



# ANNE ARUNDEL ASSOCIATION FOR FAMILY & COMMUNITY

# Newsletter

2.

## EDUCATION

MAY - JUNE 2012

Dear Members,

I want to thank everyone for participating in our Overseas Coupon Program. I especially want to thank Sue Streeter who volunteered to collect and mail the coupons. Sue will keep us posted on this project. And many thanks for the school supplies you gave to Hebron Harman Elementary School. The Media Specialist, Ms. Lopez, is very grateful for our donations for incentives to read. What a generous group we have!

Last Sunday, April 29th, several of our members met at Carolyn Council's home for a bag lunch. We then carpooled to Down's Park for Walk With Women of the World. This is a worldwide endeavor to help ACWW with much needed funds. ACWW works with women in fifty-one countries to improve their lives.

Ann and I are attending a lunch on June 11 in Thurmont. Our National FCE President, Judy Fullmer will be visiting us. If you have any questions for Judy, please forward them to Ann or me.

Our next meeting will be on May 4th. Ann and I will present a program on "Turning Stumbling Blocks into Stepping Stones". In June, our last meeting before the summer break, we are delighted to have State Delegate Mary Ann Love visit us. She will update us on the activity of the Md. General Assembly in the past year. On

### UPCOMING EVENTS



- May 4 \*Meeting - Turning Stumbling Blocks Into Stepping Stones - Thelma Gore and Ann Fishell
- 13 Mother's Day
- 19 Armed Forces Day
- 28 Memorial Day
- June 1 \*Meeting - MD. Legislature Update - Mary Ann Love, MD State Del., A.A.County
- 14 Flag Day
- 17 Father's Day
- 20 First Day of Summer

July 4 Independence Day

\*Meetings will be held at the Univ. of MD Office in the County Office Bldg., Glen Burnie, at 10:00 a.m. Bring a sandwich; dessert and beverage will be furnished.

\* \* \*

that day, we will have a buffet lunch for Mary Ann and the Extension Office personnel. Bring your favorite dish that day to share with the staff.

Thelma Gore  
President

## RECYCLE COUPONS FOR OUR TROOPS

What do you do with expired coupons? Probably toss them in the recycle bin. However, there is a more productive way of using those expired little slips of paper.

However, our military families stationed overseas on U.S. bases can use coupons to shop at military commissaries.

The overseas military commissaries accept coupons up to six months past the expiration date? Months after you've recycled unused coupons, a family halfway around the world could be using them to save money on their groceries and other household expenses.

Here are a couple of websites to get you started.

\*The Overseas Coupon Program at [www.ocpnet.org](http://www.ocpnet.org). This is one of the largest and longest running websites spearheading the coupons to military effort. The OCP has excellent, step-by-step information on how to sort and package coupons and how to choose a base, to send them to.

\*Coupons to Troops [www.couponstotroops.com](http://www.couponstotroops.com). Coupons to Troops has great information to how to sort and mail both expired and unexpired coupons to troops, with lists of both overseas bases and organizations within the United States that collect and ship coupons.

(More information on this in the next newsletter, but you can start saving coupons now.)

\* \* \*

## DEGERM YOUR KITCHEN

1. Sterilize the sink  
Think your bathroom has a lot of germs? Your kitchen sink can have 100,000 times as many. Wipe it down with one tablespoon of bleach mixed with one quart of water. Then pour the solution down the drain to disinfect it as well.
3. Give sponges a bath  
Knock out bacteria in one of two ways. Soak sponges thoroughly and then zap them in the microwave for a minute, or run them through a full dishwasher cycle.
3. Clean your cutting boards  
Load them in the dishwasher after use. For wooden ones, add a few drops of bleach to a cup of water and scrub. (And invest in separate boards for vegetables, meats, and breads.)
4. Wash what you touch.  
Any surface that meets your hands frequently, like the fridge door or kitchen cabinets, should get a regular once-over with a bleach-and-water solution. Do the same with trash bins.

\* \* \*

June 17 - HAPPY FATHER'S DAY!

COFFEE.S 5 BEST PERKS

1. It may reduce your chance of developing diabetes.  
People who drink three to four cups of coffee each day are 25% less likely to develop type 2 diabetes. (Go easy on adding sugar or any flavored syrups which raise blood-sugar and add calories).
2. It helps reduce muscle soreness after workouts.  
A recent study showed that a dose of caffeine equal to that found in two cups of coffee reduced post-exercise muscle soreness by nearly half.
3. It's a great source of antioxidants.  
Antioxidants help protect your body from heart disease, stroke, and a slew of other diseases.
4. It's a brain booster.  
Coffee increases short-term recall, plus people who drink 3 to 5 cups of coffee each day are 65% less likely to develop dementia and Alzheimer's disease.
5. It may reduce your risk for developing some cancers.  
Coffee drinkers are 50% less likely to get liver cancer than non-coffee drinkers. There's also evidence that consumption is tied to lower rates of colon and breast cancers.

(Southern Living Mag.)

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THINGS TO DO WITH ••• A HAIR DRYER

1. Remove crayon marks or wax spills.  
Blow-dry the stain on high heat until the wax melts, then wipe it up with a sponge.
2. "Iron" your plastic tablecloth or shower curtain.  
Hot air on plastic relaxes pesky wrinkles. Be sure to hold dryer 12" away.
3. Set frosting or icing.  
Want your cake or cookies to look perfect? Cool air helps harden icing, hot air brightens a dull glaze.
4. Unstick a Photo  
Blow warm air on the back of the photo album page while working the photo on the other side free.
5. Dust hard-to-reach places.  
Point a dryer set on cool at those shelves and corners, and blow the dust right off.

\* \* \*

JEWISH PROVERB

"God could not be everywhere so he made Mothers."

(Woman's Day Mag.)

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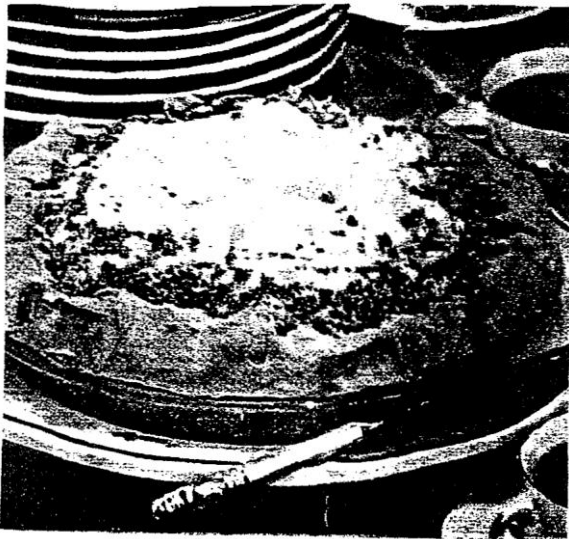
## RECIPES

### ANGEL PECAN PIE

Ann Fishell

3 egg whites  
1 cup plus 2 tablespoon sugar  
2 teaspoons vanilla  
1 cup crisp round-cracker crumbs  
(I use 20 Ritz crackers)  
1 1/2 cups chopped pecans  
1 cup heavy cream  
1/4 tsp. almond flavoring

Beat egg whites until foamy. Add 1 cup sugar a little at a time beating after each addition. Add 1 tsp. vanilla. Continue beating until mixture holds soft peaks. Mix cracker crumbs and 1 cup pecans. Fold into meringue mixture a little at a time. Spoon mixture into an 8" pie plate to form a shell. Pull up mixture into peaks around edge of plate with back of spoon. Spread evenly. Bake in a moderate oven, 350°F, for 30 minutes. Cool thoroughly on a wire cake rack. Mix cream, 2 table-  
spoons sugar, 1 teaspoon vanilla and almond flavoring. Whip until thick and shiny. Spoon into cold pie shell. Sprinkle remaining 1/2 cup chopped pecans round edge of cream. Using a sharp knife, cut like a pie. Makes 6-8 servings.



*Billowing clouds of whipped cream in a crisp meringue-and-pecan shell make Angel Pecan Pie an extra-special treat.*

### COCONUT POUND CAKE

Ann Fishell

1 cup margarine  
1/2 cup crisco  
3 cups sugar  
5 egg yolks (1 at a time)  
1 tsp. vanilla extract  
2 tsp. coconut extract  
3 cups flour sifted with  
1/2 tsp. baking powder  
1 cup warm milk

Cream margarine and crisco with sugar until well blended. Add eggs one at a time. Add extracts. Alternately add flour and milk ending with flour mixture. Beat egg whites until stiff and fold into batter.

Grease and flour tube pan. Bake at 325° for 1 hour 15-20 minutes. Check with cake tester.

Glaze: Boil 1-2 minutes.

1/2 cup sugar (glaze can be  
1/4 cup water omitted)  
1/2 tsp. almond extract

Pour or brush on cake while warm.

\* \* \*

"A friend is someone  
who reaches for your  
hand, but touches your  
heart."

## Suggestions for cooking for 1 or 2

Modify the measurements on some of your favorite recipes. (table follows)  
Write your changes in pencil on your recipe card.

Take advantage of your freezer. Buy items in bulk, but package and freeze in individual servings. Stock up on single serving foods on sale. Buy vegetables in bags and use portions as needed.

Cook a full recipe, but freeze serving size portions. Meatballs and sauce, a large batch of soup, some casseroles for example. Make a meatloaf, bake half, freeze remainder. Freeze portions of stuffing, twice baked potatoes, rice to make an easy addition to a meal.

Plan 2 to 4 meals from one entree. Purchase a rotisserie chicken, have the meat and vegetables the first night, use some of the chicken in an Italian dish the 2<sup>nd</sup> night, any left overs work well for soup, ala king or with noodles.

Leftover portions of broth, tomato sauce, paste etc. place in small containers or bags or freeze in ice cube trays, put in bag and freeze for future use,

Small meals - can use leftover meats in tortillas with shredded cheese. Fold over and heat in fry pan or bake until cheese is melted. Serve with salsa. Use sauteed or left over vegetables in a fritatta.

Make mini pizzas with English muffins.

Salads with slices of chicken, ham or steak with some good bread. I like melted brie with almonds and slices of a baguette with fresh fruit.

Buy low sodium products, read the labels. 1 tsp salt has 2325 mg sodium. A 4" oat bran bagel has 451 mg. of sodium. The body needs 1500 to 2400 mg. of salt a day. It helps to maintain the right balance of fluids in your body. Always remember to drink water,

Shop around the perimeter of your grocery. You will notice that is where you will find the fresh fruits and vegetables, dairy products and meats. More fresh foods you cook yourself and less processed items.

Recently, Thelma and I were cleaning out the file cabinet to get ready for our move to Gambrills. We came across this paper regarding our symbol and thought you may enjoy reading about it. (Ann)



The emblem is composed of three concentric circles which typify the home, the state, and the nation.

The hearth fire in the center symbolizes the home and expresses the spirit of the finer attributes of the home, such as fellowship, hospitality, comfort, peace and protection.

The oak leaf symbolizes the strength of the home; the lamp of knowledge, the wisdom with which a home and family must be created; the wheat, productivity and richness of family and community life.

Around these symbols are the words "HOME, FAMILY, COMMUNITY," with "COOPERATIVE EXTENSION SERVICE" in the outer circle -- designating the cooperation of the county, state, and nation in the Extension program.

This history of the emblem dates back to 1934 when a committee was appointed to work on the insignia for home demonstration work. Miss Myrtle Weldon, state leader, Kentucky, and Miss Ida Hagman, home management specialist, Kentucky, served on this committee. Miss Weldon composed the wording and Miss Hagman designed the emblem.

The emblem was patented in November, 1936, with the understanding that it should not be used for any commercial purposes or in connection with any advertising, but should be used only by members, officers, and leaders of home demonstrations clubs.

# SOCK IT TO ME

No matter how careful we are, one sock of each pair always seems to get lost in the laundry.

Ankle	N	R	C	U	F	F	G	E	M	B	L	E	M	S
Argyle	A	I	D	S	T	O	T	H	A	N	K	L	E	P
Athletic	E	B	S	E	L	R	E	B	O	G	O	L	K	O
Baby	L	B	H	F	T	E	I	C	O	L	O	R	S	L
Bobby	C	E	G	R	L	A	W	M	C	B	O	O	D	K
Casual	S	D	I	S	D	O	L	A	M	W	B	L	E	A
Clean	R	T	H	E	O	E	S	U	D	E	A	Y	S	D
Colors	E	S	E	L	L	U	T	E	S	M	D	N	I	O
Cotton	T	S	E	N	A	Y	P	T	R	N	Y	P	G	T
Crew	R	E	N	L	N	I	G	E	I	L	I	A	N	S
Cuff	A	R	K	W	R	I	H	R	O	N	N	I	E	Y
Designer	G	D	E	T	G	T	S	N	A	T	K	R	R	B
Dress	O	R	S	A	T	H	L	E	T	I	C	S	E	A
Emblems	C	S	N	O	T	T	O	C	E	T	I	H	W	B
Garters														
Golf														

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|------------|------------|---------|---------|
| Heels      | Logo       | Ribbed  | Trimmed |
| Insulated  | Nylon      | Striped | White   |
| Knee-highs | Pairs      | Tennis  | Wool    |
| Knitted    | Polka dots | Thermal | Work    |