



ANNE ARUNDEL ASSOCIADON
FOR FAMILY & COMMUNITY EDDCADON

Newsletter



JANUARY - FEBRUARY 2010

Dear Friends,

Happy New Year to all! A new year, a new decade. I wonder what is ahead for us. Maybe they will find a cure for cancer, conquer diabetes, find peace in all the countries. A lot can happen in 10 years. I've enjoyed the past year with my FCE friends. Every meeting has been interesting and worthwhile. To know and be with such a group of sharing women has been a real gift to me.

The Board met and planned the 2010 programs. There will be something interesting for us every month we meet. The ACWW women will meet in Hot Springs, Arkansas in April. There will be a gift shop and all FCE organizations are donating items. Women from all over the world will be able to purchase USA products made by us.

At our January meeting, we will make necklaces with beads and rolled paper. It is easy to do and they are very pretty. We will donate these to the gift/souvenir shop.

UPCmUNG EVENTS



- Jan. 1 HAPPY NEW YEAR!
- 8 *Meeting - Making Bead Necklaces - Helen Angel
- 14 Martin Luther King's Birthday
- Feb. 5 *Meeting - Healthful Cooking - M. Whitman, V. McKenzie
- 14 Valentine's Day
- 15 President's Day ~
- 17 Ash Wednesday
- Feb. Heart Month - Wear Red .-
- * Meeting will be held at the Extension Office in the County Office Bldg., Glen Burnie, at 10:00 a.m. Bring a sandwich; dessert and beverage will be furnished.

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In February, our program will be on "Healthful Cooking". Don't forget February is Heartmonth. Wear red! •

Sincerely,

Thelma Gore
President

1.

THE HISTORY OF THE APRON

I don't think our kids know what an apron is. The principal use of Grandma's apron was to protect the dress underneath, because she only had a few. It was easier to wash aprons than dresses and they used less material.

But along with that, it served as:

A potholder for removing hot pans from the oven.

It was wonderful for drying children's tears, and on occasion was even used for cleaning out dirty ears.

From the chicken coop, the apron was used for carrying eggs, fussy chicks, and sometimes half-hatched eggs to be finished in the warming oven.

When company came, those aprons were ideal hiding places for shy kids.

And when the weather was cold, grandma wrapped it around her arms.

Those big old aprons wiped many a perspiring brow, bent over the hot wood stove.

Chips and kindling wood were brought into the kitchen in that apron.

From the garden, it carried all sorts of vegetables. After the peas had been shelled, it carried out the hulls.

In the autumn, the apron was used to bring in apples that had fallen from the trees.

When unexpected company drove up the road, it was surprising how much furniture that old apron could dust in a matter of seconds.

When dinner was ready, Grandma walked out onto the porch, waved her apron, and the men knew it was time to come in from the fields to dinner.

It will be a long time before someone invents something that will replace that "old time apron" that served so many purposes. We would go crazy now trying to figure out how many germs were on that apron. But I don't think I ever caught anything from an apron. Just a whole pile of love.

(Author unknown)

(Contributed by H. Stahle)

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Three new uses for baking soda ...

1. Throw a pinch into potatoes while mashing to make them • fluffier.
2. Shine silver with a mixture of three parts baking soda and one part water.
3. Wash fresh vegetables in cold water with 2 to 3 tablespoons of baking soda to get them extra clean.

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BUTTER FACTS

1. It takes about 10-quarts of whole milk to make one pound of butter.
2. Food scientists have identified over 120 flavor compounds in butter which contribute to its unique flavor. No one has been able to duplicate these flavors.
3. Why do we cream butter and sugar as the first step in cookie and cake recipes? In this process, butter acts as a leavening agent. Millions of tiny air bubbles are created that later trap gases from baking powder or soda and enlarge to make a light fine textured product.

MARYLAND FCE CONFERENCE

Dunes Manor, Ocean City
October 26-28, 2009

It was a great meeting with 61 members attending. On Monday evening, we held an informal get-together with homemade cookies and punch.'

The conference officially started Tuesday. The mayor of Ocean City, Richard Meehan, welcomed FCE to the city. Robert Stevens gave a very informative presentation with slides and stories of "O.C. Before Condos".

Marie Moeller began the meeting which entailed introduction of the presiding officers, then onto the Secretary and Treasurer's reports and awards. There were programs on "Looking Fit and Fabulous at any Age" and a representative from the Fire Department showing slides of fire safety tips, a quilt documentation, Karen Kansler from the Good Samaritan Hospital spoke about "Arthritis on the Go". There was necklace beading and "Zygomaticus (laughter exercises) from Judy Pugh.

The evening entertainment was performed by Trudy Woomer and her husband "The Memories of Patsy Kline and Friends".

Each member received a small cake, compliments from the Harmans Club. The centerpiece at the dinner was Christmas tree ornaments and a small tote bag (made by Gini McKenzie and Marian Whitman) for each one at the table to choose and to take home their selected ornament."Thank You" to the Harmans Club for all you did.

There was a pocketbook sale as well as a book sale. Our county had a flea market table with quite a variety of items.

A good time was had by all!

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5 Things to do with •••• flour

1. Clean playing cards. When those queens are looking gray, put them in a plastic bag with a half-cup of flour. Shake for a minute. Remove the cards, and shuffle the deck a few times over the sink to clear.
2. Unstick a lid. Have a plastic container that closes a little too tightly for your taste? Dip the container edge in flour to prevent sticking.
3. Clean heavy white fabrics. Spot-clean white canvas, leather, faux leather, vinyl and even curtains by rubbing flour into the dirt lines, then brushing clean.
4. Mix up some glue. Whip up craft glue for kids by mixing 1 part flour with 3 parts water. Boil, stirring, until it becomes a paste, store in the fridge.
5. Make clay. Knead together 1 cup water, 3 cups flour and 1 tsp vegetable oil. Add food color. To store, moisten and wrap it in plastic, and put in the fridge.

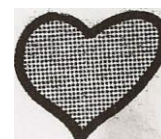
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Annoying Odors.~.

Refrigerator - Spread baking soda or freshly ground coffee in a shallow pan and let stand uncovered for a few days to absorb odors.

Wastebasket - Put a fabric softener sheet at the bottom.

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RECIPES

PINEAPPLE SALAD

Ruth Myers

1 Envelope Knox gelatin (Unflavored)
4 Tbsp. cold water
Mix in large bowl - set aside.

1 small can crushed pineapple
3/4 cup sugar
Mix the above; bring to a boil;
simmering for 5 minutes (stirring
constantly). Pour over gelatin
and set aside to cool - not long.

1 small cake of cream cheese
Have cream cheese at room temper-
ature; mash with a fork and add
to gelatin.

1/2 pint heavy whipping cream
(whipped)
Fold in whipped cream, add to
gelatin, etc. Pour into mold.
Add cherries if you like.

BAKING MIX from SCRATCH
Virginia McKenzie

To make 1 cup:

1 cup flour
1 1/2 teaspoons baking powder
1/4 teaspoons salt
1/8 cup solid fat (You can use
Crisco, butter, or margarine.
Don't use a light margarine; it
doesn't have enough fat. I use
Smart Balance.)

Mix in a food processor or with a
pastry blender until fat is in-
corporated. If you use butter or
margarine, you must refrigerate
this. I usually make what I need
and use immediately.

For a larger amount:

6 cups flour
2 1/2 tablespoons baking powder
1 1/2 teaspoons salt
3/4 cup solid fat

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ACORN SQUASH

Along with the usual deep-forest
green, acorn squash comes in hues
of yellow and creamy white.

If you cut a squash open to reveal
the dense flesh, you will find the
white variety with the palest color
(pale yellow), the green a little
darker inside with yellow-orange
interior, and the orange most deeply
colored, a vivid orange.

The skin or rind should be without
dents, cuts or soft spots. It should
be heavy for its size.

These squash, like most winter
squash are **durable and** can be kept
for weeks - from 30 to 180 days in
a cool, dark, well-ventilated place.

The best way to go is to cut them
in half, either around the middle or
top to bottom, then scoop out the
seeds. Remove a thin slice from
the bottom to keep them stable on a
dinner plate. If you want to skin
the squash, it's easier to slice
them first along the furrows.

Roast the halved squash cut-side
down on a lightly oiled baking sheet
at 375 degrees for about 40 minutes
or until a knife blade slides in
easily. Put an unpeeled clove or
two of garlic underneath each so
that the aroma imbues the squash.
Once cooked, the squash halves can
be served perked up with salt and
butter, or the flesh can be pureed
as a side dish or made into soup.
{Mash up the garlic into the
squash flesh or save for another use.
Squash halves also can be steamed
or, if peeled, cut into cubes and
roasted with other fall vegetables
or simmered slowly in broth.

(The Baltimore Sun)

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Pears: A Tasty Winter Fruit

Several varieties of fresh pears are available throughout the winter months. Nutritious and naturally sweet, pears are great for snacks or dessert but are also delicious for salads, as an accompaniment for meats, and with cheese for appetizers:

Pears are picked mature, but not ripe. They achieve their flavor, ripen them at room temperature until they yield to gentle pressure at the stem end but are not soft. Pears ripen from the inside out and should not be kept until they are soft on the outside. When ripe, refrigerate pears. For cooking use firm, slightly under-ripe fruit.

A medium pear contains 98 calories, is a good source of fiber and is free of fat, cholesterol and sodium.
3 pears = 1 pound.

Pear Varieties	Peak Season	Color	Good for:
Anjou	Oct to May	Light green	Eating and cooking
Bartlett	July to Oct.	Yellow when ripe	Eating fresh
Bose	Sept to May	Brown russeted skin	Baking, cooking, eating fresh
Cornice	Oct to Mar.	Greenish yellow skin/red blush	Eating fresh
Red Bartlett	Aug to Oct.	Crimson skin	Salads and fruit blends
Seckel	Aug to Dec.	Russet colored	Cooking

5.

Open Face Turkey, Pear and Cheese Melt

1 serving

- 1 large slice multi-grain bread
- 1 teaspoon Dijon-style mustard
- 1 slice cooked or smoked turkey (about 1 oz.)
- ½ ripe pear (any variety), cored and thinly sliced
- 2 tablespoons shredded cheese, low-fat mozzarella or cheese of your choice
- Freshly ground pepper

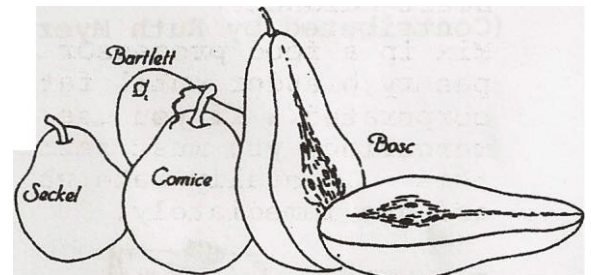
Preheat broiler. Spread bread with mustard. Top with turkey, pear slices and cheese. Sprinkle with pepper. Broil 4-6 inches from heat, 2-3 minutes or until cheese melts. Enjoy.

Try these buns as an accompaniment for the holiday turkey or serve them for brunch.

Festive Holiday Buns

Makes 16 buns

- 1 package (13 ¾ oz.) hot roll mix
- 2 fresh Bose or Anjou pears.
- ½ cup chopped fresh or frozen cranberries
- ½ cup sugar
- 1 teaspoon cinnamon



Prepare hot roll mix according to package directions. Punch down and shape into 16 balls. Flatten each slightly and place on greased cookie sheets. Cover and let rise until double.

Mix the sugar and cinnamon with the cranberries. Core and finely chop pears to equal 1 ½ cups. Add to the cranberry mixture. Make an indentation in the center of each bun, leaving a ½ inch edge. Fill with the pear cranberry mixture. Bake at 375° F for 15 to 20 minutes, until golden brown.

Substitutions: Quince pears and Asian pears could be substituted in the pear recipes.

TEN RULES FOR BETTER COMMUNICATION
WITH THE HEARING IMPAIRED

Henry Tobin, PH.D.

1. When someone is wearing a hearing aid, don't assume that the person can hear or understand you.
2. Never shout! It's irritating and it changes your speech pattern.
3. Speak a little slower and in a natural tone.
4. It's not easy to hear in noise. Try to find a quiet area.
5. Be sure your face and lips can be clearly seen.
6. The hearing aid works best when you are less than 8 feet away.
7. The hearing impaired person has a loss of information. If needed, rephrase what you say to provide additional information. Don't just repeat what you said.
8. Alert the listeners when you are changing the topics.
9. Ask pertinent questions to be sure the hearing impaired person is following what is being said.
10. Recognize the right of the hearing impaired person to have the opportunity to understand in every listening situation.

(Contributed by Ruth Myers)

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HOW MANY OF THESE DO YOU KNOW?

A sealed envelope - Put in the freezer for a few hours, then slide a knife under the flap. The envelope can then be resealed.

For icy door steps in freezing temperatures: get warm water and put Dawn dish washing liquid in it. Pour it all over the steps. They won't refreeze. (Wish I had known this for the last 40 years.)

Permanent marker on appliance/counter tops (like store receipt - BLUE) rubbing alcohol on paper towel.

Blood stains on clothes? Not to worry! Just pour a little hydrogen peroxide on a cloth and proceed to wipe off every drop of blood. Works every time!

Place fabric softener sheets in dresser drawers and your clothes will smell freshly washed for weeks to come. You can also do this with towels and linens

To clean artificial flowers, pour some salt into a paper bag and add the flowers. Shake vigorously as the salt will absorb all the dust and dirt and leave your artificial flowers looking like new! Works like a charm!

Spray your Tupperware with non-stick cooking spray before pouring in tomato based sauces and there won't be any stains.

Wrap celery in aluminum foil when putting in the refrigerator and it will keep for weeks. (I do this all the time - Ann)

Don't throw out all that leftover wine, freeze into ice cubes for future use in casseroles and sauces ••• Left over wine? What's that?

* * *

NEW YEAR'S TRADITIONS

Traditions to bring good luck for the New Year are as old as the celebrations and come from all corners of the world. Many cultures count a tall, dark and handsome man crossing the threshold as a sign of good luck, but if the first person to enter is a red-headed woman •• the year is sure to be stressful.

Other New Year's traditions involve housecleaning ••• brushing the bad luck of the past out with the dust. Holding a piece of silver or gold as the New Year begins is said to increase the chances of prosperity in the coming year ••• some place a silver coin over the doorway or a penny on the windowsill.

An Irish tradition involves banging on the door and walls with Christmas bread to chase the bad luck out and bring the good spirits to the household! This is probably related to the tradition of banging pots and pans in Iran, or the ancient tradition of using firecrackers to welcome in the Chinese New Year.

Then, there are foods. Honey drenched balls of dough ensure a sweet year in Italy. Grapes, one for each month, make a lucky year in Spain. Eating pork and sauerkraut or anything that forms a circle, such as donuts and pretzels, make for a good fortune in the coming year. The traditions are as varied as the lands where they are from, but they all involve sharing with friends and family for a Happy New Year!

* * *

"ON THE LIGHTER SIDE •••"

Always remember this:

You don't stop laughing because you grow old. You grow old because you stop laughing."

Funny New Year's Quotes

A New Year's resolution is something that goes in one year and out the other.

May all your troubles last as long as your New Year's resolutions!!!

Cheers to a New Year and another chance to get it right.

Many people look forward to the New Year for a new start on old habits.

Youth is when you're allowed to stay up late on New Year's Eve. Middle age is when you're forced to.

An optimist stays up until midnight to see the New Year in. A pessimist stays up to make sure the old year leaves.

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Friends are like bras.
Close to your heart
and
all about support.

* * *

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