



NOVEMBER - DECEMBER 2012



Dear Members,

October was a very busy month for me. My granddaughter asked if she could have a Halloween party at my house. We planned a lot of games and food that looked scary. It was a lot of fun! The Regional meetings were held in October. Ann, Evelyn, and I attended the two meetings. We had an interesting speaker from the Md. State Highway Administration - Melinda Peters. She talked about the history of road and highway building in Maryland.

In Prince George's County, the speaker, Emily Fanning, had made fabric dolls. She got interested in bed post dolls and now teaches a class for children on how to make this type of doll. Michele, ROC Chairman, sold a lot of beautiful green plants and mums. We played Chesapeake Bingo and enjoyed both lunches.

In November, we will have a program on Healthy Appetizers, and Judy will talk about food additives. Perfect timing because the Thanksgiving and Christmas festivities will soon be here. We will get a lot of good recipes and information.

UPCOMING EVENTS

- Nov. 2 *Food Additives
Judy Ammenhauser
Healthy Appetizers
Virginia McKenzie
Susan Streeter
Marian Whitman
 - 4 Daylight Savings Time Ends
Turn clocks back 1 hour.
 - 6 Election Day
 - 11 Veterans Day
 - 22 Thanksgiving Day
 - Dec. 7 *Christmas Party at Thelma Gore's home, 7000 Locust Drive, Hanover (off Dorsey Road) at 11:00 a.m.
 - 1 Christmas Day
 - Jan. 5 New Year's Day
- *Meetings will be held at the Univ. of Md. Office in the County Office Bldg., Glen Burnie, at 10:00 .m.m
Bring a sandwich, dessert and beverage will be furnished.

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Please plan to attend our annual Christmas party on December 7, starting at 11:00 a.m. We always have good food and a good time. If there are any questions, call me at 410-761-7489.

Thelma Gore

President

REMINDER • ■

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We are still collecting manufacture coupons for the military personnel in Japan.

The coupons can be given to a member of AAAFCE or mailed to:

Susan Streeter
2 Lexington Road
Hanover, MD 21077

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CONGRATULATIONS

To the Harmans Club who recently celebrated 50 years membership to the FCE organization.

They commemorated the event by visiting the historic Hampton Mansion in Towson, and then had lunch at Friendly Farms in Upperco.

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AN INSPIRATION MESSAGE - from THOMAS EDISON

Three great essentials to achieve anything worthwhile are:

- First - hard work
- Second - Stick-to-itivieness
- Third - Common Sense

"Results! Why man! I have gotten a lot of results. I know several thousand things that won't work".

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THE LEGEND OF THE ROBIN

A small brown bird was perched on a beam in a stable in Bethlehem, watching people from many lands come with gifts to worship the newborn Christ child.

After the visitors departed and the Holy family settled down to sleep, the little bird noticed that the fire to keep the Christ warm was dying out.

The bird flew down and fanned the coals with his wings. Soon the fire became brighter and warmer, and the feathers on the bird's breast began to glow a brilliant red.

The bird stayed by the fire .. all night, fanning it to keep the blaze bright and the Christ Child warm. Since that first Christmas night, the robin has had a red breast, a symbol of his love for the Babe in the manger.

(shared by Helen Totura)

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December 22nd is the longest day of the year!

Happy Thanksgiving

ANATOMY OF A CUCUMBER

Cucumbers belong to the plant family. Cucurbitaceae, which includes melons, squash, and pumpkins.

Cucumbers come in many sizes, shapes, texture, and colors, including white, yellow, and even orange.

Two common kinds of cucumbers grown in the U.S. include slicing and pickling. Slicing cucumbers are usually large with a thick skin, while pickling cucumbers are usually with a thin skin.

Pickles are cucumbers that have been soaked in a brining solution made of salt, vinegar, and water.

A half cup of sliced cucumbers has 8 calories and contains more than 10% of the recommended daily intake of vitamin K.

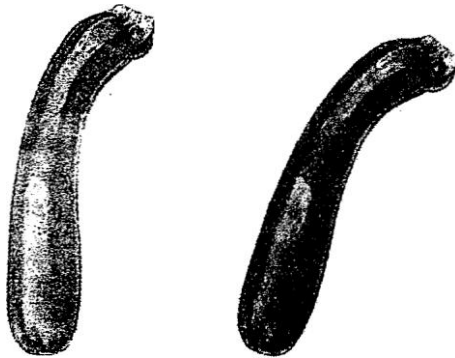
A cucumber is more than 95% water •

Cucumber slices over the eyes may help reduce puffiness, thanks to a combination of the fruit's water content and caffeic acid.

The world's largest cucumber, grown in southern China, was 67 inches long and weighed 154 pounds.

Sea cucumbers are not related to the produce variety. They are just named after its oblong shape.

(From WebMD the magazine July 2012)



EDITOR
Ann R. Fishell
410.766.5097
Phacke@aol.com

RECIPES

PORK CHOPS with TOMATOES

Ruth Myers

1 can Del Monte dice tomatoes
with basil, garlic, and
oregano

1 can tomato soup

6 pork chops

Preheat oven to 350°.

Put pork chops in baking dish

Mix tomatoes and soup.

Pour mixture over pork chops
and bake 45-60 minutes.

CHICKEN CRANBERRY

Virginia McKenzie

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 350° 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 bal-
samic vinegar, 1 teaspoon Dijon,
mix in a small jar, then add
2 tablespoons olive oil, mix
again.

CHRISTMAS CRANBERRY SALAD

Virginia McKenzie

2 cups ground cranberries (grind
fresh or frozen cranberries
in food processor or blender)

3 cups miniature marshmallows

3/4 cup granulated sugar

2 cups diced Granny Smith apples
(unpeeled)

1/2 cup halved seedless grapes

1/2 cup chopped pecans

1 cup heavy cream, whipped

In a mixing bowl, combine cran-
berries, marshmallows and sugar.
Refrigerate overnight.

Add apples, grapes, and pecans to
cranberry mixture, mix well.

Fold in whipped cream. Serve
immediately. This colorful salad
is pretty served in a glass bowl.

QUICK CORN CHOWDER

Virginia McKenzie

1 can (7 oz) whole kernel corn

1 can (8 oz) creamed style corn

2 Tablespoons (to taste) minced
onion

Salt to taste

1/2 cup milk

1 tablespoon butter

Cook onion in butter until trans-
parent, add remaining ingredients.
Heat to almost boiling, stirring.
Watch carefully so it does not
scorch.

2 Servings

