



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

Newsletter

JANUARY - FEBRUARY 2014

Dear Members,

Hope you all had a nice holiday and are enjoying (??) this winter. (Brrr.)

There will be a meeting February 5th. Helen Angel is in charge describing the makings of soup and breads. which we will have for lunch. Desserts will be furnished by the members.

The March meeting will be an up-date on the 4-H organization by Amanda.

See you Friday,

UPCOMING EVENTS

- Jan. 1 New Year's Day
- 3 History of the Dairy Farm - Dave Myers
- 20 Martin Luther King
- Feb. 3 Program: Soup, Breads, Desserts - Helen Angel
- 17 President's Day
- 22 Washington's Birthday

Meetings will be held at 10:00 a.m. at Dairy Lane, Gambrills.

Dessert and beverage will be furnished.

Ann Fishell



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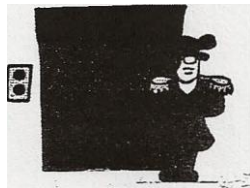
15.

Perks of being over 60 ...

1. Kidnappers are not very interested in you.
2. In a hostage situation you are likely to be released first.
3. No one expects you to run into a burning building.
4. People call at 9 PM and ask, "Did I wake you?"
5. People no longer view you as a hypochondriac.



6. There is nothing left to learn the hard way.
7. Things you buy now won't wear out.
8. You can eat dinner at 4 P.M.
9. You enjoy hearing about other peoples operations.
10. You get into heated arguments about pension plans.
11. You have a party and the neighbors don't even realize it.
12. You no longer think of speed limits as a challenge.
13. You quit trying to hold your stomach in, no matter who walks into the room.
14. You sing along with elevator music.



15. Your eyes won't get much worse.
16. Your investment in health insurance is finally beginning to pay off.
17. Your joints are more accurate meteorologists than the national weather service.
18. Your secrets are safe with your friends because they can't remember them either.
19. Your supply of brain cells is finally down to manageable size.

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Chicken Cranberry

Adapted from Nancy L
Serves 2, good over rice or noodles

2 chicken breast halves cut in pieces or not, your choice
 $\frac{1}{4}$ can WHOLE cranberry sauce
 $\frac{1}{4}$ pkg. Lipton DRY onion soup mix
2 oz. (RED) French dressing (about 4 Tablespoons)

Place chicken breasts in baking pan. Mix remaining ingredients, pour over chicken. Bake 350° F 45 - 50 minutes. Serve over rice.

To measure onion soup mix: measure out 4 equal portions in similar sized containers. Save the remaining 3, clearly marking what you have done.

In place of French dressing make $\frac{1}{4}$ cup of your favorite dressing. I recommend: 2 Tablespoons balsamic vinegar, 1 teaspoon Dijon, mix in a small jar, then add 2 Tablespoons olive oil, mix again.

Quick Corn Chowder.

Adapted from betty Crocker's Dinner for Two Cookbook
2 Servings

1 can (7 oz) whole kernel corn
1 can (8 oz) creamed style corn
2 Tablespoons (to taste) minced onion
Salt to taste
 $\frac{1}{2}$ cup milk
1 tablespoon butter

Cook onion in butter until transparent, add remaining ingredients. Heat to almost boiling, stirring. Watch carefully so it does not scorch.