



JANUARY - FEBRUARY 2013



I want to wish you one and all a wonderful new year, full of good health and happiness. Christmas Day was beautiful and calm. The day after Christmas, I had to take my husband to see his eye doctor in Towson. It was snowing all the way there and rained all the way back. But we got home safely.

Mike Ensor will talk to us on the care of our houseplants. If you have any questions, he will be glad to answer them.

Dear Members,

Jan. 1 Happy New Year!

4 ~Meeting - Pgm.: Taking
Care of Houseplants -
Mike Ensor

21 Martin Luther King Birth-
day

Feb. 1 *Meeting Pgm.: Chair

Exercises - Gini McKenzie

12 Lincoln's Birthday

13 Ash Wednesday

14 Valentine's Day

18 President's Day

22 Washington's Birthday

*Meetings 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 ne furnished.

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Gini McKenzie-will give us a lesson on chair exercises in February.

We are still collecting coupons for our troops stationed overseas.

Thelma Gore President

ABOUT GROWING OLDER

by Will
Rogers

First - Eventually you will reach a point when you stop lying about your age and start bragging about it.

Second - The older we get, the fewer things seem worth waiting in line for.

Third - Some people try to turn back their odometers. Not me, I want people to know "why" I look this way.

Fourth - When you are dissatisfied and would like to go back to youth, think of Algebra.

Fifth - You know you are getting old when everything either dries up or leaks.

Sixth - I don't know how I got over the hill without getting to the top.

Seventh - One of the many things no one tells you about aging is that it is such a nice change from being young.

Eighth - One must wait until evening to see how splendid the day has been.

Ninth - Being young is beautiful, but being old is comfortable.

Tenth - Long ago when men cursed and beat the ground with sticks, it was called witchcraft. Today it is called golf.

And finally - if you don't learn to laugh at trouble, you won't have anything to laugh at when you're old.

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SEVEN WAYS YOU CAN TELL THAT
SOMETHING IS A GOOD THING

1. Good things are "small" ideas that are quick, clever, simple, and smart.
2. Good things make you say, "I wish I'd known that!"
3. Good things come with clear, concise instructions and beautiful photos.
4. Good things don't take a lot of time, or a lot of money.
5. Good things - You will remember them.
6. Good things - You feel good trying them.
7. Good things only get better, with time.

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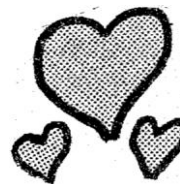
From the NOVEMBER-DECEMBER 2012
Newsletter

"December 22nd is the longest
day of the year."

OOPS!

It is the shortest day of
the year.

* * *



When 20 beautiful children stormed through Heaven's gate.
Their smiles were contagious, their laughter filled the air.
They could hardly believe all the beauty there.
They were filled with such joy, they knew not what to say.
They remembered nothing of what happened that day
"Where are we?" asked a little girl, quiet as a mouse
"This is Heaven" declared a small boy, "We're spending
Christmas at God's house."
When what to their wondering eyes did appear
But Jesus, their Savior, and the children gathered near
He looked at them and smiled, and they smiled just the same
Then He opened his arms and He called them by name
And in that moment was joy only Heaven can bring
Those children all flew into the arms of their King
And as if He could read all the questions they had
He gently whispered to them, "I'll take care of Mom and Dad."
Then He looked down on Earth ... the world far below
He saw all the hurt, the sorrow, the woe
Then He closed his eyes and He outstretched His hand
"Let my power and presence re-enter this land!
May this country be delivered from the hands of fools
I'm taking back my nation, I'm taking back my schools!"
Then He and the children stood without a sound
"Come now my children ... let me show you around."
Excitement filled the space ... some skipped and some ran
All displaying enthusiasm that only a child can
And I heard Him exclaimed as He walked out of sight
"In the midst of this darkness, I AM STILL THE LIGHT!"

By: Cameo Smith, Mt. Wolf, P A

Make Ahead Strata

1 1/2 quart wide casserole

7 inch diameter, 2 inches deep

Prepare today, refrigerate overnight, bake 350° 35 - 40 min. tomorrow

3 strips bacon, cooked, crumbled or 1/2 cup ham or 1/2 cup cooked sausage crumbles

1/3 cup minced onion sauteed till translucent

1 1/2 cups sturdy bread cut into 1 inch croutons (I used leftover garlic bread)

3 eggs, beaten

1 1/2 cups milk (I used skim milk fortified with 1/3 cup dry milk to make it richer)

1 Teaspoon Dijon to taste

1 Teaspoon Worcestershire to taste

Pepper to taste

3/4 cup grated cheese (Sharp or Swiss - your choice)

Grease or spray casserole, layer croutons in casserole. Layer onions, meat, cheese. Mix together eggs, milk and seasonings. You may want to add more seasonings according to your taste.

Pour over casserole ingredients. Milk mixture should cover ingredients.

Refrigerate overnight. Set out 20 minutes before baking in the morning. Unwrap and bake at 350° for about 35-40 min. until knife comes out clean.

Every recipe I found for this used 1/2 cup milk for every egg

The Citizen's Voice (Wilkes Barre, PA newspaper) suggests meatless with mushrooms and Gruyere cheese, or roasted green chilies with cheddar, or asparagus with aged Gouda.

I added a layer of leftover cooked spinach because I had it.

Per serving using whole milk approximately: 339 cal, 25 g carbs, 20 g protein, 18 g fat (46% of cal) 190 mg chol, 1 g fiber, 900g sodium, 6 g sugar

Baked Chicken and Potatoes

Adapted from Kraft Food and Family

Serves 2, preheat oven 400°

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 450°, place chicken and potatoes in open roasting pan, Pour dressing over, sprinkle with cheese.

Bake 1 hour or so until chicken is 180° and vegetables are tender.

Pineapple Pudding

Adapted from Betty Crocker's Dinner for Two Cookbook
Serves 2

1 /2 pkg vanilla pudding.
1 small (8 oz) can crushed pineapple

Divide the dry instant pudding evenly into 2 jars. Save the directions for the dry pudding, seal remaining dry pudding tightly, and put aside for another time.

Mix the dry pudding (1 /2 of the original pkg) with 1 cup cold milk for 2 minutes. Refrigerate for a minute while draining pineapple.

While the pudding is chilling, drain a small (8 oz) can of crushed pineapple.

Fold pineapple into pudding, divide into serving dishes. Top with coconut if desired.

Peanut Butter Swirl Bars

Adapted from Judy Markowitz via Baltimore Sun
Loaf pan, greased or lined with non-stick foil
350° 30 minutes

1 /4 cup peanut butter
2 Tablespoons + 2 teaspoons softened butter
6 Tablespoons brown sugar
6 Tablespoons white sugar
1 egg
1 teaspoon vanilla
1 /2 cup flour
1 /2 teaspoon baking powder
1/8 teaspoon salt
6 oz (1 cup) chocolate chips

Combine flour, salt, baking powder in a small bowl. In another medium bowl, cream butter, peanut butter, add both sugars, mix well. Beat in eggs, vanilla. Add dry ingredients to butter mixture, mix well. Spread batter (it'll be thick.) into prepared pan. Sprinkle chocolate chips over the top.

Place in oven for 5 minutes. Remove from oven, using a knife, swirl chocolate through batter to marbleize.

Return to oven, bake for 30 minutes. Cool, cut into squares.

Approximate per serving, assuming 12 servings: 198 cal, 3 g protein, 10.9 fat, 5.9 sat fat, 27 g carbs, 1.9 fiber, 24 mg chol, 74 mg sodium.