



ANNE ARUNDEL ASSOCIATION
FOR FAMILY & COMMUNITY EDUCATION

Newsletter

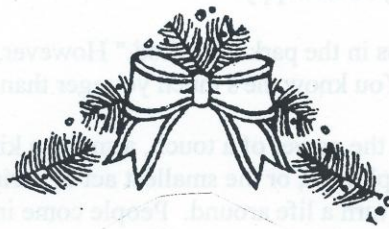
DECEMBER 2015

Hello Friends,

I hope that your holidays have been filled with family gatherings and engaging activities. As we approach the new year we will surely have a sense of renewal. We often make resolutions, keeping some, discarding others. I hope one of the resolutions that you will keep is to attend our upcoming meetings. We have planned several activities including "Salad in a Jar" and "Oatmeal in a Jar." (Not the same jar!) In addition, we will continue construction of our pillowcases and newborn mittens. Along the way we will meet for lunch. Stay tuned for the dates to be announced.

Looking forward to seeing everyone as 2016 begins,

Gini McKenzie



Potato Chips

A little boy wanted to meet God. He knew it was a long trip to where God lived so he packed his suitcase with a bag of potato chips and a six-pack of root beer and started his journey.

When he had gone about three blocks, he met an old man. He was sitting in the park, just staring at some pigeons. The boy sat down next to him and opened his suitcase. He was about to take a drink from his root beer when he noticed that the old man looked hungry, so he offered him some chips. He gratefully accepted it and smiled at him.

His smile was so pretty that the boy wanted to see it again, so he offered him a root beer. Again, he smiled at him. The boy was delighted! They sat there all afternoon eating and smiling, but they never said a word...

As twilight approached, the boy realized how tired he was and he got up to leave;

But before he had gone more than a few steps, he turned around, ran back to the old man, and gave him a hug. He gave him his biggest smile ever...

When the boy opened the door to his own house a short time later, his mother was surprised by the look of joy on his face. She asked him, "What did you do today that made you so happy?"

He replied, "I had lunch with God." But before his mother could respond, he added, "You know what? He's got the most beautiful smile I've ever seen!"

Meanwhile, the old man, also radiant with joy, returned to his home. His son was stunned by the look of peace on his face and he asked, "dad, what did you do today that made you so happy?"

He replied "I ate potato chips in the park with God." However, before his son responded, he added, "You know, he's much younger than I expected."

Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around. People come into our lives for a reason, a season, or a lifetime!

(Thank You, Louise Ediger, for sharing this article with me.
I just had to pass it on.

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 fo 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.





CLEVER USES FOR

Steel Wool

This wire sponge is surprisingly flexible.

1

Prevent clogs

When your pet needs a bath, place a wad of steel wool over the tub drain to catch loose hair before it travels into the plumbing. Be sure to promptly remove so the drain cover doesn't rust.

2

Sand woodwork

Unlike sandpaper, extra-fine steel wool conforms to irregular shapes, like curved table legs or doorway molding. Use it to smooth a primed surface or clean up drips between paint coats, then wipe away any dust with a damp cloth.

3

Keep pests out

Look for gaps around doors or holes where electrical or cable lines enter the house, then fill with steel wool, which mice and other rodents can't chew through. For more permanent results, patch with the same wall material or fill with spray foam.

4

Remove scuffs

Use a piece of extra-fine steel wool to remove dirt and marks on rubber shoe soles. It works quicker than a toothbrush with less elbow grease.

5

De-gunk car rims

Skip the bulky brush and opt for extra-fine steel wool, which easily fits between spokes. Combined with dish soap, it cuts through grime and grease so metal rims and wheel covers shine again.

DID YOU KNOW?

Steel wool became popular around World War I, when aluminum cookware replaced cast iron.

SOURCES: Tony Cacciotti, plumbing manager, A.J. Perri. Jason Cameron, licensed contractor and host of DIY Network's *Sledgehammer*. Linda Cobb, queenofclean.com. Danny Lipford, home-improvement expert, todayshomeowner.com.