



ANNE ARUNDEL ASSOCIATION FOR FAMILY & COMMUNITY EDUCATION

NEWSLETTER

SEPTEMBER - OCTOBER 2011

Dear Members,

A new FCE year is about to begin. I'm looking forward to seeing everyone and hearing about their summer activities. Helen and Chuck Angel are moving to Charlestown. We wish them well and many happy years in their new home. We had some hot dry days this summer and some interesting weather occurrences. Where were you when the earthquake rumbled through? Hurricane Irene caused havoc on the east coast. There are still power outages in our neighborhood.

We have some interesting programs planned for the coming year. Sue Streeter will accept dues at the September meeting, or you can mail it to her. September 9th is our first meeting. Naeemah Raqib, our County Educator, will talk on vitamins and nutrients. In October, we will hear about Funeral Planning. Ryan Helfenbein, a licensed funeral director believes that consumers should not have to pay high costs in order to receive the very best in funeral services today.

UPCOMING EVENTS



- Sept. 5 Labor Day
- 9 *Meeting - Pgm. Vigamins and Nutrients+by Naeemah Raqib
- 11 Grandparents Day
- Oct. 7 *Meeting - Pgm. Funeral Planning by Helen Angel
- Chesapeake Bingo Game
- 10 Columbus Day
- 20 & 21 MD FCE Annual Conference, Frederick
- 31 Halloween

*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.

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Again, looking forward to seeing you at these meetings. Please bring an item for the Chesapeake Bounty basket that is to be raffled at the State Conference in October. We need crab recipes, vinegar, Old Bay Seasoning, etc.

Thelma Gore
President



FROM , 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

Famiiy:

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>
	\$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 9th meeting. Checks to be made out to AAAFCE. Thank you! (Ormail to Susan)

Susann Streeter
2 Lexington Road
Harmans, MD' 21077

Tel: 410-595-5782

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(Membership form is page 7.

THE UNITED STATES FLAG - How to Display and Respect It

Flag Rules

1. It is the universal custom to display the flag only from sunrise to sunset on buildings and on stationary flagstaffs in the open. However, when a patriotic effect is desired, the flag may be displayed 24 hours a day if properly illuminated during the hours of darkness.
2. The flag should be hoisted briskly and lowered ceremoniously.
3. The flag should not be displayed on days ,when the weather *is* inclement, except when an all weather flag is displayed.
4. The flag should be displayed on all special days.
5. The flag should be displayed daily on near the main administration building of every public institution.
6. The flag should be displayed in or near every polling place on election days.
7. The flag should be displayed *in* or near every schoolhouse.
8. When the flag is displayed from a staff projecting from a window sill, balcony, or building front, the union of the flag should always be at the peak of the staff unless the flag is at half-staff.
9. When carried in a parade front with other flags, the U.S. flag should always be to the marching right of the other flags, or to the front and center of the flag line, (Shared by Ruth Myers. If you desire more information, contact Ruth.) ,

WD-40

The product began from a search for a rust preventative solvent and degreaser to protect missile parts. WD-40 was created in 1953 by three technicians at the San Diego Rocket Chemical Company. Its name comes from the project that was to find a "water displacement" compound. They were successful with the fortieth formulation, thus Wd-40. The Convair Company bought it in bulk to protect their atlas missile parts. Ken East (one of the original founders) says there is nothing in WD-40 that would hurt you. When you read the "shower door" part, try it. It's the first thing that has ever cleaned that spotty shower door. If yours is plastic, it works just as well as glass. It's a miracle! Then try it on your stove top ••Viola! It's now shinier than it's ever been. You'll be amazed.

WD-40 Uses:

1. Protects silver from tarnishing.
2. Removes road tar and grime from cars.
- J. Cleans and lubricates guitar string.
4. Gives floors that "just waxed" sheen without making them slippery.
5. Keeps flies off cows.
6. Restores and cleans chalkboards.
7. Removes lipstick stains.
8. Loosens stubborn zippers.
9. Untangles jewelry chains.
10. Removes stains from stainless steel sinks.
11. Removes dirt and grime from the barbecue grill.
12. Keeps ceramic/terra cotta garden pots from oxidizing.
13. Removes tomato stains from clothing.
14. Keeps glass shower doors free of water spots.
15. Camouflages scratches in ceramic and marble floors.

16. It removes black scuff marks from the kitchen floor.
17. Keeps scissors working smoothly.
18. Lubricates noisy door hinges on vehicles and doors in homes.
19. Lubricates gear shift and mower deck lever for ease of handling on riding mower.
20. Spraying on umbrella stem makes it easier to open and close.
21. Lubricates and stops squeaks in electric fans.
22. Keeps rust from forming on saws and saw blades, and other tools.
23. Removes splattered grease on stove.
24. Keeps bathroom mirror from fogging.
25. Removes all traces of duct tape.
26. Protects the Statue of Liberty from the elements.
27. Use it for fire ant bites • It takes the sting away immediately and stops the itch.
28. WD-40 is great for removing crayon from walls. Spray on the mark and wipe with a clean rag.
29. Also, if you've discovered that your teenage daughter has washed and dried a tube of lipstick with a load of laundry, saturate the lipstick spots with WD-40 and rewash. Presto! The Lipstick is gone!
30. Gives a children's playground gym slide a shine for a super fast ride.
31. Rids kids rocking chairs and swings of squeaky noises.
32. Lubricates tracks in sticking home windows and makes them easier to open.

WHAT IS THE MAIN INGREDIENT OF WD-40?

THE BASIC INGREDIENT IS FISH OIL.



WD-40



RECIPES

STRAWBERRY JELLO MOLD

Ruth Myers

- 2 small pkg. strawberry jello
- 1 1/2 cups boiling water
- 1 lb bag frozen strawberries unsweetened, thawed well* and drained
- 1 20 oz. can crushed pineapple drain (reserve juice):
- 1/2 cup pineapple juice drained from pineapple above
- 2 mashed bananas
- 1/2 pint sour cream

Add boiling water to dry jello, stir until dissolved. Add pineapple juice to jello. Add crushed pineapple and strawberries to mashed bananas, mix into the jello. Put half of mixture in mold that has been "pammed." CHILL. until partially set. Scoop sour cream over chilled jello mixture and then put remaining jello mixture on top. Chill until firm before unfolding.

*Thawing the strawberries takes a long time, perhaps even three days in the refrigerator. Place the unopened bag in a bowl; keep it in refrigerator. After the strawberries are thawed, drain and discard the juice before using in recipe.



CHICKEN/TURKEY POTPIE

Ann Fishell

- 2 cups of cooked chicken/turkey cut into chunks
- 1 llb. bag of mixed vegetables
- 2 potatoes washed and cut into chunks
- 1 can of low-fat cream of mushroom soup
- 1 cup of water
- 1 pizza crust mix

Put chicken, veggies, potatoes, soup and water into a bowl.

Mix well.

Pour mixture into baking dish.

Rollout pizza crust mix and lay on top of mixture.

Pinch edges.

Cover with foil.

Bake for 50 minutes at 350⁰ F.

Take off foil, bake for 10 minutes more.

Cool 10 minutes before serving.

(From Carroll County Newsletter _ Terry Serio)

PUMPKIN PUDDING

Ann Fishell

- 2 cups nonfat cold milk
- 1 can pumpkin
- 2 cups thawed, fat-free **whipped** topping
- 2 packages instant vanilla pudding
- 1/2 tsp. of cinnamon, cloves, nutmeg, and ginger ..

combine all ingredients. Beat well! Chill until set.

(From Carroll County Newsletter - Terry Serio)



3.
Another RECIPE •••

SENATE BEAN SOUP (about 3 quarts)
Virginia McKenzie

1 pound (2 cups) dry Navy Beans
1 meaty ham bone or 1 1/2 pounds ham hocks
1 cup chopped onion
2 garlic cloves, minced
1 cup chopped celery
2/3 cup mashed potato flakes or 1 1/2 cups mashed potatoes
1/4 cup chopped parsley
1 1/2 tsp. salt
1 tsp. pepper
1 tsp. each nutmeg, oregano, and basil
1 bay leaf

Wash beans, put in a kettle with 6-8 cups of hot water
Bring to a boil for 2 minutes. Remove from heat, cover.
Let stand 1 hour.

Add another 2 quarts of cold water and the ham bone.
Bring to a boil; simmer 1-1/2 hours. Now stir in
remaining ingredients and simmer 20-30 minutes or until
beans are tender

Remove ham bone, trim off meat, and return meat to soup.
Served daily in the Michigan Capitol Cafeteria.

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GET WELL WISHES

So many of you may know, Elaine Crow
has had some health problems since her
move to Charlestown Retirement Community.
She has recently been moved to the Long
Term Care Facility there. Her address is

209 Maiden Choice Lane
Room 225 North
Catonsville, MD 21228

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Julie's Favorite Things

To commemorate her birthday, actress and vocalist Julie Andrews made a special appearance at Manhattan's Radio City Music Hall for the benefit of the AARP. One of the musical numbers she performed was My Favorite Things from the legendary movie Sound Of Music. Here are the lyrics she used. (Feel free to sing along!)

Botox and nose drops and needles for knitting,
Walkers and handrails and new dental fittings,
Bundles of magazines tied up in string,
These are a few my favorite things.

Cadillacs and cataracts, hearing aids and glasses
Polident and Fixodent and false teeth in glasses
Pacemakers, golf carts and porches with swings
These are a few of my favorite things.

When the pipes leaks, When the bones creak,
When the knees go bad,
I simply remember my favorite things,
And then I don't feel so bad.

Hot tea and crumpets and corn pads for bunions,
No spicy hot food or food cooked with onions,
Bathrobes and heating pads and hot meals they bring,
These are a few of my favorite things.

Back pain, confused brains and no need for sinnin',
Thin bones and fractures and hair that is thinnin',
And we won't mention our short shrunken frames,
When we remember our favorite things.

When the joints ache, When the hips break,
When the eyes grow dim
Then I remember the great life I've had,
And then I don't feel so bad.

Ms Andrews received a standing ovation from the crowd – that lasted over four minutes and repeated encores.