



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

Newsletter

SEPTEMBER - OCTOBER 2013

Don't

Dear Members,

I'm looking forward to seeing you at the September meeting. It was a busy summer for me and it will be nice to get into a routine again. I hope everyone enjoyed their summer. I know Judy could have asked for a better one. After having a knee replacement, she had some heart issues. She was in rehab most of the summer.

Please plan to attend the annual conference in September 19 and 20. There will be a business meeting, installation of officers, a program by CED Educator, Rebecca Davis - Strong Women, Strong Bones. There will be wonderful entertainment in the evening.

At our county meeting on September 6, will you please bring some idea about food to share with the group - any food information that you think is interesting.

In October, we are planning to have a representative from the Police Department to talk to us about safety, especially on

UPCOMING EVENTS

Forget

- Sept. 2 Labor Day
- 6 *Meeting - Member Participation
- 8 Grandparents Day
- 19-20 State Conference
Sheraton Washington
North Hotel,
Beltsville
- 22 First day of autumn
- Oct. 4 *Meeting - Security
- 14 Columbus Day
- 31 Halloween

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

Dessert and beverage will be furnished.

* * *

parking lots. Women do most of the shopping and errand running, and we need to be aware of our surroundings.

See you soon,

Thelma
Thelma Gore
President

FROM THE TREASURER

Yes, it is time to pay dues again in September. Annual dues are as follows:

Individual:

National	\$19.50
State	3.50
County	<u>4.50</u>
Total:	\$27.50

Family:

National	\$27.00
State	7.00
County	<u>9.00</u>
Total:	\$43.00

Senior: (80+)

National	\$16.30
State	3.50
County	<u>4.50</u>
Total:	\$24.30

On the membership form, please remember: to not abbreviate county, city, street, etc. Please sign at the bottom of the form

Bring your form and dues to the September meeting. Checks are to be made out to AAAFCE. Thank you! (or mail to Susan)

Susann Streeter
2 Lexington Road
Harmans, MD
21077

Tel: 410-595-5782

Membership form is page 7.



The FCE group - Harmans and Timber Ridge - gave a \$100 donation to Wesley Grove U.M. Church for the purchase of back packs for the needy children at Severn Elementary School. The county sends the names of the children and the school to the church. This donation was from the grant we received (thanks to Gini McKenzie). The person in charge of this project was elated with the donation.

???

My grilled cheese sandwiches always seem to burn before the cheese melts!

Next time, spread a little mayo (instead of butter) on the outside of the sandwich before cooking. Your bread will get beautifully brown and crisp in the time it takes the cheese to become oozy.

GET WELL WISHES -

to Judy Ammenhauser who recently came home from the hospital.

O Little Pill"

Little pill here in my hand
I wonder how you understand.
Just what to do or where to go.
to stop the aches that hurt me so.
You sink in regions there below,
as down my throat you quickly go.
But, where I wonder, little pill
how did you know where I am ill?
And just how do you really know,
just where you're supposed to go?
I've got a headache, that is true,
my broken ribs need attention too!
And how can anything so small,
end my aches in no time at all?
Do you work alone or hire a crew
to do the good things that you do?
I'm counting on you mighty strong,
to get in there where you belong.
Don't let me down and please don't shirk
but do your undercover work.
So, down my throat - be on your way,
end my aches for another day.
Don't make a wrong turn is my plea,
cause I can't take another one 'til 3.

(Shared by Thelma Gore)

* * *



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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
1/4 can WHOLE cranberry sauce
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 350⁰ 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 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.

Baked Chicken and Potatoes

Adapted from Kraft Food and Family

Serves 2, preheat oven 400⁰

2 chicken breasts
Potatoes, sweet potatoes, or acorn squash cut into wedges
1/4 cup Italian salad dressing (I'm sure any vinaigrette will work)
1/4 cup Parmesan or Romano Cheese

Preheat oven to 450⁰, place chicken and potatoes in open roasting pan, Pour dressing over, sprinkle with cheese.

Bake 1 hour or so until chicken is 180⁰ and vegetables are tender.

Clever uses for...

Olive OIL

No need to waste a drop! Get creative with this cooking staple.

1

Remove paint from hands

Freshly painted walls can leave your hands stained with stubborn splatters. Mix a teaspoon of olive oil with a pinch of baking soda or sugar and use it to gently scrub away dried drips.

4

Clean Candleholders

Rid a candlestick of residual wax by washing it with a mild dish soap and a few drops of olive oil. To prevent pieces from sticking wipe a tiny bit of oil on the inside before you. Put the candle back in.

5

Prevent hair balls

Drizzle a teaspoon of olive oil on pet food to help any swallowed hair make its way through your furry friend's digestive system so it won't be coughed up instead.

3

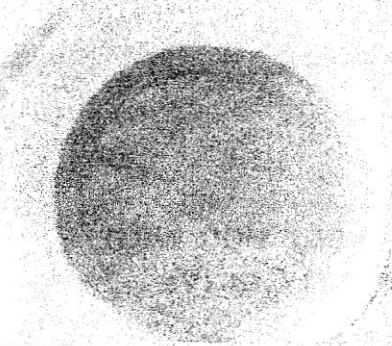
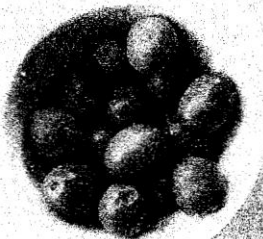
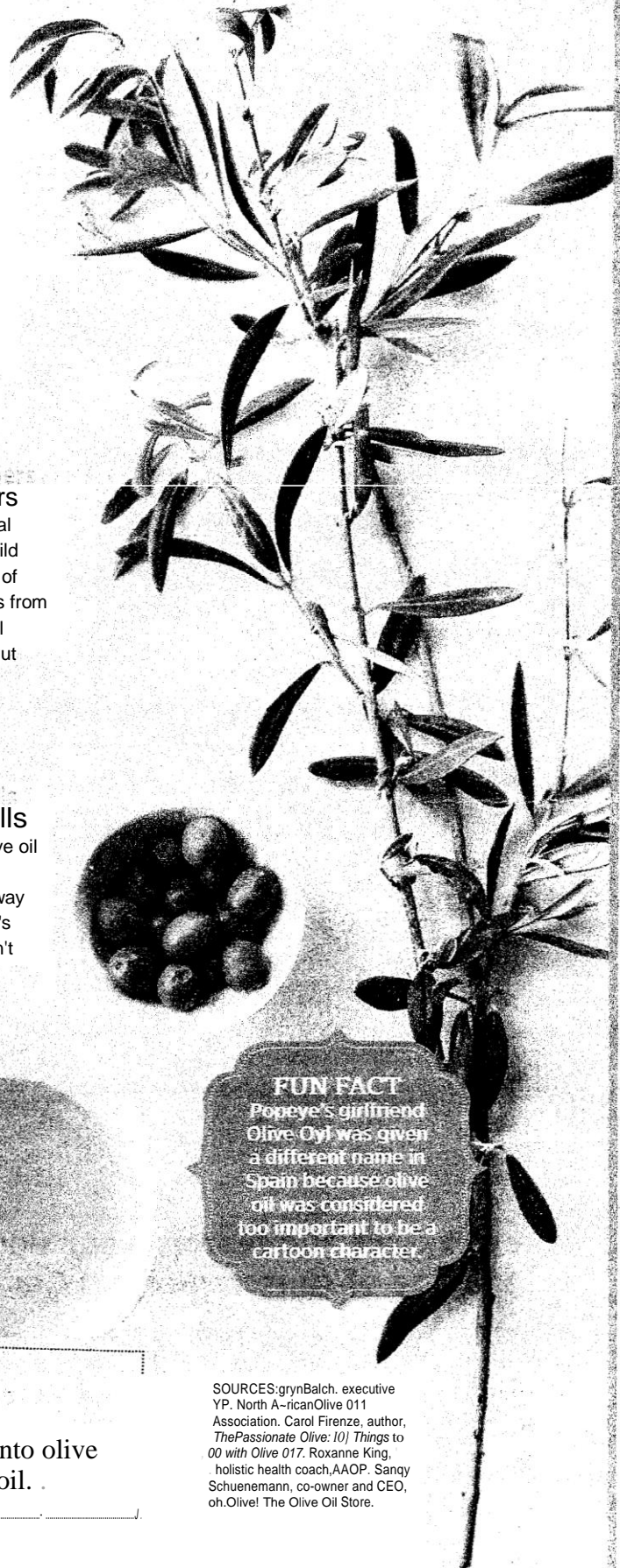
Unstick Zippers

Zippers will slide smoothly again with the help of a little oil. Carefully use a cotton swab to apply a small amount inside the slider body and move the tab up and down the teeth a few times.

6

Sub it for shave cream

In a pinch, lightly coat your legs in olive oil and your razor will run effortlessly over stubble (it conditions your razor blades, too).



FUN FACT
Popeye's girlfriend Olive Oyl was given a different name in Spain because olive oil was considered too important to be a cartoon character.

Did you know?

Olive oil was such a hot commodity in ancient Roman civilization that the empire was divided into olive oil districts and many citizens paid taxes in olive oil.

SOURCES: grynBalch, executive YP. North A-ricanOlive 011 Association. Carol Firenze, author, *The Passionate Olive: 10 Things to Do with Olive Oil*. Roxanne King, holistic health coach, AAOP. Sany Schuenemann, co-owner and CEO, oh.Olive! The Olive Oil Store.