



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

Newsletter

SEPTEMBER - OCTOBER 2010

Dear Members,

This was a very hot summer and now I'm looking forward to some cool autumn weather. Elaine Crow, Evelyn Ziegler and I went to the National Conference in July. It was hot there too. We didn't have to leave the hotel if we didn't want to. We did walk to a restaurant for dinner one night" but it was a short walk\ . Judy Fulman did a beautiful job as Acting President after the death of Betty Lucas.

National Headquarters is taking care of the Website. New officers were elected: Judy Fulman is President, Susan Martel is now Vice-President for Program, and the Treasurer is Marcia Price. We had a great time. On Sunday we heard some bad weather was coming to Grand Rapids. We had nothing planned that day. At breakfast, a lady from Michigan, Betty, offered to take us around town. So off we went! After a nice lunch, we visited the Robert Ford Presidential Museum. We thoroughly enjoyed it. We stopped at McDonald's for ice cream, as Betty's favorite ice cream shop was closed. She took us through the city. Later I learned she was President of Michigan. She was a lovely and gracious hostess. We had a wonderful afternoon. When we arrived home, we learned that Maryland got the bad weather. There was a storm that broke trees all through our neighborhood and an earthquake that woke my husband up. Everything was soon normal again.

Our first meeting of the coming year is September 3rd. John Hartlove will speak to us about maintaining our cars. Ladies, we need to learn all we can about taking care of our vehicles.

UPCOMING EVENTS

- Sept. 3 *Meeting - pgm. "Car Upkeep" by "Joe the Mechanic"
6 Labor Day
12 Grandparent's Day
27 Region '11 Meeting - Montgomery County
- Oct. 1 *Meeting - Pgm. by Naemah Raqib
11 Columbus Day
13 Region I Meeting - Allegany County
31 Halloween

*Meeting will be held at the Extension Office in the County Office Bldg., Glen Burnie, at 10:00 a.m. 'Bring a sandwich, dessert and beverage will be furnished.

* * *

In October, Naemah Raqib will present a program on food and nutrition.

Plan to attend the Region II meeting that will be hosted by Montgomery County. It will be at the Extension Office in Derwood on September 27th. One of the programs will be Start Your Engine. Learn how to take care of your body. Bring your award certificates to the meeting. Board members will help you obtain your FCL certification. They will tell you the category you may need additional awards and how to process them.

Thelma Gore
President

FRON THE TREASURER

Time to pay dues again in September. Annual dues are as follows:

Individual

National	\$19.00
State	3.50
County	<u>4.50</u>
Total:	\$27.00

Family

National	\$26.50
State	7.00
County	<u>9.00</u>
Total:	\$42.50

Senior (80+)

National	\$15.80
State	3.50
County	<u>4.50</u>
Total:	\$23.80

On the membership form, please remember do not abbreviate county; City, street, etc. Please sign at the bottom of the form.

Bring your form and dues to the September 3rd meeting. Checks to be made out to AAAFCE. Thank You!

Susann Streeter
2 Lexington Road
Harmans, MD 21077

PH. 410-595-5782

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(Membership form is page 7.)



WANTED TO PURCHASE

MARYLAND QUILT BOOK and FCE COOKBOOK

I need them for gifts. If you could help me out I would appreciate it very much.

Contact:

Helen Angel
13 Lexington Road
Harmans MD 21077
Phone: 410-761-1266

* * *

GRANDMAS: WHAT A GREAT IDEA

Grandmas are one of God's most wonderful inventions.

They don't really have to do anything - just be there. They're old, so they shouldn't play very hard or run.

They go to the store with their grandkjs, and always seem to have lots of change in their purse-for the pretend horse and a tootsie roll.

When they go for walks, they always seem to slow down past things like pretty leaves and caterpillars. They never hurry up.

They usually wear glasses and most of the time can take their teeth out to show them to the grandkids.

Grandmas don't have to be smart. They only need to be able to answer questions like why dogs hate cats, and how come God isn't married.

When they read to their grandkids, they don't skip pages or mind if it's the same story over and over again.

Everybody should try to have a grandma.

If you have one, call her today and tell her how special she is.

12 ZESTY HERBS AND SPICES

One of the most fun and creative ways to add flavor to your home-cooked meals is to experiment with spices and herbs, which naturally contain very small amounts of sodium. For the freshest and fullest flavor, chop fresh herbs finely or grind fresh herbs with a mortar and pestle. Use small amounts of dried herbs for a more pungent flavor.

1. Basil - fish, lean lamb, lean ground meats, stews, salads, soups, sauces, fish cocktails.
2. Chives - salads, sauces, soups, lean meats (veal, pork), chicken, turkey, vegetables.
3. Garlic (not garlic salt) - lean meats (beef, lamb, veal, pork), chicken, mushrooms, fish, soups, salads, vegetables, tomatoes, potatoes.
4. Dill - fish sauces, soups, tomatoes, cabbages, carrots, cauliflower, green beans, cucumbers, potatoes, salads, macaroni, lean meats (beef, lamb), chicken, fish.
5. Curry powder - lean meats (lamb, veal), chicken, fish, tomatoes, tomato soup, mayonnaise.
6. Oregano - Mediterranean dishes, tomato-based sauces and stews, lean ground meats, lean lamb, artichokes, potatoes.
7. Cumin - lean meats (lamb, pork), chilis and stews, lentils, rice and couscous.
8. Rosemary - chicken, lean meat-loaf, lean meats (beef, lamb, pork), mushrooms, sauces, stuffing, potatoes, peas, lime beans.
9. Sage - lean meats (veal, pork), chicken, turkey, stews, biscuits, tomatoes, green beans, fish, lima beans, onions.

10. Onion powder (not onion salt) - lean meats (beef, veal, pork), chicken, turkey, stews, vegetables, salads, soups.

11. Paprika - lean meats (beef, veal, pork), fish, soups, salads, sauces, vegetables.

12. Thyme - lean meats (veal, pork), chicken, turkey, mushrooms, sauces, soups, onions, peas, tomatoes, salads.

(Good Housekeeping)

* * *

PUMPKIN BELLS

(to the tune of Jingle Bells)

Dashing through the streets
In our costumes bright and gay
To each house we go
Laughing all the way.
Halloween is here
Making spirits bright
Oh, what fun to trick-or-treat
And sing pumpkin carols tonight.

Oh! Pumpkin Bells, Pumpkin Bells
Ringing loud and clear.
Oh, what fun Great Pumpkin brings
When Halloween is here!

* * *



ONIONS

Buying - In general, look for onions that are heavy for their size and free of blemishes.

Storing - Keep bunched scallions and leeks in the vegetable bin of your refrigerator and use within four days. All other types should be stored in a cool, dry place for up to 2 weeks.

How to use them.

1. Red onions. These are a good choice for using raw, as in salads, garnishes or salsas. They're also great when grilled and have the bonus of maintaining most of its color.
2. Scallions. Sometimes referred to as green onions, they have a pleasing mild flavor that lends itself to using raw in salads and as a garnish for soups or pasta, as well as in quick-cooking dishes like stir-fries,
3. Yellow onions. These full-flavored standbys can be put into almost anything. When cooked, they turn a light brown and add a tangy sweetness to your dish.
4. Vidalia. Grown in Georgia, where the low-sulfur soil gives them an intense sweetness. Vidalias can be eaten raw. When cooked, they make great onion rings and also add a caramelized flavor to pastas, roasts and casseroles.
5. Shallots. Sometimes mistaken for garlic because of their similar shape, shallots have a sweet, bold flavor ideal in sauces and gravies, or sauteed and added to vegetable side dishes.
6. Leeks. Heartier than scallions, best when sauteed. Trim both ends and wash well. Slice thinly and use as a base for stews and soups or add to braised meat dishes.

(Woman's Day)

LET'S GO TO THE COUNTY FAIR

The smells, tastes, sights, sounds, and thrills combine to give pleasure beyond compare. Who can forget rides on the Ferris Wheel and other spine tinglers at a county fair?

The sight of a calf with five legs would leave our eyes wide and mouths agape. Not to mention the world's largest hog, a three-eyed dog, and a two-headed snake.

We couldn't resist the games of chance to win prizes for balls perfectly tossed. Even if we won after many tries, we realized at the cost we had really lost.

The aroma of delicious food spurred appetite for burgers, corn dogs, and barbeque. Funnel cakes and sno-cones to beat the heat, every food and drink seemed to beckon to you.

There's so much nostalgia for a county fair; a knowledge you can learn when you are there. All through life a fair's a grand place to be, when you're there and then in your memory.

(Redstone Reader)

* * *



RECIPES

MARYLAND EASTERN SHORE -
CREAM OF CRAB SOUP

Ann Fishell

1 tbsp. unsalted butter or
 margarine
1 cup onion, chopped
1/2 pound fresh lump crab meat
4 cups low-sodium chicken broth
1 cup nondairy creamer
2 tbsp. cornstarch
1/8 tsp. dill seed
1/8 tsp. Old Bay Seasoning
1/8 tsp. freshly ground pepper

Melt butter or margarine in a large pot over moderate heat. Add onion. Cook, stirring until onion becomes soft and transparent.

Add crab meat. Cook 2 to 3 minutes, stirring constantly. Add chicken broth and bring mixture to a boil. Reduce heat to low.

Combine non-dairy creamer and cornstarch in a small bowl. Whisk until smooth.

Add to soup and increase heat slightly, stirring constantly until mixture thickens and comes to a boil.

Add dill weed, Old Bay Seasoning and pepper.

Ready to serve!

(Serves seven 1-cup size.)

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FROSTING

In a pinch. Stir a few spoonfuls of jam into frosting as a substitute for food coloring. It's an easy way to add flavor, too.

(Better Homes & Garden)

CREAM CHEESE CINNAMON STICKS

Ruth Myers

2 8 oz. Crescent rolls
16 oz. cream cheese
1 cup sugar
1 tsp. vanilla
3/4 cup sugar
1 tsp. cinnamon
1/2 cup melted butter

In large bowl, soften cream cheese. Add the 1 cup sugar and vanilla and mix well. Add a few sprinkles of cinnamon in cream cheese. Open 1 tube of crescents and unfold, but do not separate. Press them in the bottom of a 9x13 sprayed pan.

Spread cream cheese mixture over crescents, put the other roll of crescents on top of cream cheese. Melt butter and pour over top of crescents.

Mix the 3/4 cup sugar and cinnamon together and sprinkle over top of crescents.

Bake at 350⁰ for 30 minutes.

Cut into sticks when cool (about 1" by 3").

CAKE MIX BAR COOKIES

Ann

Fishell

1 package yellow cake mix
1/3 cup vegetable oil
2 eggs
2 tablespoons honey
1/2 cup chocolate chips

Blend all ingredients, except chocolate chips, with a mixer. Once mixed, stir in chips. Batter will be very thick.

Spread batter into a greased and floured 9x13" pan. Bake at 350⁰ for 20 minutes until slightly browned. Cool and cut.

* * *

4-H ORGANIZATION

The following article was written by Judy Ammenheuser, a member of the Harmans Family and Community Education group.

4-H Generation to Generation

Talk to anyone having been involved in 4-H and often you will awaken happy memories. Recognizing the scope of 4-H educational opportunities, one often finds families where 4-H has become multi-generational. In our family, I learned about 4-H being an Extension Homemaker 40 years ago and soon found a club for my own children to join and in time became a 4-H leader. Now I have children serving in 4-H leadership roles and grandchildren very much involved in 4-H in various educational and also leadership positions.

The four H's: "Head" for better thinking are the projects, "Heart" for loyalty includes companionship, competition and leadership skills, "Health" for better living is incorporated into learning projects, and "Hands" for greater service is community outreach. To mention just a few projects from cooking, to sewing, to outdoor skills including care of the environment to firearm safety, and to hands on caring for, and in-depth learning about cows and the dairy industry, my grandchildren have acquired knowledge and skills way beyond what they learn in the classroom. Service projects such as making up stockings at Christmas and Valentine cards for servicemen serving in Iraq and Afghanistan gives the youth an opportunity to recognize the brave men and women away from home and serving our country.

Other beyond the classroom skills are speaking before the public whether by giving demonstrations or in public speaking competitions. The highlight of summer activity is the 4-H camp in Western Maryland where my children went and my daughter now goes to serve as the nurse, and the grandchildren just go to learn, lead, and enjoy. last-summer a group of 4-Hers from Anne Arundel got to experience rural Montana on an exchange and this summer the Montana group will come here and look forward to the pleasure of hosting two parent chaperones.

As grandmother to 4-Hers, I still enjoy helping with the grandchildren's projects and activities. The children learn by doing and have fun while learning. Judging by the pleasure my grandchildren have experienced, 4-H will continue to be part of our family into generations to come .

Judy Ammenheuser

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National Association For
Family & Community Education



2011 MEMBERSHIP FORM

Type or Print Clearly

Do Not Abbreviate City, County, or State Street Names

Date _____ Current Member ID # _____ E-Mail _____

First Name _____ MI _____ Last Name _____

Mailing Address _____

City _____ State _____ Zip Code _____

Council _____ Club Name _____

Phone No. _____

Family Membership: (Please list) _____ Spouse Name _____

Dependent Child(ren) _____

<i>Dues</i>	<i>Regular</i>	<i>Family</i>	<i>Senior</i> (80+ years)
National	\$ 19.00	\$ 26.50	\$ 15.80
State	\$ 3.50	\$ 7.00	\$ 3.50
Council/County/Parish	\$ 4.50	\$ 9.00	\$ 4.50
Club			
TOTAL	\$27.00	\$42.50	\$23.80

Sign and send with total membership dues to Club Treasurer by September 30, 2010.

New Member (Never belonged to FCE before)

Member Signature _____
Must be original signature, copies will not be accepted

MISSION ... To strengthen individuals, families, and communities through continuing education, developing leadership, and community action.