cup all-purpose flour
Salt and pepper, to taste
1 pound beef stewing meat, trimmed and cut into inch cubes
1 medium onion, peeled and chopped
3 teaspoons avocado oil (or vegetable oil)
2 tablespoons red wine vinegar
1 cup red wine
3 1/2 cups beef broth
2 bay leaves
2 teaspoons salt
5 medium carrots, peeled and cut into 1/4-inch rounds
2 large potatoes, peeled and cut into 3/4-inch cubes

INSTRUCTIONS

1. Pat the beef dry with a paper towel and season it with salt and pepper. Place the flour in a bowl, add the seasoned beef pieces, and toss to coat. Shake off any excess flour.
2. Heat 3 tablespoons of oil in a large stew pot until it's nice and hot. Add the beef pieces in a single layer. Make sure they don't touch each other (you may have to work in batches). Brown on all sides, about 5 minutes.
3. Remove the beef pieces and set aside. Add the onion and sauté until translucent (you may need some additional oil or a splash of beef broth if your pan is too dry). Add the red wine and vinegar and scrape the bottom of the pan to get all the beef bits up.
4. Add the beef, beef broth, bay leaves, and salt and pepper to the pot and bring to a boil, then reduce to simmer. Cover and cook about 1.5 hours until the beef is tender.
5. Add the potatoes and carrots, cover and simmer until vegetables are cooked, about 30 more minutes. Season with more salt and pepper if desired. Serve!

THANK YOU TO THE EDMOND CHAMBER OF COMMERCE FOR HIGHLIGHTING HIGHLAND 55 ON THEIR FACEBOOK PAGE!



All of the happenings for the LAST VIBES of the 2021 season on Thursday, October 7th!!!!

Gather in Downtown Edmond for an evening of community & creativity!

VIBES

EDMOND'S FIRST THURSDAYS

DOWNTOWN EDMOND 5PM-9PM
OCTOBER SPONSORED BY



SPECIAL FEATURES:

LIVE Ceramics Demo:

Erin Harris, Emily Odom & Amelia Synan throwing live South of the Edmond Railyard

EVAC 20th Anniversary Celebration:

Beginning at 6:00pm at the Patio at the Edmond Railyard

Childrens Activities:

Metro Library Story Time & Art Kits at 6:00pm & Okie Artistry Face Painting SE Corner of Campbell & Broadway

SOCIAL

@EDMOND_VIBES

@EDMONDVIBES

WWW.EDMONDVIBES.ORG

SPONSORED BY



CITIZENS BANK OF EDMOND

ENGEL & VOLKERS

THE ART GUY

SMALL ARCHITECTS

UNITED PRODUCTION CO.



VISUAL ARTISTS

1884 (Railyard)- David Padgett
A Chick that Knitz- Erin Latham
A Chick that Knitz- Tammy Pelfry
Around the Corner- Trayson Connor
Bison Creek- Marie Kash Weltzheimer
Bison Creek- Jim Weaver
Bloeworks- Shelby Mae
Bloeworks- Amy Foster
Broadway Antiques- Chris Cargill
Cafe Evoke- Lori Dickinson Black
Cafe Evoke- Polly Sharp
Commonplace Books- Morgan Harvey
Commonplace Books- Rae Stone
Edmond Fine Arts- Lezley Lynch
Edmond Fine Arts- Kim Pagonis
Edmond Railyard- Dan Reyna

Frenzy Brewing- Ryan Day
Lulu & Lo's- Janet Funk
Othellos- Kim Harrison
Othellos- Kelly Killough
Plant- Shelly Presley
Shattered Cell Solutions- Matthew Nelson
Silver Leaf Gems- Silver Leaf Gems
Small Architects- Jennifer Cocoma Hustis
Spinal Care Associates- Calli Heflin
Spinal Care Associates- Joshua Garrett
Sterlings Home- Sheryl McLain
The Mule Edmond- Katie Godfrey
The Patriarch- Just Two Sisters in OK
Urban Agrarian- Cindy Guthrie
Urban Okie Home Shop- Emily Winkeljohn
Urban Retreat Salon- Natalie Blggs

VIBES PERFORMING ARTISTS

Jane Mays & The Minnie Funk Band -Corner of Hurd & Broadway
Ciara Brooke- SE Corner of Main & Broadway
Sylph Dancer- Micah Wylie- NW Corner of 1st & Broadway
Studio J Dance Group- In front of Vault 405@ 6:00-8:15
Kentucky Daisy- NW Corner of Campbell & Broadway
Nick Massey- Patio at the Edmond Railyard

MORE LIVE PERFORMANCES

Joseph Messick at Commonplace
The Brave Amigos at Frenzy Brewing
Isaac McClung at The Patriarch
Vearl T at Plant

BUSINESS SPECIALS

Bison Creek- & in-store specials
Edmond Fine Arts- Gallery Opening
Edmond Mule- WanderFolk Spirits
Ellis Island- Extended Happy Hour
Lulu & Lo's- 20% off one item
Silver Leaf Gems- special sale items
Spinal Care- Free Waters, Snow Cones
Urban Okie- 10% off everything in store

FOOD & DRINKS

1884- Edmond Railyard
Blue J's Rockin Grill- Railyard
Cafe Evoke- 1st & Broadway
Cities Ice Cream- Edmond Railyard
Downtown Nutrition- Campbell
Ellis Island- Campbell Corner
Frenzy Brewing- W. Broadway
Gogi Go!- Edmond Railyard
Hott Winas- Edmond Railyard
Luk City Pizzeria- Edmond Railyard

Othellos- Main & Broadway
Plant- Edmond Railyard
Railyard Pie- Edmond Railyard
Summer Moon- Edmond Railyard
Sunnyside Diner- 2nd & Broadway
Taqueria el Camino- Edmond Railyard
The Blues & Jazz Cafe- Main & Broadway
The Mule- 1st & Broadway
The Patriarch- Edwards St.
Urban Agrarian- Main & Broadway

SPECIAL EVENT:

THE EDMOND RAILYARD 1ST ANNIVERSARY CELEBRATION

Join the Railyard restaurants in celebrating their 1st year of business with food & drink specials during the night of VIBES!

Outdoor Edmond Farmer's Market

Sat, October 2 | Festival Market Place

The 17th Season of the Outdoor Edmond Farmers Market

Animals are not permitted in shopping areas.

Edgar Cruz

Sun, October 3 | UCO Jazz Lab

Acoustic Guitar 7:30pm

Call the Jazz Lab for Time & Tickets

100 East 5th St

405-974-2100

Souled Out

Fri, October 15 | UCO Jazz Lab

Featuring one of the most entertaining and exciting horn sections in the industry, Souled Out has been thrilling audiences throughout the Southwestern United States for over 20 years.

Souled Out's repertoire includes classic party/dance hits from the glory days of Motown through today.

Their members have opened for, or performed with:

Aretha Franklin, The Four Tops, The O'Jays, The Temptations, The Supremes, Frankie Avalon, Leslie Gore, Leon Russell, Wayne Newton, and many others

8 p.m.

\$20

Heard on Hurd

Sat, October 16 | Downtown Edmond

Downtown Edmond

Broadway north of 2nd St

6 to 10 p.m.

Edmond Historical Ghost Tours

October 29 – Sat, October 30 | Downtown Edmond

Learn about the history of Edmond and take a tour of the Downtown Area. Enjoy free horse-drawn wagon rides, s'more fire pit.

Walking tours start at Hurd and Broadway and last about 45 minutes.

Tours leave every 15 minutes from 5-8 p.m. both Friday and Saturday.

In case of bad weather, tours may be canceled and tickets will not be refunded or rescheduled, but considered a donation to the Edmond Historic Preservation Trust. Tickets are \$10 and can be purchased beginning October 1st at Silver Leaf Gems, 15 West Campbell St. Downtown Edmond. Broadway north of 2nd



TRASH PICK-UP:

Monday - Friday

Please put trash out in the morning before 9am.

Sat & Sundays

Please use the Highland 55 receptacles. **Do not** put trash out on the weekends.

Please Keep your Garage doors CLOSED at ALL TIMES.

(even if you are home) thank you!

Highland 55's directory will be ready for pick-up on Monday, Oct. 11th in the clubhouse