



**ANNE ARUNDEL ASSOCIATION
FOR FAMILY & COMMUNITY EDUCATION**

Newsletter

March - April 2014

Dear Members,

I have been president of Anne Arundel FCE for almost 20 years. It was made easier and delightful for me thanks to a wonderful group of dedicated ladies. Since last Thanksgiving, I have suffered with back pain and spasms. I decided for the good of our organization to resign. I am not able to carry out my duties as I like. Some decisions must be made. Hopefully, someone will volunteer to be president.

The Anne Arundel Association has two clubs - Harmans and Timber Ridge. that meet separately. AAA Association meets on another day. All three present the same program. Several members must attend two meetings because they are officers of a club and the Council. It was decided the two clubs will attend the Association meeting for information and programs. We will meet at Dairy Lane or at the home of a member (depending on the type of programs).

The meeting day may be changed to Wednesday in September. The March

UPCOMING EVENTS

March 7 *Pgm: 4-H Update by
Amanda Wahle
9 Daylight Savings Time
Begins - set clocks
ahead
17 St. Patrick's Day
20 First Day of Spring

April 4 *Pgm: Art Instruction -
Carolyn Cuncell
13 Palm Sunday
18 Good Friday
20 Easter
22 Earth Day
25 Arbor Day

*Meetings will be held at 10:00 am
at Dairy Lane, Gambrills.

Dessert and beverage will be
furnished.

* * *

meeting will be on Friday, the
7th. at Dairy Lane. Amanda
Wahle will update us on the 4-H.
We will meet Friday, April 4th
at Dairy Lane - Carolyn Cuncell
will give us an art lesson.

We have a lot of decisions
to make so please try to attend.

Sincerely,

Thelma Gore
President

THE BENEFITS OF GROWING OLDER

IDEAS

In a hostage situation, you are likely to be released first.

No one expects you to run into a burning building.

People call at 9:00 p.m. and ask, "Did I wake you?" .

There's nothing left to learn the hard way.

Things you buy now won't wear out.

You can eat dinner at 4:00 p.m.

You can't remember the first time you laid on the floor to watch television.

You can live without sex, but not without your glasses.

You consider coffee one of the most important things in life.

You enjoy hearing about other people's operations.

You get into a heated argument about pension plans

You have a party and the neighbors don't even realize it.

You no longer think of speed limits as a challenge.

You quit trying to hold in your stomach no matter who walks into the room.

You send money to PBS.

You sing along with the elevator music.

Your arms are almost too short to read the newspaper.

Your back goes out more than you do.

Your eyes won't get much worse.

Your investment in health insurance is finally beginning to payoff.

Your secrets are safe with your friends because they can't remember them either.

(Shared by M. Whitman)

* *

Cooking Spray. PAM Spritz a little on a squeaky door hinge, then swing the door back and forth to work it in and quiet the creaking. Wipe away any drops with a paper towel.

Put a small amount of water in a glass when you micro-wave your pizza to keep the crust from getting chewy.

* * *

GET WELL WISHES to

Thelma Gore

* * *



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Herbed Beef and Onions

Adapted from Betty Crocker's Dinner for Two Cookbook
Serves 2, good use of "planned over" beef

3 Tablespoons butter DIVIDED use

1 medium onion, sliced into rounds and separated into rings

4 slices cooked roast beef

2 Tablespoons vinegar (your choice - I'd recommend malt vinegar) or wine

1/8 teaspoon thyme, tarragon or marjoram

Mix 1 T butter with herbs, set aside.

Cook onions in 2 T butter until tender, remove from skillet, keep warm.

Add meat to skillet, brown, add vinegar. Warm through.

Arrange meat and onions on dinner plate, top with seasoned butter.

This could be used for leftover pork (add some mustard to the vinegar?)

French Onion Soup

Gini - serves 2

One large onion, sliced or coarsely chopped

1 clove garlic finely minced

Butter or olive oil for sautéing

Chicken Stock, about 12 - 16 oz.

Cornstarch to thicken stock

Swiss and parmesan cheese, shredded

French Bread cut into slices or large croutons

Saute the onion in the fat of your choice until caramelized. Add stock, reserving about ¼ cup.

Mix a tablespoon or two of cornstarch in the reserved broth to make a slurry. Mix into soup, stirring occasionally until thickened and hot.

Toast bread. Pour soup into oven proof bowls, top with bread, top bread with cheese. Place bowls in oven until cheese is melted and browned a bit.

Clever uses for... Sponges

It's time to give these cleaners some fun new chores to do.

1

Prevent pedicure smudges

For at-home nail polishing sessions, cut a sponge in half lengthwise, then cut four slits along one of the long sides of each. Use them to separate polished toes until they dry.

Hydrate houseplants -

Place a sponge in the bottom of a pot before adding the plant and extra soil. The sponge will help retain moisture until the next watering~

Protect floors

To keep chairs from scratching wood or vinyl surfaces, trace the bottom of a chair leg onto a sponge and cut it out; repeat until you have as many as you need. Secure each piece to the bottom of a leg with a dab of hot glue (press it on firmly to prevent wobbliness).

Secure soap

Rest your bar of soap on a sponge in the shower or bathtub. Because of its uneven texture, it will stop the soap from slipping off the dish or tiles when wet.

5

Make an ice pack

Put a wet sponge in a zip-top plastic bag and freeze. Grab it instead of a package of peas to soothe bumps and bruises or toss it in a lunchbox to keep the contents cool.

DID YOU KNOW?
Kitchen sponges carry more bacteria than your toilet! Microwave wet sponges for 2 minutes at least once a week to kill those germs.

