



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

Newsletter

MAY - JUNE 2013

Dear Members,

UPCOMING .t;VENTS

We are near to our summer break. We have only two meetings to go, May and June. It seems like September was just a few weeks ago. Time certainly flies by. It has been a wonderful year. One of the most exciting things was receiving a grant of \$500.00 from the "Take Back Our Streets" organization. Gini McKenzie was instrumental in pursuing and winning this amount. Thank you so much, Gini! She worked hard on the grant offered by the AA County Video Lottery Facility. We did not get that grant, but was approached to submit a grant request from "Take Back Our Streets". This came at the right time because at our last meeting, we were discussing how to save money for our depleting treasury.

On May 3, our program will be on our Ideal Siloutte. We will have a few fashion tips for you.

We are planning to walk for the ACWW Walk Around the World. ACWW organization does great work and inspires women in many countries to be independent and support themselves. FCE has always supported them by our Pennies for Friendship contribution. We have donated sewing machines, floss and embroidery thread and other items to help women get started to earn a living.

After the meeting, we will have lunch that will be provided. There will be beef barbeque, chips, drink, and dessert. Wear your walking shoes.

May 3 *Program: Ideal Siloutte
Thelma Gore
12 Mother's Day
18 Armed Forces Day
27 Memorial Day (celebration)

June 7 *Paints - Judy Ammenhauser
16 Father's Day
14 Flag Day

July 18-21 National conference,
Fargo, N.D.

Sept.19-20 State Conference

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

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If you cannot participate in the walk, you can visit inside and enjoy more coffee.

In June, our program will be on "Paints". If you are planning any paint project, you don't want to miss this program. There are so many new types of paint, color, and texture to choose from.

Thelma Gore
President

The following article is from Virginia McKenzie who diligently worked to apply for the grant.

Recently AAAFCE came to the attention of Maryland State Senator James "Ed" DeGrange when we applied for a grant from the Anne Arundel County Local Development Council. Our request was denied, but Senator DeGrange thought our request would be a good fit with the "Take Back Our Streets" non-profit which primarily helps children and youths in need. Ms. Linda Harris, Legislative Assistant to our First District Anne Arundel County Councilman, Peter Smith, recommended that we request financial support from Senator DeGrange in care of "Take Back Our Streets", an organization in which Ms. Harris is also involved. AAAFCE received a generous donation of \$500 from "Take Back Our Streets" to be used for several of our charitable projects, including colorful fleece pillowcases for pediatric patients at Baltimore-Washington Medical Center; infant mittens, to prevent scratching, for newborns at Anne Arundel Medical Center; reading incentives for grades 1, 2, and 3 for the media specialist at Frank Hebron Harman Elementary School; and filled backpacks for Anne Arundel County Public School students in need. We are grateful for this generous donation which will enable AAAFCE to continue to reach Anne Arundel County residents in need.

* * *

3. All ingredients should be at room temperature for cakes and cookies. If you've forgotten, try *this* quick fix. Soak eggs in warm water for five minutes.
4. Forgot to grease the pan when baking? Set it on a damp towel for a few minutes after removing from the oven, and your baked goods won't stick.
3. If you have multiple cookie trays in the oven at the same time, switch them between the racks halfway through baking - you'll get evenly browned cookies, guaranteed.
4. After you take cookies out of the oven, let them rest on the baking sheet for two minutes. It will give them time to set so they won't break when you transfer to a cooling rack.

(From Moms to the staffers of Good Housekeeping Magazine)

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HAPPY FATHER'S DAY



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6.
WHY DO BIRDS CHIRP LOUDER
DURING THE SPRING?

Birds chirp louder in the spring because for most, it marks the beginning of breeding season.

Longer days, not warmer weather, trigger an increase in spring activity. As the days get longer, birds' brain cells detect sunlight penetrating through their thin skin and skulls.

Resulting hormonal changes lead to a readiness to mate. Smaller birds, such as sparrows, warblers, and finches, only produce their melodious tunes at this time.

Volume frequency and variety of sounds all intensify to impress potential mates and establish territory. Males sing as they patrol areas to secure boundaries from other birds and to show off what they claim.

Females use the songs to help determine which males are the same species and have the qualities of a good partner to produce, successful offspring.

As breeding season progresses, song frequency drops off when males' duties change from attraction and territory defense to tending their mates, nests and offspring.

Both males and females make other sounds to communicate throughout the year with shorter less complex calls.

(From Wildlife & Heritage center, MD Dept. of Natural Resources) .

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11"



CHEESE

When cooking with cheese, use low temperatures for a short time, just long enough to melt and blend in the cheese. High heat and long cooking tends to make cheese stringy and tough.

Other tips to keep in mind:

Shred, grate or cut cheese into small pieces to promote even blending in a short amount of time.

When adding cheese toppings to food, add at the end of baking or broiling and heat just long enough to melt it.

When making a sauce, add cheese as the last ingredient and heat just until melted.

For accurate measurement, use weight:

4 ounces = 1 cup shredded

1 ounce = 1/4 cup shredded

Use a microwave oven to soften or bring cheese to room temperature.

Soften cream cheese:

3 ounces - about 30 seconds at 50 percent power

8 ounces - about 60 seconds at 50 percent power

Bring to room temperature

unwrapped 8 ounce portion cheese rotating once during heating.

Soft - 1 inch thick 20 to 30 seconds at 30 percent power

Semi-soft - 2 inches thick about 40 seconds at 30 percent power

Firm - 1 inch thick about 50 seconds at 30 percent power.

Let stand the minutes before using.

(Shared by Judy Ammenhauser)

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Clever uses for Toothpaste

Freshens breath? Check! Prevents gingivitis? Check! Cleans walls? Yup, that too. Find out what else this medicine-cabinet staple can do for you.

9.

1

Soothe a bug bite.
If an itchy, stinging bump is causing you to gnash your teeth, apply a pea-size dollop of minty toothpaste to the spot. It contains an ingredient that has a cooling and numbing effect on your skin.

3

Nix crayon stains on walls
When little visitors leave behind a colorful reminder of their stay, use a rag and some toothpaste to dear away the mark. Its gritty texture easily cuts through waxy residue.

Before cosmetics giant Johnson & Johnson put toothpaste into tubes in 1873, it was sold in glass jars. What prompted the switch: an effort to make the product easier to use while traveling.

2

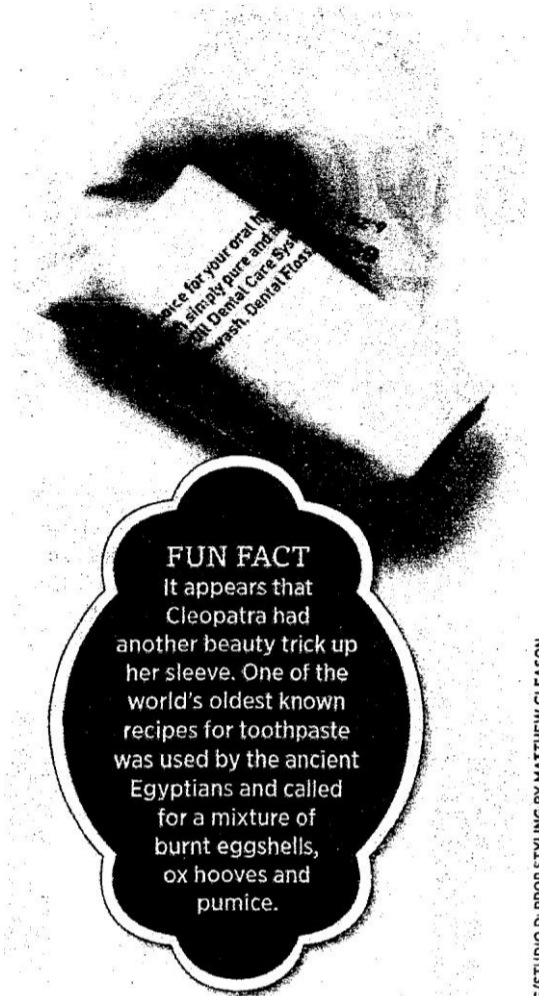
Freshen your fingers
Made a pot of sauce and can't get that garlicky smell off your hands? Squirt some paste into a damp cloth and lather up-it eliminates odors on your hands just as it does in your mouth.

womansday.com | March 2013

4

Display artwork
Hang posters with a more paint-friendly adhesive than tape. Apply a dab of toothpaste to each corner of your artwork, then position and stick it to the wall. To remove, carefully peel the piece off the wall and rub away the paste with a damp rag,

Polish jewelry
To remove buildup on baubles, rub toothpaste onto your rings, necklaces and earrings with a soft brush or your fingers, then rinse well with warm water. (Don't use this technique on delicate items or pearls.)



FUN FACT
It appears that Cleopatra had another beauty trick up her sleeve. One of the world's oldest known recipes for toothpaste was used by the ancient Egyptians and called for a mixture of burnt eggshells, ox hooves and pumice.

4

SOURCES: Colgate. Johnson & Johnson. Danny Upford, *Today's Homeowner*. Maid Brigade, Inc. Ava Shamban, MD, board-certified dermatologist and author. *Heal Your Skin*.

ALISON GOOTEE/STUDIO D; PROP STYLING BY MATTHEW GLEASON.



Maple Orange Chicken

Modified from Parade magazine

Serves 2

2 chicken cutlets (or turkey) patted dry
2 Tablespoons oil
Salt and pepper as desired
1/4 cup maple syrup
1 Tablespoon (to taste) orange marmalade
Juice of a half lemon (serve the other half in wedges with the chicken)

Cook chicken over medium high heat until browned and opaque. This is the only cooking of the chicken; cook to your preference keeping the safety guidelines (170°) in mind. Transfer to warm platter.

Discard oil in pan, add maple syrup over medium heat (it will bubble,) stir in marmalade, boil 1 minute or so until the sauce thickens. Add lemon juice. Pour over chicken. Dust with parsley and scallions if desired.

Per serving: 370 calories, 18 g carbs, 46 g protein, 12 g fat and 125 g cholesterol.

In place of the maple syrup, you could use sugar and maple flavoring, molasses, or brown sugar.

Nancy's Orange Chicken

From Nancy S

A nice easy way to jazz up chicken

Saute or bake chicken until almost done.

Top with orange marmalade. Cover if sauteing or place in oven uncovered if baking until marmalade is melted.

Six Week Bran Muffins

This batter keeps in the refrigerator for six weeks.

Use as much as you want at a time.

Recipe makes 12 regular muffins more mini

Adapted from recipe from Ruth Williams

1 $\frac{3}{4}$ cup raisin bran (or use plain bran flakes and add your own raisins or currants
for mini muffins)

1 cup sugar

1 $\frac{2}{3}$ cup flour

1 $\frac{3}{4}$ t baking soda

$\frac{2}{3}$ t salt

1 large or 2 small eggs

1 $\frac{1}{3}$ cups buttermilk or sour milk

$\frac{1}{3}$ cup oil

Sift dry ingredients, add eggs, oil buttermilk; mix well. Add bran flakes (and fruit if using,) mix together. Cover and refrigerate.

When ready to bake muffins, do not stir, fill muffin pans $\frac{3}{4}$ full and bake at 375° for 15 to 20 minutes for regular muffins. Adjust time for mini muffins.

No Flour Peanut Butter Cookies

From Paula Dean (no butter! Imagine that!!)

Greased or parchment lined cookie sheet 350° 12 minutes

1 cup peanut butter, creamy or crunchy

1 $\frac{1}{3}$ cups sugar replacement (Splenda recommended)

1 egg

1 teaspoon vanilla

Combine all ingredients, mix well with spoon, Roll into walnut sized balls, place on prepared cookie sheet. Dip fork into sugar replacement, press into each cookie to make crisscross design.

Bake 12 minutes. Remove from oven, sprinkle with more sugar replacement. Cool cookies on cookie sheet before removing from sheet to cool.

I have made these cookies with 1 $\frac{1}{2}$ cup sugar. They are excellent.

If using Splenda, be aware that it is very sweet. I usually use half the recommended amount.

These are very fragile cookies.