



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

# Newsletter

JANUARY - FEBRUARY 2012

Dear Members,

UPCOMING EVENTS



Our new year - 2012 is here! A lot has happened this past year. Three of our members moved to Charlestown. We have had good programs at our meetings. The Maryland Conference was fun and informational. Bad weather was all over the nation, but Maryland was spared any serious disaster. I hope we can sail smoothly through 2012.

Wasn't it nice to see Dave Myers, Extension Agent, in the MD Gazette newspaper. He had been in Afghanistan for several weeks with an agricultural program. His son, Andrew, who is in the Marines, was stationed in Afghanistan. I'm looking forward to hear of Dave's travels and experiences. Dave will be our speaker at the January 6th meeting. Naeemah Raqib will present a program on February 3th. Don't forget to wear something red for heart month.

- Jan. 1 Happy New Year!
- 6 \*Meeting - History of the Naval Academy Dairy Farm - Dave Myers
- 16 Martin Luther King's Birthday
- Feb. \*Meeting - Naeemah Raqib
- 14 Valentine's Day
- 20 President's Day
- 22 Ash Wednesday

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

February is Heart Month - Wear Red!

\* \*

I'm wishing everyone good health and happy times in the New Year.

Thelma Gore  
President

NEWS ABOUT OUR FRIENDS

In November, 2011, we received word that Mary Ellen Shachet died suddenly while on vacation in New Mexico. She was an Extension Agent in Anne Arundel County from May 1986 to September 2005. We extend our sympathy to the family.

We received word that Joanne Hamilton was recently diagnosed with breast cancer. She is undergoing treatment now and will be operated soon. Best wishes you, Joanne.

For some better news •••

On January 14th, Marjorie and Tony Salatti will celebrate their 68th wedding anniversary.

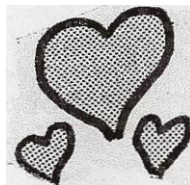
Congratulations!

VALENTINE FOOD FOR THOUGHT

Cabbage always has a heart. Green beans string along  
You're such a cuke 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 sweet corn 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.



## THE TRUTH ABOUT ANIMAL CLICHES

### Eyes Like a Hawk

This is what you want your optometrist to tell you. A hawk can see a rabbit from two miles away or a dime from 1200 feet. The smallest object a human can see from 1200 feet is a grapefruit.

### Blind As A Bat

All bats can see. But most species - about 20 per cent -, augment their vision with echolocation. Many bats have tiny eyes, which probably gave rise to the belief that they are blind. But even if they couldn't see, bats that use echolocation could still detect tiny objects in their environment because the sounds they emit bounce back to them, telling them what lies ahead as they flit through the air.

### Hungry As A Bear

Now, that's hungry! In fall when salmon first arrive in the streams and grizzlies are most hungry, a big male can eat up to 90 pounds of fish in a single day. If a real bonanza is encountered, such as a whole carcass, a hungry polar bear maybe able to eat more than 100 pounds of blubber and meat in a day. So if you have friends who eat like polar bears, you might tell them to watch their cholesterol.

### Busy As a Bee

Bees are very busy, if you mean honey bee workers and workers of other hive-dwelling social bees. All the bees in a hive have assigned duties. For the queen and also the males, called drones, the tasks are simple. The queen lays eggs, producing more bees, and the drones fertilize the queen. But the real busy bees are the workers, which are undeveloped females. Workers gather nectar to make honey, build the wax combs in which larvae are raised, defend the hive, feed the queen and the larvae, and when the hive gets too warm, they cool things down by flapping their wings - up to 11,000 times per minute. A big hive will include as many as 60,000 busy workers, each of which may live for about 35 days. But after that •• Rest In Peace.

### Eats Like a Bird

If someone says you eat like a bird and has songbirds in mind, you might consider going on a diet. Birds are voracious eaters! Most birds eat 25 to 50 percent of their body weight daily. Birds have high metabolisms, burning up calories faster than a long distance runner. Hummingbirds are probably the metabolic champs, maintaining their wing-blurring flight by eating almost continuously all day long, putting away a meal of flower nectar - supplemented with the occasional spider or insect - every 10 minutes. They must eat about twice their body weight daily, the equivalent of a 150-pound man chowing down about 1,000 quarter-pound burgers a day, bread and all.

(National Wildlife)

\* \* \*

## RECIPES

### SHRIMP BISQUE Susan 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 C half & half  
1 onion chopped  
12 oz. pimientos, chopped  
1 tsp paprika  
1/4 tsp. pepper

Directions: Steam shrimp, peel, and cup up. Saute onions and mushrooms in margarine. Add soup, half & 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.

The above recipes were served at the Christmas Party. Delicious!

### CHOCOLATE CRINKLE COOKIES Ann Fishell

1 pkg. Betty Crocker Super-Moist devil's food or chocolate fudge cake mix  
1/2 cup vegetable oil  
2 eggs  
1 tsp. vanilla  
granulated sugar

Heat oven to 350°F. Mix cake mix, oil, eggs and vanilla in large bowl with spoon until dough forms.

Shape dough into 1-inch balls. Roll balls in sugar; on ungreased cookie sheet, place about 2 inches apart.

Bake 10 to 12 minutes or until set. Cool 1 minute; remove from cookie sheet to cooling rack. Cool completely, about 30 minutes. Store tightly covered.

\* \* \*

### HOT CRAB DIP Thelma Gore

1 lb. back fin crab meat  
2 6-oz. packages softened cream cheese  
2 tsp. Worcestershire sauce  
2 tap. horseradish  
2 Tbsp. mayonnaise  
2 tsp. Old Bay Seafood seasoning  
2 tsp. lemon juice

Pick cartilage from crab meat. Add cream cheese, mixing together with hands until cheese and crab meat are thoroughly mixed. Add rest of ingredients and mix well. Pre-heat oven 350°. Bake 25-30 minutes. Serve hot.



EDITOR  
Ann R. Fishell  
410.766.5097  
[Phacke@aol.com](mailto:Phacke@aol.com)

## Friday the 13th

Friday the 13th is considered the unluckiest of days in many superstitions, unless you were born on Friday the 13th, in which case it is your lucky day.

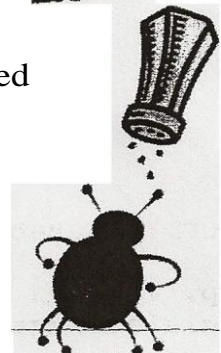
The fear of Friday the 13th is called paraskavedekatriaphobia.

The origins of Friday superstitions are many. One of the best known is that Eve tempted Adam with the apple on a Friday.

The origins of the Friday the 13th superstition have also been linked to the fact that there were 13 people at the last supper of Jesus, who was traditionally crucified on Good Friday.

### Common Superstitions:

- **It's bad luck to walk under a ladder** - early Christian belief that a leaning ladder formed a triangle with the wall and ground. You must never violate the Holy Trinity by walking through a triangle.
- **God Bless You** - during the 16th century, it was customary to congratulate someone who sneezed because they were expelling evil from their bodies. Later, when a great plague took hold of Europe, and people started sneezing violently, the Pope passed a law. Since sneezing meant that the person was going to die of plague, people were required to bless the sneezer,
- **Don't spill the salt** - salt was a very precious and expensive commodity in the middle ages. It was also used for medicinal purposes. If you spilled any, you must immediately throw it over your left shoulder to strike the nasty spirits in the eye, thus preventing illness.
- **Ladybug, Ladybug, flyaway home** - it is bad luck to kill a lady bug because it represents the Virgin Mary.
- **Breaking a mirror brings you 7 years bad luck** - some time ago people believed that reflections were actually glimpses of the viewers soul. To break a mirror meant you were also breaking your soul.
- **Knock on wood** - supposed to keep the evil spirits that lived in the wood from coming out and spoiling the good fortune.
- **Rabbit's foot brings good luck** - Early man was puzzled by the rabbit: at the rabbit's cleverness while hunting and its ability to burrow underground. Man was particularly impressed by the animal's swiftness, which was due to its powerful hind legs. The rabbit became a sign of good fortune, and its hind foot became a treasured amulet.



NOTE: In 2012, there are three Friday the 13ths.-  
January, April, and July.