



ANNE ARUNDEL ASSOCIADON
FOR FAMILY & COMMUNITY EDUCATION

Newsletter

MAY - JUNE 2010

Dear Members,

UPCOMING EVENTS



Today is a beautiful day. So good to feel the warmth of the sun and know that summer is right around the corner. Have you started. on working on your flower beds? You don't want to miss our next meeting on May 7th when Mike Ensor, our Horticulture expert, will present a program. Mike can help us with any cultivation questions we may have.

- May 7 *Meeting - Mike Ensor
- 9 Mother's Day
- 13 Armed Forces Day
- 31 Memorial Day
- June 4 *Meeting - MD. Legislature Update - Mary Ann Love
- 14 Flag Day
- 20 Father's Day
- 21 1st Day of Summer
- July 4 Independence Day
- 15-18 National FCE Conference Grand Rapids, Michigan

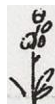
In June, I'm pleased to tell you that Mary Ann Love, County Delegate, will visit us. The Maryland Assembly has been busy and Mary Ann will update us on bills - some that passed and some that did not. On that day, we will have a luncheon and invite the Extension Office Staff. Members are asked to bring one dish for the buffet table.

* 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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FCE members have been planning a workshop to make pillow covers for pediatric cancer patients. Gini and Marian purchased the material and will show us the way to make the cases. We will donate them to the Baltimore-Washington Medical Center for distribution.

We have received word that our National FCE President, Betty Lucas. passed away April 20th. after a battle with cancer. Judy Fullmer is Acting President.



Thelma Gore
President

FROM THE TREASURER

GAMES

It is again time to think about your donation to 4-H as I need to forward it by June 1st. Any amount you wish to donate is appreciated.

Checks should be made out to: AAAFCE with a notation for 4-H.

Give or mail donation to:

Susann Streeter
2 Lexington Road
Harmans, MD 21077
(Phone: 410~595-5782)

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"TWISTIES"

When you go to the grocery store to buy bread, do you wonder which is freshest?

Bread is delivered 5 days a week - Monday, Tuesday, Thursday, Friday, and Saturday.

They are:

- Blue - Monday
- Green - Tuesday
- Red - Thursday
- White - Friday
- Yellow - Saturday

* * *

A kind word can be as refreshing as a spring shower.

* * *

Last November, the Zon Regency Hotel in Johor Bahru, Malaysia, hosted one of the most intense wordplay competitions in the world - the World Scrabble Championships. This simple board game has risen to fantastic status among players worldwide. Alfred Butts, Scrabble's inventor, probably never dreamed that his game would rise to such competitive heights.

Alfred Butts was an out-of-work architect when he invented the game in 1933. He originally named it Lexico, and continued to develop, refine, and rename it. Lexico became New Anagrams, then Alph, Criss~Cross, Criss-Cross Words, and finally Scrabble. The first games were made by hand in a Connecticut factory. When the president of Macy's discovered the game in 1950, he ordered it for his store and soon every household had to have it. Its popularity has grown ever since.

Sure, the game is a fun way to pass the time between friends, but international competition is fierce, with uncommon words winning the most points. The highest word score ever played was CAZIQUES (the plural form of a West Indian Chief) and it won 392 points. Play is relatively simple. You draw seven letters from a pile and form words both vertically and horizontally on a board.

How many words could you spell using these seven letters?

A C I L O P V

Some possible words: ail, clap, coal, coil, lap, oil, opal, oval, pail, vocal.

(Futurecare Chesapeake)

* * *

BITS and PIECES

5 things to do with ... an old shower curtain.

1. Avoid bathroom puddles. If Rufus never stays on the bathmat, a curtain on the floor lets him wiggle without flooding the room.
2. Protect the kitchen table. Cover it up on arts and crafts days--no more paint and Play-Doh messes.
3. Catch paint. Next time you're painting a wall, stick a curtain on the floor as a dripcloth for misdirected splashes.
4. Shield the entryway. Lay one down to catch drips and mud when a bunch of snowy boots are incoming.
5. Stay dry at a picnic. Use as a ground cloth under your blanket to prevent dew or rain-water from seeping through.

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Lemon Aid - 5 amazing uses for the sunny-yellow fruit

1. Improve flavor. Add lemon to your green tea to reduce the drink's bitterness and help increase your body's absorption of antioxidants.
2. Get fresh. Use a cut lemon as an all-natural deodorant for your armpits and feet.
3. Soothe sunburn. Mix lemon juice and cool water and gently apply to your skin. It will help your body recover more quickly from a mild sunburn.
4. Destain your laundry. Squeeze lemon juice on an ink stain, let sit overnight, then launder as usual. Repeat if needed before drying.
5. Clean your pots. Make a paste of lemon juice and salt, and rub it on copper to remove oxidation. Rinse well and dry completely.

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5 dishwasher tricks you've never heard

1. Don't prerinse. It's a waste of water and energy. Not only that, but if there's no food left for the detergent to attack, it can go after your glassware and make it cloudy.
2. Save detergent. The amount you use depends on how dirty the dishes are, not on how many there are. If you have a full load of lightly soiled dishes, use only a little.
3. Check the manual. There's usually a handy illustration of how to load your particular model. If the manual's long gone, check the manufacturer's website.)
4. Load down. Make sure no pans, bowls, or cups are facing upward and open. Open dishes catch dirty water and the whole load gets repeatedly bathed in it. (Tip: When a load doesn't clean, this is usually the culprit!)
5. Wash on normal. This is the cycle consumer testing groups test appliances on, and despite what you might think, it's by far the most efficient.



ANGEL LUSH

Margaret Atkinson

- 1 can (20 oz) Crushed Pineapple, undrained
- 1 pkg (3.4 oz) JELL-O Vanilla flavor instant pudding & pie filling
- 1 cup Thawed Cool Whip Whipped topping
- 1 pkg. (10 oz) Round angel food cake, cut into 3 layers
- Seasonal berries

Mix pineapple and dry pudding mix in a medium bowl. Gently stir in whipped topping.

Stack cake layers on plate, spreading pudding mixture between layers and on top of cake.

Refrigerate 1 hour or until ready to serve. Garnish with your favorite seasonal berries.

(Served at April meeting)

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EASY BOSTON CREAM CAKE

Ann Fishell

- 1 1/2 cups cold half-and-half cream
- 1 package (3.4 oz) instant vanilla pudding mix
- 1 loaf (10 3/4 oz) frozen pound cake, thawed
- 3/4 cup confectioners' sugar
- 2 tablespoons baking cocoa
- 4 to 5 teaspoons hot water

In a bowl, whisk together cream and pudding mix; let stand for 5 minutes. Split cake into three horizontal layers~ Place bottom layer on a serving plate, top with half of the pudding. Repeat layers. Top with third cake layer. In a small bowl, combine the confectioners' sugar, cocoa and enough water to reach a spreading consistency. Spread over top of cake, letting glaze drizzle down sides. Yield: 4-6 servings.

RECIPES

BEAN MIXTURE

Hary Postick

46 oz. Beans Mix

- Butter beans
- Kidney beans
- Baked beans
- 4 Slices chopped bacon (small pieces)
- 16 oz. Crushed pineapple
- 1/2 cup King syrup (brown)
- 1/2 cup Ketchup
- 1/2 cup Brown sugar
- 1-2 lb. Kielbasa (chopped)

Mix together. Bake at 350° for 2 hours

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NO PEEK BEEF CASSEROLE

Ann Fishell

- 2 lbs round steak, cut in 1 inch pieces
- 1 3-1/2 pkg onion soup mix
- 1 10-1/2 oz. can. Gold Mushroom soup or Cream of Hushroom soup

Combine all ingredients in crockpot. Stir together well. Cover and cook on low 8 to 12 hours. (High 5 to 6 hours) Serve over rice or noodles. (This recipe also freezes well.) (Serves 6)

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THE REAL PEEL

Use flat-ended tweezers to remove the leafy hull from a fresh strawberry. You won't damage the fruit and you'll keep juice from staining your fingers.

Keep the root end intact when slicing an onion to minimize release of fumes that make your eyes water.

Use a damp paper towel to remove silk threads from corncobs.

Before serving a melon half, cut a thin slice from the base of the fruit so that it sits firmly on the serving plate.



POTATOES: The Ultimate Comfort Food

Mashed, twice baked, or oven fried - spuds are hard to resist. So don't.

Potatoes are like your favorite pair of khakis: comfortable and compatible with just about anything. Imagine a perfectly dressed baked potato alongside a juicy steak: hot crispy fries dipped in cool ketchup; or creamy mashed potatoes ladled with savory brown gravy. These combinations just scream "comfort food".

While most people love potatoes, some shun the revered veggie because of its high carbohydrate content. Potatoes are indeed carbohydrate rich - but that's a good thing. Carbs are our bodies preferred fuel source.

At about 100 calories for a 5.3 ounce spud ; potatoes are not only modest in calories, but also very nutritious. That same tater also boasts 3 grams of fiber, 45% of the Daily Value for vitamin C, and 21% for potassium (a mineral that's important for maintaining a healthy heartbeat). So go ahead and put potato recipes on your breakfast, lunch, or dinner plate.

BLUEBERRY FACTS

A single bush can produce up to 6,000 berries a year.

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Native Americans used the fruit, the leaves and the roots of the plant to treat coughs, flavor soups, and dye clothes.

They're big in Japan. More than 500 metric tons are shipped there each year from the U.S.

July is national blueberry month.

SOME PEOPLE NEVER RETIRE

- o Golfers never retire, they just love their drive.
- o Lumberjacks never retire, they just pine away.
- o Accountants don't retire, they just lose their balance.
- o Bank managers don't retire, they just lose interest.
- o Vehicle managers? They re-tire every day.
- o Teachers don't retire, they just mark time.
- o Roofers don't retire, they just wipe the slate clean.
- o Engineers never retire, they just lose their bearings.
- o Beekeepers never retire, they just buzz of~.
- o Musicians never retire, they just decompose.
- o Farmers never retire, they just go to seed.
- o
- o Watchmakers never retire, they just wind down.
- o Academics never retire, they just lose their faculties.
- o Painters never retire, they just put a gloss on it.
- o Tree surgeons never retire, they just branch out.

(Shared by Gini McKenzie)

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The Amazing Cucumber

This information was in The New York Times several weeks ago as part of their "Spotlight on the Home" series. that highlighted creative and fanciful ways to solve common problems.

- 1. Cucumbers contain most of the vitamins you need every day, just one cucumber contains Vitamin 81, Vitamin 82, Vitamin 83, Vitamin 85, Vitamin 86, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.**
- 2. Feeling tired in the afternoon, put down the caffeinated soda and pick up a cucumber. Cucumbers are a good source of B Vitamins and Carbohydrates that can provide that quick pick-me-up that can last for hours.**
- 3. Tired of your bathroom mirror fogging up after a shower? Try rubbing a cucumber slice along the mirror, it will eliminate the fog and provide a soothing, spa-like fragrance.**
- 4. Are grubs and slugs ruining your planting beds? Place a few slices in a small pie tin and your garden will be free of pests all season long. The chemical in the cucumber react with the aluminum to give off a scent undetectable to humans but drive garden pests crazy and make them flee the area.**
- 5. Looking for a fast and easy way to remove cellulite before going out or to the pool? Try rubbing a slice or two of cucumbers along your problem area for a few minutes, the phytochemicals in the cucumber cause the collagen in your skin to tighten, firming up the outer layer and reducing the visibility of cellulite. Works great on wrinkles too!!!**
- 6. Want to avoid a hangover or terrible headache? Eat a few cucumber slices before going to bed and wakeup refreshed and headache free. Cucumbers contain enough sugar, 8 vitamins and electrolytes to replenish essential nutrients the body lost, keeping everything in equilibrium, avoiding both a hangover and headache!!**
- 7. Looking to fight off that afternoon or evening snacking binge? Cucumbers have been used for centuries and often used by European trappers, traders and explorers for quick meals to thwart off starvation.**
- 8. Have an important meeting or job interview and you realize that you don't have enough time to polish your shoes? Rub a freshly cut cucumber over the shoe, its chemicals will provide a quick and durable shine that not only looks great but also repels water.**

9. Out of WD 40 and need to fix a squeaky hinge? Take a cucumber slice and rub it along the problematic hinge, and voila, the squeak is gone!

10. Stressed out and don't have time for massage, facial or visit to the spa? Cut up an entire cucumber and place it in a boiling pot of water, the chemicals and nutrients from the cucumber will react with the boiling water and be released in the steam, creating a soothing, relaxing aroma that has been shown to reduce stress in new mothers and college students during final exams.

11. Just finish a business lunch and realize you don't have gum or mints? Take a slice of cucumber and press it to the roof of your mouth with your tongue for 30 seconds to eliminate bad breath, the phytochemicals will kill the bacteria in your mouth responsible for causing bad breath.

12. Looking for a 'green' way to clean your faucets, sinks or stainless steel? Take a slice of cucumber and rub it on the surface you want to clean, not only will it remove years of tarnish and bring back the shine, but it won't leave streaks and won't harm your fingers or fingernails while you clean.

13. Using a pen and made a mistake? Take the outside of the cucumber and slowly use it to erase the pen writing, also works great on crayons and markers that the kids have used to decorate the walls!!

..... guess you better go get a basket of cucumbers •....

