



THE OSPREY ORACLE

A Newsletter for the residents of Osprey Landing – SEPTEMBER 2020

"A journey of a thousand miles begins with a single step"

Happy September!

Summer must come to a close, Tuesday, September 22nd marks the first day of fall.

Grandparents Day is celebrated in the month of September as well. This year's Grandparents Day is Sunday, September 13.

We wish the children & parents luck in the new school year!

The office will be closed in observance of Labor Day on Monday, September 7. As always, our 24-hour answering service will be available for any maintenance emergencies.

Have a happy and safe September!

~The Osprey Landing Team!

REMINDERS OF TRASH/ DUMPSTER RULES:

DUMPSTER IS FOR RESIDENTS USE ONLY

Household trash only

The green plastic containers are only for residents who are unable to climb the stairs

No furniture or large items in or outside the dumpster

Do not leave any trash or items outside of dumpster

Break down cardboard before putting in dumpster

Call the office with any issues 436-5713

We will report theft of service to the police for anyone found using our compactor illegally. If you are aware of anyone using the compactor who is not authorized to do so, please contact our office.

HAPPY BIRTHDAY

HAPPY ANNIVERSARY

TO ALL RESIDENTS CELEBRATING IN THE MONTH OF SEPTEMBER!

Autumn Resolutions

"Life starts all over again when it gets crisp in the fall." ~F. Scott Fitzgerald, *The Great Gatsby*

Fall is a time of renewal. Labor Day comes and goes, and things suddenly feel fresh. What better time, then, to make resolutions for self-improvement? Autumn resolutions, let's call them.

We've all had to make changes and adjustments this year – both voluntarily and involuntarily. School may look different, but its cycles stick with us. We're all, on some level, going back to school now. Why not take full advantage of that?

Autumn can bring pleasant thoughts of cozy scarves, apple picking and delicious pies, however the symbolic meanings of autumn are more profound than you think. Ancient cultures, science, and astrology have associated many aspects of this season to human life. These symbolic associations are powerful reminders of the influence Mother Nature has on our lives.

This year, the autumnal equinox takes place on Thursday, Sept. 22. After reading about the symbolic meanings of fall, you may feel compelled to make new habits during the fall season. The COVID pandemic might just be the best time for self-reflection, awareness, and mindfulness. And yes, we all agree to permanently retire the phrase "social distancing" when this is over.

Change

As the Greek philosopher Heraclitus once said, "The only constant is change." Autumn reminds us that our bodies, minds, and surroundings are always developing. It focuses on the impermanence of life, emphasizing how vital it is to embrace the present.

Mystery

Thanks to the changing nature of life, each day presents us with new mysteries. The crisp fall air and changing leaves personify these unknowns. Once we accept those unknowns, we have more capacity to live life to the fullest.

Preservation

Autumn represents the preservation of life and basic necessities. During this time, animals prepare for the winter by storing food and creating cozy hibernation spaces. Farmers work on their fall harvest by collecting a reserve of crops. We also tend to retreat indoors and focus on cultivating a safe and comforting home. In a way, the autumn season offers us a chance to reconnect with ourselves as we preserve our safe havens.

Comfort

Comfort is strongly symbolized by fall. This season is prime time for seeking comfort in the midst of dropping temperatures. Creating a serene and snug space is one of the best perks of autumn. It also gives you a chance to learn about what makes you feel warm and safe.

Balance

Day and night are the same length during the autumnal equinox. As a result, ancient cultures have always associated this day with the concept of balance. Autumn grants us a chance to harmonize with the Earth and tap into the balance within us.

Letting go

As temperatures drop to the tune of leaves falling, autumn illustrates the beauty of letting go. It doesn't have to be considered morbid or morose. Instead, we can apply this concept to our inner egos and patterns of greed and pride. The idea of letting go also stresses the temporary nature of everything around us.



Sweet Potato Biscuits

Add a pop of color and flavor to buttermilk biscuits with sweet potato puree! These Sweet Potato Biscuits are a delicious addition to any table.

Prep Time – 15 minutes

Cook Time – 25 minutes

INGREDIENTS

2 small sweet potatoes

2 1/4 cups all purpose flour

1 tablespoon baking powder

1 teaspoon fine sea salt

1/2 teaspoon baking soda

1/4 teaspoon ground cinnamon

1/4 teaspoon grated nutmeg

6 tablespoons cold unsalted butter, cut into tablespoons

1/2 cup buttermilk cold

2 tablespoons maple syrup

1 tablespoon melted butter, for brushing

INSTRUCTIONS

Scrub the sweet potatoes under running water. Pat dry. Pierce with fork all over. Microwave at 2-minute intervals until completely soft. Flip potatoes during intervals to ensure even cooking. (Roasting or boiling are an alternative) Remove the skin and mash until smooth. Set aside to cool.

Preheat the oven to 400 degrees. Line a baking sheet with parchment paper or a silicone baking mat.

In a large bowl, whisk together the flour, baking powder, salt, baking soda, cinnamon, and nutmeg. Toss in butter. Cover bowl and place in the freezer for 5 to 8 minutes.

Using an immersion blender (or food processor fitted with a blade attachment), combine the buttermilk, maple syrup, and 1 cup of the cooled, mashed sweet potato until smooth. The mixture will be very thick.

Remove the dry ingredients from the freezer. Using a pastry blender (or two forks), cut the chilled butter into the dry ingredients until the mixture resembles crumbly, coarse sand. Add the buttermilk-sweet potato mixture. Using a spatula, fold the mixture together until the dough forms a "shaggy mess."

Dump the mixture onto a lightly floured work surface. Gently knead the mixture together until the dough comes together. Pat the dough into a rectangle about 1/2-inch thick. Use a well floured 2 1/4-inch biscuit cutter to punch rounds.

Arrange the biscuits on the baking sheet, spacing them about 2-inches apart. Lightly brush the tops of the biscuits with melted butter. Bake for 22 to 25 minutes, or until the biscuits have risen and are golden in color. Transfer to a wire rack and let cool.

