



ANNE ARUNDEL ASSOCIATION
FOR FAMILY & COMMUNITY EDUCATION

Newsletter

SEPTEMBER - OCTOBER 2014

Dear Members,

It is with much sadness that I begin this letter. Our good friend, wonderful FCE leader, and lovely lady, Thelma Gore, passed away on June 27th. She will be sorely missed by her family, friends, and FCE community. As we begin our new year, we will do our best to continue the FCE work which was so dear to Thelma.

We will meet at the Anne Arundel Extension Office in both September and in October. In September, we will have a presentation by Extension Educator Mike Ensor. In October, Kathy Anthony from the Chesapeake Decorative Painters Guild will lead us in a painting project.

Please be thinking about the programs you would like to have in 2015 as we will begin to plan for those as well.

I am looking forward to seeing everyone after a beautiful and hopefully restful summer.

Sincerely,
Virginia McKenzie,
Vice President for Programs

UPCOMING EVENTS

- Sept. 1 Labor Day
5 *Meeting - Extension Educator - Mike Ensor
7 Grandparents Day
23 First Day of Autumn
Oct. 3 *Meeting - Kathy Anthony Painting
13 & 14 Annual State Conf. Best Western at Westminster
31 Halloween

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

Dessert and beverage will be furnished. (Bring sandwich)

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FROM THE TREASURER

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

Individual:

National	\$19.50
State	3.50
County	4.50
Total:	\$27.50

Family:

National	\$27.00
State	7.00
County	9.00
Total:	\$43.00

Senior: (80+)

National	\$18.30
State	3.50
County	4.50
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 AAAFCM. Thank you! (or mail to Susan):

Susann Streeter
2 Lexington Road
Harmans, MD 21077

Tel: 410-595-5782

* * *

Membership form is page 7.

EDITOR
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Again this year, the FCE group of Harmans and Timber Ridge gave a \$150 donation to Wesley Grove U.M. Church for the purchase of back packs for the needy children at Severn Elementary School.

The money was received from Take Back Our Streets, Inc. to help with our charity work.

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COUPONS

We have been very busy with coupons this year. Up thru July 2014, we have sent 40,490 coupons valued at \$71,275.53. I know we have at least another 6,000 coupons to go the end of this month. I hope the service families are getting good use out of them. It helps if they are cut, but if not, get them to me as soon as possible. Ralph and my sister, Terrie, have been helping me. We are sending them every two months and the next mailing will be in September.

Sue Stroeter

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SYMPATHY

We extend deep sympathy to the Gore family on the recent death of Thelma who died June 27.

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Maple Orange Chicken

Modified from Parade magazine

Serves 2

2 chicken cutlets (or turkey) patted dry
2 Tablespoons oil
Salt and pepper as desired
¼ cup maple syrup
1 Tablespoon (to taste) orange marmalade
Juice of a half lemon (serve the other half in wedges with the chicken)

Cook chicken over medium high heat until browned and opaque. This is the only cooking of the chicken; cook to your preference keeping the safety guidelines (170°) in mind. Transfer to warm platter.

Discard oil in pan, add maple syrup over medium heat (it will bubble,) stir in marmalade, boil 1 minute or so until the sauce thickens. Add lemon juice. Pour over chicken. Dust with parsley and scallions if desired.

Per serving: 370 calories, 18 g carbs, 46 g protein, 12 g fat and 125 g cholesterol.

In place of the maple syrup, you could use sugar and maple flavoring, molasses, or brown sugar.

Nancy's Orange Chicken

From Nancy S

A nice easy way to jazz up chicken

Sauté or bake chicken until almost done.

Top with orange marmalade. Cover if sautéing or place in oven uncovered if baking until marmalade is melted.