



Newsletter

SEPTEMBER - OCTOBER 2008

Dear Members,

The National Conference was held in beautiful Vermont. It was a very good meeting and I enjoyed every minute of it. Elaine and I took a boat cruise on Lake Champlain and visited a Civil War Museum. We had a very knowledgeable guide with interesting war stories of events that took place in that area. The programs were good, food was excellent and the hotel was comfortable and accommodating. At the business meeting, there were two issues that affect us. There will be a fifty cent increase in the National dues to begin in 2010. As of now we have four regional districts. In order to cut costs, it was voted to reduce the regions to three: Eastern, Central, and Western.

I hope you are planning to attend our State Conference in October. It will be in Sandy Cove. What a wonderful location, and there are good programs and activities planned. There will be a 70th anniversary party on Monday night. If you have any pictures or memorabilia you would like to share, please let me know. Also, we are still accepting used jewelry for the RDC fundraiser.

Please plan to attend our first meeting of the new year. We have a speaker from the Maryland Highway Safety Office - Peter Moe. He will give us a lot of safety tips.

- Sept. 1 Labor Day *%,,
 - Sept. 5 *Meeting - Pgm.: Pedestrian Safety - Peter Moe
 - Sept. 7 Grandparents' Day
 - Sept. 30 Rosh Hashanah
 - Oct. 3 *Meeting - Pgm. - Joanne Hamilton
 - Oct. 13 Columbus Day
 - Oct. 14&15 State Conference, Sandy Cove at Cecil County
 - Oct. 31 Halloween
 - Nov. 2 Daylight Saving Time Ends
- * Meetings held in Glen Burnie at 10:00 a.m.

* * *

In October, Joanne Hamilton will come to Anne Arundel. What a treat! Whatever she talks about is up-to-date and important for us to know.

Theлма Gore,
President



The Maryland Cooperative Extension's programs are open to all citizens without regard to race, color, sex, handicap, religion, age or national origin.

FROM THE TREASURER

Time to pay dues again in September. Annual dues are as follows.

Individual

National	\$16.00
state	4.00
County	4.50
Total:	\$24.50

Note: \$1.00 more in state dues is to cover some of the cost of the upcoming Conference for Associated Country Women of the World.

Family

National	\$23.50
State	8.00
County	9.00
Total:	\$40.50

Senior (80+)

National State	\$12.80
County	4 P/L 4.50
Total:	\$21.30

Please remember, on the membership form, do not abbreviate county, city, street, etc. Please sign at bottom of the form.

Bring your form and dues to the September 5th meeting. Checks to be made out to AAAFCE. Thank you!

Marian Whitman
1253 Old Dorsey Road
Harmans, MD 21077

Ph.: 410-768-2452



BITS and PIECES

5 Uses for Toothpaste -

Remove crayon marks - Squirt a small dab of non-gel toothpaste on the wall where the mark is. Rub gently with a soft cloth, then rinse with warm water. Voilal

Deodorize hands - Can't get garlic or onion odor off your hands? Wash them with a blob of toothpaste.

Whiten sneakers - Clean rubber soles by rubbing scuff marks with an old toothbrush and non-gel toothpaste. " r

Buff a DVD - Get rid of light scratches by squeezing a little non-gel toothpaste onto a cotton ball. Wipe over the DVD from the center out to the edge. Rinse with water and dry with a non-abrasive, lint-free cloth — all gone

Defog goggles - Coat the inside of swimming goggles with toothpaste, then wipe off - they'll be crystal clear.

Didyouknow?

Peel a banana from the bottom and you won't have to pick the little "stringy things" off it. how the primates do That's it.

Take your bananas apart when you get home from the store. If you leave them connected at the stem, they ripen faster.

Store your opened chunks of cheese in aluminum foil. It will stay fresh much longer and not mold!

Peppers with 3 bumps on the bottom are sweeter and better for eating. Peppers with £ bumps on the bottom are firmer and better for cooking.

To really make scrambled eggs or omelets rich, add a couple of spoonfuls of sour cream, cream cheese, or heavy cream in and then beat them up.

CHILL Factor

Ever wonder whether it's safe to eat that peanut butter or package of deli turkey lurking on the back shelf of your refrigerator? Here's a storage guideline from the US. Partnership for Food Safety Education



Safe FOOD Storage Guideline Best to eat these foods within these times:

FOOD	REFRIGERATOR (40-F)	FREEZER (0°F)	FOOD	REFRIGERATOR (40°F)	FREEZER (0°F)
Eggs in shell	3-5 weeks	don't freeze	Raw fish	1-2 days	2-6 months
1 Raw egg yolks, whites	2-4 days	1 year	Cooked fish	3-4 days	4-6 months
P Hard cooked eggs	1 week	don't freeze	Smoked fish	14 days (or package date)	2 months (vacuum seal)
Liquid egg substitute* opened	3 days	don't freeze	Shrimp, scallops, clams, oysters, mussels, etc	3-4 days	3 months
Liquid egg substitute* unopened	1, 10 day*	4 months	Cooked shellfish	3-4 days	3 months
Ground beef, turkey, pork, lamb	1-2 days	3-4 months	Butter	1-3 months	6-9 months
Raw steaks	3-5 days	6-12 months	Cheese, hard (eg., Swiss, Cheddar)	6 months, unopened; 3-4 weeks, opened	6 months
Raw chops	3-5 days	4-6 months	Cheese, soft (e.g., Brie)	1 week	6 months
Raw roasts	3-5 days	4-12 months	Cream cheese	2 weeks	don't freeze
Cooked meat, dishes	3-4 days	2-3 months	Cottage, ricotta cheese	1 week	don't freeze
Luncheon meats, opened	3-5 days	1-2 months	Milk	7 days	3 months
Luncheon meats, unopened	2 weeks	1-2 months	Cream	3-4 days	4 months
Ham, fully cooked, unopened	2 weeks (or package date)	1-2 months	Sour cream	7-21 days	don't freeze
Raw turkey	1-2 days	1 year	Yogurt	7-14 days	1-2 months
Raw chicken	1-2 days	9 months	Mayonnaise, opened	2 months	don't freeze
Cooked turkey	3-4 days	4-6 months	Peanut butter, opened	date on jar	don't freeze
			Sausage, raw	1-2 days	1-2 months
			Pepperoni, jerky	2-3 weeks	1-2 months
			Bacon	7 days	1 month
			Pizza	3-4 days	1-2 months

(Personal Best Healthlines - V. McKenzie)

EDITOR
Ann R. Fishell
410.766.5097
Phacke@aol.com

A is for apple, and B is for boat, That used to be right, but now it won't float! Age before beauty is what we once said. But let's be a hit more realistic instead.

2008 Alphabet

*A's_ for arthritis;
B's the bad back,
Cs the chest pains,
perhaps car-d-iac?*

*D is for dental decay and decline,
E is for eyesight, can't read that top line!
F is for fissures and fluid retention,
G is for gas which I'd rather not mention.*

*H is high blood pressure—I'd rather it be low,
I is for incisions with scars you can show.
J is for joints, out of socket, won't mend,
K is for knees that crack when they bend*

*L is for libido, what happened to sex?
M is for memory, I forget what comes next.
N is neuralgia, in nerves way down low,
O is for osteo, the bones that don't grow!*

*P is for prescriptions, I have quite a few,
just give me a pill and I'll be good as new!
Q is for queasy, is it fatal or flu?
R is for reflux, one meal turns to two.*

*S is for sleepless nights, counting my fears,
T is for Tinnitus; there's bells in my ears!
U is for urinary; big troubles with flow,
V is for vertigo, that's "dizzy," you know.*

*W is for worry, NOW what's going 'round?
X is for X- ray, and what might be found.
Y is another year I'm left here behind,
Z is for zest that I still have — in my mind*

*I've survived all the symptoms, my body's deployed,
And I am keeping twenty-six doctors fully employed!!!*

Caramel-Pecan
Oatmeal Bars starts
with the convenience
of cake mix. We
then added nuts,
chocolate morsels,
and caramel



Irresistible Oatmeal Bars

Add a selection of flavors to create crowd-pleasing treats.

When you're in the mood for cookies, try one of these fiber-rich offerings. They are easy to make, especially with the head start of a cake mix. Serve with a cold glass of milk, and you'll agree that they are very good!—CHARLA DRAPER

Caramel-Pecan Oatmeal Bars

MAKES 2 DOZEN

PREP: 15 MIN., BAKE: 35 MIN., COOL: 1 HR.

1 cup chopped pecans
1 (18.25-oz.) package yellow cake mix
2/2 cups uncooked quick-cooking oats
1/2 cup butter, melted
1 (11.5-oz.) package milk or semisweet
chocolate morsels 25
caramels 1 Tbsp. water

Sprinkle with remaining oat mixture.
5. Bake at 375° for 30 minutes or until
top is golden brown.
6. Microwave caramels and 1 Tbsp.
water in a microwave-safe bowl at
HIGH 1 minute or until caramels are
melted. Drizzle evenly over warm bars
in pan. Let cool on a wire rack 1 hour
or until completely cool.
7. Lift baked bars from pan, using foil
sides as handles. Place on a cutting
board, and cut into 24 bars.

1. Place pecans in a single layer in a 13-x 9-inch pan.
2. Bake at 350° for 4 to 5 minutes or until toasted, stirring occasionally. Remove nuts from pan.
3. Line bottom and sides of pan with aluminum foil, allowing 2 to 3 inches to extend over sides; lightly grease foil.
4. Stir together cake mix and oats in a large bowl. Stir in butter with a fork until mixture is crumbly and dry ingredients are moistened. Press half of oat mixture evenly onto bottom of prepared pan. Sprinkle chocolate morsels and toasted pecans evenly over oat mixture in pan.

Carolyn Councill served these bars at our May meeting.

THE WOODEN BOWL

I guarantee you will remember the tale of the Wooden Bowl tomorrow, a week from now, a month from now, a year from now.

A frail old man went to live with his son, daughter-in-law, and four-year old grandson. The old man's hands trembled, his eyesight was blurred, and his step faltered.

The family ate together at the table. But the elderly grandfather's shaky hands and failing sight made eating difficult. Peas rolled off his spoon and onto the floor. When he grasped the glass, milk spilled on the tablecloth. "• The son and daughter-in-law became irritated with the mess. "We must do something about Grandfather", said the son. "I've had enough of his spilled milk, noisy eating, and food on the floor." So the husband and wife set a small table in the corner. There, Grandfather ate alone while the rest of the family enjoyed dinner.

Since Grandfather Had BTORen a dish or two, his food was served in a wooden bowl. When the family glanced in Grandfather's direction, sometimes he had a tear in his eye as he sat alone. Still, the only words the couple had for him were sharp admonitions when he had dropped a fork or spilled ' food. The four-year-old watched it all in silence.

One evening before supper, the father noticed his son playing - -with wood scraps on the floor. He asked the child curiously, "What are you making?" Sweetly, the boy responded, "Oh, I am making a little bowl for you and Mama to eat your food in when I grow ,,-up." The four-year-old smiled and went back to work.

The words so struck the parents that they were speechless. Then tears started to stream down their cheeks. Though no word was spoken, both knew what must be done. That

evening, the husband took Grandfather's hand and gently led him back to the family table. For the remainder of his days he ate every meal with the family. And for some reason, neither husband nor wife seemed to care any longer when a fork was dropped, when milk was spilled/ or when the tablecloth was soiled.

On a positive note, I've learned that life sometimes gives you a second chance. I've learned that whenever I decide something with an open heart, I usually make the right decision. I've learned that every day, you should* reach 'out and touch someone. People love that human touch.-holding hands, a warm hug, or just a friendly pat on the back. I've learned that no matter what happens or how bad it seems today, life goes on, and it will be better tomorrow. I've learned that, regardless of your relationship with your parents, you will miss them when they are gone from your life.

I've learned that you can tell a lot about a person by the way he/she handles three things: a rainy day, lost luggage, and a late friend. I've learned that iwinking a living is not the same thing as making a life.

I've learned that if you pursue happiness, it will elude you. But, if you focus on your family, your friends, the needs of others, your work, and doing the very best you can, happiness will find you. I've learned that you shouldn't go through life with a catcher's mitt on both hands. You need to be able to throw something back. I've learned that I still have a lot to learn.

(Shared by M. Brandt)

