



ANNE ARUNDEL ASSOCIATION FOR FAMILY & COMMUNITY EDUCATION



MARCH - APRIL 2013

UPCOMING EVENTS

Dear Members,

The University of Maryland Extension Office is in the process of moving to Gambrills this week. They have been located in Glen Burnie for many years and it was convenient for a lot of us. The new facility really sounds nice with gardens and walking paths. For our March meeting we will meet for the last time at the Glen Burnie building in a conference room on the first floor. At this meeting Judy and Gini are presenting a tasty program on "cheese". Come and learn about cheese making and the many types of cheese. We will have a cheese party - without the wine, but we will be able to taste several kinds of cheese.

In April, our program will focus on "Travelling". Sue Streeter, our travelling member, will talk about

MARCH 1 *Meeting - Cheese Tasting
Judy Anunenhauser
10 Daylight Savings Begin -
Set clocks ahead 1 hour
17 St. Patrick's Day
29 Good Friday
31 Easter
April 5**Meeting - Travel Information - Susan Streeter
22 Earth Day
26 Arbor Day

*Meeting will be held in the County Office Bldg, Glen Burnie at 10:00 a.m. Bring a sandwich; dessert and beverage will be furnished.

** Meeting will be held at Dairy Lane, Gambrills, MD

* * *

her experiences. No matter what means of transportation - bus, plane, or car, we will get some useful information.

Thelma Gore
President

University of Maryland Extension programs are open to all citizens and will not discriminate against anyone because of race, age, sex, color, sexual orientation, physical or mental disability, religion, ancestry, or national origin, marital status, genetic information, or political affiliation, or gender identity and expression

No, haven't moved. yet, but the date has been set for Thursday, the 28th. However, your meeting on the 1st of March will be held in Glen Burnie at the 1st floor conference room. The April meeting will be at Gambrills. See you then!

The Extension Office

COUPONS

Yes - still save the coupons! Sue Streeter has kindly gathered all the coupons and sending them overseas. She has received a letter from the Director of the Fleet & Family Support Center thanking us for the support. Please see page 3.

ADVICE

The following advice is said to have been given by Audrey Hepburn when asked to share her beauty tips.

- * For attractive lips, speak words of kindness.
- * For lovely eyes, seek out the good in people.
- * For a slim figure, share your food with the hungry.
- * For beautiful hair, let a child run his/her fingers through it once a day.
- * For poise, walk with the knowledge that you never walk alone.

(Shared by Gini McKenzie)

THOUGHT FOR TODAY

As you grow older, you will realize why you have two hands, one for helping yourself and one for helping others.

CHOCOLATE PEANUT BUDDY BARS

- 1 cup peanut butter
- 6 tbsp. (3/4 stick) butter, softened
- 1 1/4 cups sugar
- 3 eggs
- 1 tsp. vanilla extract
- 1 cup all-purpose flour
- 1/4 tsp. salt

One 11 1/2 oz. pkg. (2 cups) Nestle Toll House milk chocolate morsels, divided.

Preheat oven to 350°F. In large bowl, beat peanut butter and butter until smooth (about 1 minute). Add sugar, eggs & vanilla extract, beat until creamy. Blend in flour and salt. Stir in 1 cup of chocolate morsels. Spread into ungreased 13x9 baking pan.

Bake 25-30 minutes or until edges begin to brown. Immediately, sprinkle remaining chocolate morsels over cookie layer. Let stand 5 minutes until morsels become shining and soft. Spread morsels evenly over top. Cool completely. Cut into 1 1/2 inch bars. Makes 48 bars.

(I use Nestle's semi-sweet chocolate morsels - Jeanette)

RICE PUDDING

- 3 cups cooked rice
- 2 1/2 cups skim milk
- 2 eggs or 1/2 cup egg substitute
- 1/2 cup granulated sugar or sugar substitute
- 1 cup of raisins
- 1 teaspoon vanilla extract

Combine rice, milk, sugar, and raisins in saucepan. Cook over medium heat until thickened, 10 to 15 minutes, stirring often. Add vanilla.

Pour into serving dishes. Serve when warm or cold.

(From Carroll County Newsletter)

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FLEET AND FAMILY SUPPORT CENTER

COMMANDER FLEET ACTIVITIES
(YOKOSUKA, JAPAN)
PSC 473 Box 116
FPO AP 96349-0116

Date November 21,2012

Dear SUSANN STREETER,

Thank you for your continued support of our Coupons for Sailors Program! We continue to provide about 1,000 quart size bags of coupons every week. Since most of the coupons that we receive are already cut and bagged, our coupon clippers are able to take full advantage of the savings immediately upon arrival.

We are limited on the variety of coupons we receive through our Commissary, however, with your dedication and efforts in sending us additional coupons, we are able to offer more options, and our service members and their families are able to save even more money!

In February, we challenged our community with a Coupon Challenge week event. We asked our customers to save their store receipts when using coupons for a whole week of grocery shopping, and one family was able to save a total of \$230 for the entire week. This would not have been possible without your support! Thank you for that!

The Fleet and Family Support Center's mission is to provide unified, customer focused, consistent and efficient FFSC programs to our customers, and to support mission and family readiness. We provide the right services at the right time to strengthen personal and family competencies, and to help meet the unique challenges of the military lifestyle.

Through your continued support of the Coupons for Sailors program we have been able to meet many of , the unique challenges our military families face! Thank you again for your continued support of the FFSC Yokosuka and our military families who live here!

If you would like to learn more about the Yokosuka Fleet & Family Support Center please follow the link at <http://1.usa.gov/jximAk>

Sincerely,

T'ara Fuller

Tara Fuller,
Director, Fleet and Family Support Center
Commander Fleet Activities Yokosuka
PSC 473 Box 116
FPO AP 96349-0166
ffscinfo@fe.navy.mil

Anne Arundel County Extension Office
Dairy Lane
Gambrills, MD

From Baltimore:

Take 1-695 to 1-97 South. Take 1-97 South to Route 3 South.
Turn right at the first light onto Route 175 - Annapolis Road.
Follow Route 175 for about 1 mile. Turn left on Dairy Lane (post office is on the corner). Follow Dairy Lane.
You will see a group of buildings on your left. We are in the very last building. Take the second left into the parking lot.

From Washington DC/College Park:

Take 1-295 North - Baltimore Washington Pkwy to Route 32 East
Take the exit for Route 175 E. Turn right onto Dairy Lane just after the light at Dairy Farm Road (post office is on the corner). Follow Dairy Lane. You will see a group of buildings on your left. We are in the very last building just before you get to the parking lot.

From Western Maryland:

Take 1-70 East to 1-695 South. Take 1-695 to 1-97 South. Take 1-97 South to Route 3 South.
Turn right at the first light onto Route 175 - Annapolis Road.
Follow Route 175 for about 1 mile. Turn left on Dairy Lane (post office is on the corner).
Follow Dairy Lane. You will see a group of buildings on your left. We are in the very last building. Take the second left into the parking lot.

From Southern Maryland:

Take Route 301 North to Gambrills. ~
Turn left on to Route 175 - Annapolis Road. This is the last light before 1-97. (Wawa is on the corner).
Follow Route 175 for about 1 mile. Turn left on Dairy Lane (post office is on the corner).
Follow Dairy Lane. You will see a group of buildings on your left. We are in the very last building. Take the second left into the parking lot.

From Eastern Shore:

Take Route 50 West to 1-97 North. Follow 1-97 to the Route 32/Route 3 exit. Exit onto Route 3 South.
Turn right at the first light onto Route 175 - Annapolis Road.
Follow Route 175 for about 1 mile. Turn left on Dairy Lane (post office is on the corner).
Follow Dairy Lane. You will see a group of buildings on your left. We are in the very last building. Take the second left into the parking lot.

