



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

# Newsletter

NOVEMBER - DECEMBER 2011

Dear Members

Several of us attended the Maryland FCE Conference in Frederick. It was very enjoyable.. Frederick County FCE girls did a very marvelous job. Hotel accommodations were nice and very handy to meeting rooms. We had good speakers and programs. "Made in America" was very interesting and encouraged us to purchase "made in the USA" products. We had a beautiful Greyhound dog visit us. Neme was very friendly. Her mistress told the story of how she was adopted. Ann and I talked about conflict and how to deal with it. We can have conflict in our families, communities and organizations. We went to a dinner/theater and saw an entertaining play - "Chicago". Dr. Ho, a podiatrist, had a good presentation on taking care of our feet. Evelyn Ziegler gave FCE history throughout the meeting. Nancy Lewis, Frederick County Extension Agent, gave us tips to "Green Up Your Clean Up" and make a healthy home. All the baskets were beautiful and full of goodies. Oh, yes, we had a business meeting too. Next year, we will have

## UPCOMING EVENTS

- NOV 4 \*Meeting, - Crafts  
Virginia McKenzie  
6 Daylight Savings Time Ends  
Turn clocks back 1 hour  
11 Veterans Day  
24 Thanksgiving Day  
Dec 7 Pearl Harbor Day  
9 Christmas Party at Thelma  
Gore's home, 7000 Locust  
Drive, Hanover (Off Dorsey  
Road) at 11:00 a.m.  
25 Christmas Day  
Jan. 1 New Year's 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.

\* \* \*

Regional Meetings in October.  
We had new officers installed  
by Barbara Perry with an in-  
spiring service. The Maryland  
Board Members for 2012 are:

President - Martha Moser  
President Elect - Libby Wade  
V. President for Program -  
Evelyn Ziegler  
V. President for Public Policy  
Marilyn Simonds  
Secretary - Barbara Perry  
Treasurer - Louise Ediger  
Parliamentarian - Barbara Perry

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Please come to the November meeting. We are going to make a Christmas ornament. The instructor will be Kathy Anthony. Kathy is a member of the Anne Arundel Decorative Painters Guild.

And don't forget our annual Christmas party on December 9th starting at 11:00 a.m. It's such a nice way to begin the holidays. Call me if you have any questions.

Thelma Gore  
President

\* \* \*

There's more, much more to the  
Holidays  
Than candle-light and cheer  
It's the spirit of sweet  
friendship,  
That brightens all the year.  
It's thoughtfulness and  
kindness,  
It's hope reborn again  
For peace, for understanding  
And for goodwill toward men.

(Shared by Helen Totura)

\* \* \*

THINGS WE CAN LEARN FROM A DOG

- \* Never pass up the opportunity to go for a joyride!
- \* When loved ones come home, always run to greet them.  
When it's in your best interest, practice obedience, take naps and stretch before rising.
- \* When someone is having a bad day, be silent, sit close by and nuzzle them gently.
- \* Thrive on attention and let people touch you.  
Avoid biting when a simple growl will do.
- \*
- \*
- \* On hot days, drink lots of water and lay under a shady tree.  
No matter how often you're scolded, don't bury into the quilt thing and pout - turn right back and make friends.  
Delight in the simple joy of a long walk.

\* \* \*



RECIPES

18 HOUR

SALAD

Louise

Ediger

1 small head cauliflower, chopped  
1 head lettuce, shredded  
1 large onion, diced  
1/2 lb. bacon, fried crisp and crumbled  
1 pkg. frozen -peas, uncooked

Dressing:

1 pkg. creamy Italian dressing  
1 pint Heillman's mayonnaise  
4.oz, Parmesan cheese

In a large bowl, layer cauliflower, lettuce, onion, bacon, and frozen peas in that order. Mix remaining three ingredients thoroughly. Spread on top to sides of bowl. Refrigerate overnight.

Before serving, mix well all ingredients. Makes a large salad. This is a delicious salad and goes well with all food types.

(I sometimes use Bacon Bits in place of bacon. It does not effect the taste of the salad in any way. - Louise Ediger)

A QUICK DESSERT:

PINK FLUFF

Louise

Ediger

1 20 oz. can crushed pineapple, well drained  
1 20 oz. car cherry pie filling  
1 14 oz. can sweetened condensed milk  
1 16 oz. container frozen non-dairy topping, thawed  
1 cup nuts, chopped  
Combine all of the ingredients together in a large bowl, stir

well. Chill 4 hours. Serves 10-15 people.

CONFETTI COLESLAW

Louise Ediger

1 bag of prepared coleslaw  
2 packages of chicken flavored ramen noodles uncooked and crumbled  
2 bunches green onions, chopped  
1 cup slivered almonds  
1 cup sunflower seeds (optional)

Dressing

2 chicken flavor packets from ramen noodles  
1/2 cup cider vinegar  
1/2 cup granulated sugar  
1 cup salad oil

Mix coleslaw, noodles, onions, almonds, and sunflower seeds and chill for one hour. Mix the dressing thoroughly and pour over the coleslaw mixture and chill until ready to serve. Great salad!

CHIPPED BEEF DIP

Ann Fishell

8 oz. cream cheese, softened  
8 oz. sour cream  
2 packages chipped beef, chopped  
1 small onion, chopped  
2Tbs. milk .

Mix all ingredients well. Spoon into greased baking dish.

Bake 20 minutes at 350 degrees or microwave 4 minutes at 80 percent.

Serve warm with crackers.

\* \* \*

More recipes -

RAINBOW PASTA SALAD RECIPE

Louise Ediger

- 3 cups uncooked multi-colored pasta
- 1/2 bottle prepared Italian dressing
- 1/2 cup grated Parmesan cheese
- 1 small can sliced ripe olives
- 1 red or green bell pepper chopped
- 1 medium cucumber cut in small pieces
- 1 ear of corn, with corn cut off (raw)
- 1 medium carrot, thinly sliced
- 5 tomatoes, cut in small pieces

Cook pasta according to the directions, drain and cool. Combine dressing and Parmesan cheese and shake well. Toss vegetables with pasta. Add dressing mixture and toss again. Serve when very chilled. Makes a nice size salads.

Sweet potato candy without spuds

SWEET POTATO CANDY

Helen Totura

- 1/2 cup butter or margarine, softened
- 1 teaspoon vanilla
- .3 1/2 cups confectioners sugar, sifted
- 1/2 cup flaked coconut (optional)
- 2 tablespoons cinnamon, More if needed

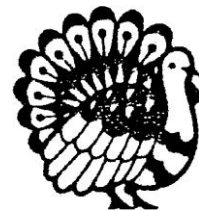
Cream. butter or margarine with vanilla. Gradually add sugar and mix until thoroughly blended, Add coconut, (if using) and knead until smooth. Roll into 1 inch balls. Shape like sweet potatoes or 2 inch stick. Allow to harden at room temperature for about 1 hour. Roll in cinnamon or if preferred roll in confectioners sugar or a combination of both.

SWEET POTATO or YAM?

The terms may be used interchangeably, but a true yam is quite different from a sweet potato. Yams have brownish barklike skin and off-white or white flesh. They're also sweeter and can grow to be much larger than sweet potatoes. The sweet potato (sometimes labeled as "yam") found in most supermarkets has orange to reddish skin with orange sweet flesh and a moist texture. Varieties with thin, pale yellow skin and yellow flesh tend to be the less sweet and have a crumbly texture.

(Better Homes Gardens)

\* \* \*



1. When you buy a container of cake frosting from the store, whip it with your mixer for a few minutes. You can double it in size. You get to frost more cake/cupcakes with the same amount. You also eat less sugar and calories per serving.
2. To warm biscuits, pancakes, or muffins that were refrigerated, place them in a microwave with a cup of water. The increased moisture will keep the food moist and help it reheat faster.
3. To get something out of a heat register or under the fridge add an empty paper towel roll or empty gift wrap roll to your vacuum. It can be bent or flattened to get in narrow openings.
4. Before you pour sticky substances into a measuring cup, fill with hot water. Dump out the hot water, but don't dry the cup. Next, add your ingredient, such as peanut butter, and watch how easily it comes right out.
5. Heat up leftover pizza in a nonstick skillet on top of the stove, set heat to med-low and heat til warm. This keeps the crust crispy. No soggy micro pizza.
6. To prevent foods like tomato sauce and chili from staining plastic containers, coat the container with cooking spray before using.
7. Permanent marker on appliances/counter tops (like store receipt BLUE), use rubbing alcohol on paper towel.
8. 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!
9. Use vertical strokes when washing windows outside and horizontal for inside windows. This way you can tell which side has the streaks. Straight vinegar will get outside windows really clean. Don't wash windows on a sunny day. They will dry too quickly and will probably streak.
10. Wrap celery in aluminum foil when putting in the refrigerator and it will keep for weeks.
11. 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?!?!

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## THE LEGEND OF THE CHRISTMAS CANDLE

Many years ago, a cobbler and his wife lived in a cottage on the edge of a village in Austria. They had few possessions, but whatever they owned, they shared with others.

Symbolic of this generosity and love of mankind was the lighted candle they placed in the window of their cottage.

Over a period of years, war, famine and destruction fell upon this little village - and yet, through it all the cobbler and his wife suffered far less than the other villagers.

"Surely there is something special about them; they are always spared from our misfortunes" said the villagers.

"Let us put a candle in our window and see if that is the mysterious charm."

Now it happened that the first night that a candle was lighted in the windows of every home was Christmas Eve, and before the first rays of the morning sun, a messenger rode into

the village to bring the great news, peace had come!

That Christmas Day there was amazement and awe in the hearts of the humble villagers.

And, as they thanked God for the blessing of peace, they said to one another:

"Let us always remember to light candles on the evening of Christ's birth."

And now, many years later, this beautiful custom of placing a lighted candle in the window on Christmas, has spread all over the world, sending forth a message of love, hope and cheer . . .

## FIRST (EMERGENCY)

The Emergency Number worldwide for Mobile is 112.

If you find yourself out of the coverage area of your mobile network and there is an Emergency, dial 112 and the mobile will search any existing network to establish the emergency number for you, and interestingly, this number 112 can be dialed even if the keypad is locked. Try it out.

## SECOND (Hidden Battery Power),

Imagine your cell battery is very low. To activate, press the keys \*3370#. Your cell phone will restart with this reserve and the instrument will show a 50% increase in battery. This reserve will get charged when you charge your cell phone next time.

## THIRD (How to disable a STOLEN mobile phone? )

To check your Mobile phone's serial number, key in the following Digits on your phone.

**\*#06#**

A 15-digit code will appear on the screen. This number is unique to your handset. Write it down and keep it somewhere safe.

If your phone is stolen, you can phone your service provider and give them this code. They will then be able to block your handset so even if the thief changes the SIM card your phone will be totally useless. You probably won't get your phone back, but at least you know that whoever stole it can't use/sell it either. If everybody does this, there would be no point in people stealing mobile phones.

## FOURTH (Free Directory Service for Cells}

Cell phone companies are charging us \$1.00 to \$1.75 or more for 411 information calls when they don't have to. Most of us do not carry a telephone directory in our vehicle, which makes this situation even more of a problem. When you need to use the 411 information option, simply dial:

**(800) FREE411 or (800) 373-3411**

without incurring any charge at all. Program this into your cell phone now. This is sponsored by McDonalds.

(You may want to keep a copy of this in your car - Ann)