



JANUARY - FEBRUARY 2011

Dear Members,

UPCOMING EVENTS



HAPPY
NEW
YEAR

- Jan. .1 HAPPY NEW YEAR!
- 7 *Meeting - Program - Stuffed Bears Project - Helen Angel and Judy Ammenhauser
- 17 Martin Luther King Birthday
- Feb. This is Heart Month - wear red.
- 4 *Meeting - Program - Scams - Police Dept. Representative
- 14 Valentine's Day
- 21 President's Day

* Meetings 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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Now, it is 2011 and we have some interesting programs planned. January 7 is our first meeting. Make a New Year's resolution to attend all our meetings. Helen and Judy will demonstrate how to make a stuffed teddy bear. We intend to make them for the Pediatric Division of a local hospital

On February 4, we are having a program on Scams. This is an ongoing problem. The conartists are always thinking of a new scheme to deceive us.

Looking forward to seeing you.

Sincerely,

Thelma Gore

.....and a healthy one too.

2010 was not a bad year. We had some crazy weather, but Maryland was spared except for some heavy snow and a very hot summer.

Two of our members moved to Charlestown Retirement Community - Elaine Crow and Marian Whitman. We hope to see them throughout the year. Elaine has been on the Safety Committee for several years. She was an active member of the Women's Highway Safety Board and promoted many programs. Marian was reluctant to take the Treasurer's position, but she did an excellent job. She's efficient in everything she tackles. I hope they will enjoy their new homes. Sadly, we lost Rose Wengert in October. She was an active member of Homemakers and FCE for many, many years. I was very sorry that Marge Atkinson's daughter died after an operation. Marge has had some medical problems herself. I'm hoping her health improves and, she gets stronger.

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

HELPFUL HINTS for WINTER

Keep your headlights clear with car wax! Just wipe ordinary car wax on your headlights. It contains special water repellents that will prevent that messy mixture from accumulating on your lights - lasts 6 weeks.

Squeak-proof your wipers' with rubbing alcohol! Wipe the wiper with a cloth saturated with rubbing alcohol or ammonia. This one trick can make badly streaking and squeaking wipers change to near perfect silence and clarity.

Ice-proof your windows with vinegar! Frost on it's way? Just fill a spray bottle with three parts vinegar to one part water and spritz it on all your windows at night. In the morning, they'll be clear of icy mess. Vinegar contains acetic acid, which raises the melting point of water - preventing water from freezing.

Prevent car doors from freezing shut with cooking spray! Spritz cooking oil on the rubber seals around car doors and rub it in with a paper towel. The cooking spray prevents water from melting into the rubber.

Fog-proof your windshield with shaving cream! Spray some shaving cream on the inside of your windshield and wipe it off with paper towels. Shaving cream has many of the same ingredients found in commercial defoggers.

De-ice your lock in seconds with hand sanitizer! Just put some hand sanitizer gel on the key and the lock and the problem's solved!

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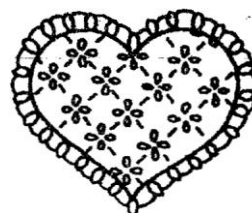


VALENTINE FOOD FOR THOUGHT

Cabbage always has a heart;
Green beans string along,
You're such a cute tomato,
Will you peas to me belong?
You've been the apple of my eye,
You know how much I care,
So lettuce get together,
We'd make' a perfect pear.

Now, something's sure to turnip
to prove you can't be beet,
So, if you carrot all for me,
let's let our tulips meet.
Don't squash my hopes and dreams
now;
Bee my honey, dear,
Or tears will fill potato's eyes,
While sweetcorn lends an ear.

I'll cauliflower shop and say,
Your dreams are parsley mine, ,
I'll work and share my celery,
So be my valentine.



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CHINESE PROVERB

If there is beauty in character,
there will be harmony in the home.
If there is harmony in the home,
there will be order in the nation.
If there is order in the nation,
there will be peace in the world.

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RECIPES

SHRIMP BISQUE Susann Streeter

1 lb. shrimp, steamed per Old Bay pkg.
 1 4 oz. can mushrooms, chopped
 2 Tbl. margarine
 1 Tbl. worcestershire sauce
 2 10 oz. cans cream celery soup
 3 Cups half & half
 1 onion chopped
 1 2 oz. pimientos, chopped
 1 tsp. paprika
 1/4 tsp. pepper

Steam shrimp, peel and cut up. Saute onions and mushrooms in margarine. Add soup, half and half and blend well. Add rest of ingredients. Add shrimp. Simmer on low heat. Stir often.

Best if made ahead and allowed to soak up flavor of shrimp.

Makes 8 servings.

PAULA DEAN'S CORN SALAD Carolyn Councill

2 cans corn - drained
 2 cups shredded cheddar cheese
 1 green pepper - chopped
 1/2 red onion - chopped
 1 cup mayonnaise

Mix together.

Add - one 5 1/2 oz Frito chilli corn chips when ready to serve.

These two recipes were served at the Christmas party.

GROUND BEEF STROGANOFF Rose Stahle

6-8 oz. noodles
 4 Tbsp. (or less) butter or marg.
 1/2 cup chopped green onions (optional)
 1/4 (or more) pound sliced fresh mushroomllls
 1 pound 90% lean ground beef or turkey
 1/2 cup slivered almonds
 1 can cream of mushroom soup
 1/2 cup (4 oz) sour cream
 1/2 tsp. pepper - optional salt
 1 Tbsp. brandy (optional)

Cook noodles and toss with some butter. Place in a 2 or 2 1/2 qt casserole

Melt a tbsp. or less butter or margarine in a large skillet. Add onions and mushrooms and saute for 5 min.

Add ground meat - cook and stir until browned.

Add almonds, soup, sour cream, seasonings, brandy.

Spoon meat mixture over noodles in casserole.

Bake uncovered, 30 minutes.

PINEAPPLE CASSEROLE E. Anderson

2 cans chunk pineapple (20 oz. cans)
 1 can crushed pineapple
 1 cup sugar
 7 Tbsp. flour
 1-3/4 cup grated cheddar cheese
 1 roll Ritz Crackers, crushed
 3/4 stick margarine

*

Place drained pineapple in greased casserole dish (9 x 13)
 Mix flour, sugar and cheese. Place on top of pineapple.
 Melt butter, *mix with crushed Ritz crackers. Place on top of cheese mixture. Bake at 350 degrees for 35 to 40 minutes.

KENTUCKY BUTTER CAKE

Jeanette Evans

Cake:

3 cups All Purpose Flour
2 cups sugar
1 teaspoon salt
1 teaspoon baking powder
1/2 teaspoon soda
1 cup buttermilk "
1 cup butter, softened
2 teaspoons vanilla or rum extract
4 eggs

Butter Sauce:

3/4 cup sugar .. ;
1/3 cup butter
3 tablespoons water
1 to 2 teaspoons vanilla or rum extract

Heat oven to 325⁰. Generously grease and lightly flour a 10-inch tube pan. Lightly spoon flour into measuring cup; level off. In large bowl blend all the cake ingredients at low speed until moistened. Beat 3 minutes at medium speed. Pour batter into prepared pan. Bake at 325⁰ for 55 to 70 minutes or until toothpick inserted in center comes out clean.

In small saucepan, combine sauce ingredients. Heat until butter melts. Do not boil. Pierce hot cake 10 to 12 times with long-tined fork. Slowly pour hot sauce over cake. Cool upright in pan 30 minutes. Remove from pan.

LOWERING YOUR BLOOD PRESSURE
WITH DASH

What you eat affects your chances of developing high blood pressure (hypertension). Research shows that high blood pressure can be prevented and lowered by following the Dietary Approaches to Stop Hypertension (DASH) eating plan which includes eating less salt and sodium.

High blood pressure, which is blood pressure higher than 140/90 affects more than 65 million, or 1 out of every 3, American adults. Another 59 million Americans have prehypertension, which is blood pressure between 120/80 and 140/89. This increases their chance of developing high blood pressure and its complications.

High blood pressure is dangerous because it makes your heart work too hard, hardens the walls of your arteries, and can cause the brain to hemorrhage or the kidneys to function poorly or not at all. If not controlled, high blood pressure can lead to heart and kidney disease, stroke, and blindness.

But high blood pressure can be prevented and lowered if you take these steps:

- * Follow a healthy eating plan, such as DASH, including foods lower in salt and sodium.
- * Maintain a healthy weight.
- * Be moderately physically active for at least 30 minutes on most days of the week.
- * If you drink alcoholic beverages, do so in moderation.

If you already have high blood pressure and your doctor has prescribed medicine, take your medicine as directed and also follow these steps.

The DASH eating plan is rich in fruits, vegetables, fat-free or low-fat milk and milk products, whole grains, fish, poultry, beans, seeds, and nuts. It also contains less salt and sodium, sweets, added sugars, and sugar-containing beverages, fats, and red meats than the typical American diet. This heart healthy way of eating is also lower in saturated fat, trans fat, and cholesterol and rich in nutrients that are associated with cholesterol and rich in nutrients that are associated with lowering blood pressure - mainly potassium, magnesium, and calcium, protein, and fiber.

(U.S. Dept. of Health and Human Services)

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Reminder - If A.A. County schools are closed or delayed due to snow, our meeting will be cancelled.

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Remember - Love makes a house a home.

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