

WHITE SULPHUR SPRING EXTENSION AND COMMUNITY
ASSOCIATION NEWSLETTER
JANUARY 2003

I hope all of you had an enjoyable holiday with family and friends and hope all of you have a wonderful new year.

DECEMBER MEETING: The December meeting was held on Monday, December 9 at 12:00 at the North Main Church of Christ building. The members and guests enjoyed a covered dish meal and fun and fellowship.

JANUARY MEETING: The January meeting will be held on Monday, January 13 at 1:00 at the North Main Church of Christ building. We will be making plans for the year and really need everyone to be in attendance. We will also be cutting out eye covers so bring your scissors and old greeting cards.

LOOKING AHEAD:

January 23, 10:00 am - Leader Training
March 4, 7:00 pm - Cultural Arts Contest
April 1 - Achievement Day
April 15, 10:00 am - Leader Training

HELP! We need someone to volunteer to be our chaplain and also someone to work on the scrapbook. Even if you are a committee chair or hold some other office, please consider helping in these areas. We have found that in a club our size many people have to do double (or triple) duty.

HELP (AGAIN)!!! We will try to continue the newsletter every month but we need help from you. Please bring to the January meeting a copy of a favorite recipe and a saying or verse for our "Words to Ponder" section. Your help will be greatly appreciated!

BIRTHDAYS FOR JANUARY AND FEBRUARY:

January 12	Becky Hill
February 20	Imogene Moore

RECIPE FOR THE MONTH:

CHICKEN CAN CAN

1 can (10 oz.) chunk white chicken, drained

1 can (12 oz.) evaporated milk

1 can cream of celery soup, undiluted

1 can cream of chicken soup, undiluted

1 can chicken noodle soup, undiluted

1/4 cup all purpose flour

1 can (5 oz.) chow mein noodles

In a large skillet, combine first 5 ingredients, bring to boil. Cook and stir for 2 minutes or until thickened. Add the chicken; heat through.

Serve over noodles.

WORDS TO PONDER: If you don't like something, change it. If you can't change it, change the way you think about it

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HELP AGAIN!! We will try to continue the newsletter every month but we need help from you. Please bring to the January meeting a copy of a favorite recipe and a saying or verse for our "Words to Ponder" section. Your help will be greatly appreciated!!

ENTERTAINMENT SCHEDULE:

January 12

February 18

February 20

February 20

WHITE SULPHUR SPRINGS EXTENSION AND COMMUNITY
ASSOCIATION NEWSLETTER
FEBRUARY 2003

I hope all of you are well and have enjoyed the couple of pretty days we recently had between the cold spells. February is proving to be a very busy month for our club.

JANUARY MEETING: The January meeting was held on January 13 with Becky Hill, president, presiding. Five members were present. Members were reminded of the on-going projects for the year. A phone tree was given out and explained. The club decided to have a bake sale on Saturday, February 8 at Mayberry Mall and also to send valentines again to the Veteran's Hospital. The club also voted to sponsor a blood drive to be held at the Jones Resource Center. It was also decided that the person who is in charge of the program would also do the devotion and provide refreshments. Possible trips discussed were: Rockford, candle factory in Elkin, Indian Reservation in Lowgap, Zeb Stuart, tour of county, Mt. Airy Museum of Regional History, and Pilot Mountain tour of wild flowers. The members also wanted to continue the secret pals. New secret pals will be drawn at the February meeting. Sue Chandler volunteered to be responsible to send cards to members in case of sickness, death, etc.

FEBRUARY MEETING: The February meeting will be held on Monday, February 10 at 1:00 at the North Main Church of Christ building. Please remember to bring your valentines to exchange. We will have our crowning of our club sweetheart. Our program will be "Food Safety in Your Kitchen".

BAKE SALE!!!! We will have our bake sale at the Mayberry Mall on Saturday, February 8. We will begin setting up at 8:30 and will have our table near Pennys. Please come and help and bring your baked goodies to sell.

SECRET PALS: We will draw names for secret pals at the February meeting. I am enclosing a sheet to fill out about your interests. If you would like to participate but can not be at the meeting on February 10, please let a member know and give them your interest sheet.

DATES TO REMEMBER:

February 8 -	Bake sale at Mayberry Mall
February 10 -	Club meeting
March 4 -	Cultural Arts Contest

April 1 - Achievement Day
April 15 - Leader training

THANK YOU!!! I would like to thank the members who made 108 valentines to send to the Veterans. They were Sue, Gloria, Lynn, Marie, Mary Dove, and Becky. Also thank you to Kathy who was unable to attend but sent valentines she had done on her computer. Also thank you to the following who attended leader training for our club: Sue, Gloria, Kathy, Lynn, and Becky.

BIRTHDAYS FOR FEBRUARY AND MARCH:

February 20	Imogene Moore
March 14	Kathy Hallford
March 19	Debby Sammons

SYMPATHY: Our thoughts and prayers go to our members who recently lost loved ones in their families: Marjorie in the loss of her sister; Lynn in the loss of her brother; and Mary Dove in the loss of her niece.

RECIPES and WORDS TO PONDER: Please share these with us. Bring to the next meeting!

RECIPE FOR THE MONTH: I would like to thank Marie Williams for sharing the following recipe which she got from her daughter-in-law, Jane Burton. Marie says it very good.

SOUTHERN SPOON BREAD

1 c. white corn meal	1 tsp. sugar
3. c. milk, scalded	2 beaten egg yolks
1 tsp. butter	2 stiffly beaten egg whites
1 tsp. salt	

Gradually add corn meal to scalded milk and cook for 5 minutes, stirring constantly. Cool slightly and add butter, sugar, and salt. Add beaten egg yolks, then fold in stiffly beaten egg whites. Bake in greased baking dish in moderate oven at 375 degrees for about 30 minutes. Serve hot from the baking dish with plenty of butter. Serves 6. (can halve the recipe)

WORDS TO PONDER: Use what talent you possess: the woods would be very silent if no birds sang except those that sang the best.

Henry Van Dyke

WHITE SULPHUR SPRINGS EXTENSION AND COMMUNITY
ASSOCIATION NEWSLETTER
MARCH 2003

Most of you are probably glad to have this warmer weather instead of the cold, ice, snow, and sleet we have had the past few weeks. Because of the weather we did not have our February meeting.

MARCH MEETING: Our March meeting will be held on Monday, March 10, at 1:00 pm at the North Main Church of Christ building. Since we did not meet in February, we will exchange valentines and select our club sweetheart at this meeting. Also we will draw names for secret pals. Please remember to bring your interest sheet which was enclosed with your February newsletter. Our program will be "Food Safety in the Kitchen".

BAKE SALE: We held our bake sale on Saturday, February 8 at Mayberry Mall. Thank you to all who made goods and worked at the sale. We made \$232.50!

RED CROSS "TREATS FOR TROOPS": Our local Red Cross will be collecting comfort items for U.S. troops away from home through the end of March. If you would like to help with this, please bring items to our March meeting. Things need to be small enough to fit into a one-gallon Ziploc storage bag. Things needed are: instant drink/coffee mixes, playing cards, travel board games, paperback books, prepackaged crackers and cookies, individually wrapped hard candy, baby wipes, disposable razors, sunscreen, and chapstick. These will be combined with personal items such as shampoo, toothpaste, etc. that the Red Cross will furnish.

YOKEFELLOW COOPERATIVE MINISTRIES: We will be collecting canned meat this month for Yokefellow.

CULTURAL ARTS CONTEST: The Cultural Arts Contest was held on Tuesday, March 4 at 7:00 pm at the extension office. Members of our club who entered were: Sue Chandler, Barbara Peele, Gloria Puckett, Kathy Hallford, Debby Sammons and Becky Hill. A total of ten ribbons were won, including 1 blue, 5 red, and 4 white!

VOLUNTEER HOURS: Please remember to keep track of your volunteer hours (remember you can count hours you help at church) and bring your total of hours to the meetings.

DATES TO REMEMBER:

March 10	Club meeting
April 2 & 3	Farm Animal Day (need volunteers)
April 8	Spring District Day (Ashboro, NC) (Registration & \$16.00 payment due 3/14)
April 15	Leader Training
April 29	Achievement Day, 6:30 pm-Piney Grove

May 6,7,8

July 31

Baptist Church \$8.00 (\$5.00 if you don't eat)
(April 16 money due)

State Council Meeting - Greensboro

Abingdon/Barter Theater "One Flew Over
the Cockoo's Nest - \$41.00 Call Extension
Center to register

BIRTHDAYS FOR MARCH AND APRIL

March 14

Kathy Hallford

March 19

Debby Sammons

RECIPES AND WORDS TO PONDER: Please share these with us.

Bring to next meeting!

RECIPE FOR THE MONTH:

BEEF TACO BAKE

1 lb. ground beef

6 flour or 8 corn tortillas

1 can condensed tomato soup

cut into 1-inch pieces

1 c. thick & chunky salsa

1 c. shredded cheddar cheese

1/2 c. milk

In a skillet over medium-high heat, cook beef until browned, stirring to separate meat. Drain off fat. Add soup, salsa, milk, tortillas and half the cheese. Spoon into 2-quart shallow baking dish and cover. Bake at 400 degrees for 30 minutes or until hot. Sprinkle with remaining cheese. Serves 4.

WORDS TO PONDER: Sometimes short is best. Often it isn't how long we talk, but how well, that matters. Some of the best things ever said have been only a few words or even a few letters.

The Lord's Prayer is only 56 beautiful words and takes less than a minute to read.

Lincoln's Gettysburg Address is a caring 266 words.

"I Love You" hits the scale at three words or eight letters.

The Ten Commandments are among the most important laws in the world, and yet they need only 297 words in English.

"Please" is a feather-weight word of six letters.

"God Loves You" is three words or eleven letters.

"Thank You" is a slim two words or eight letters.

It isn't how much we say. It is WHAT we say. Loving people know how to use words in a loving way.

REMEMBER TO BRING TO NEXT MEETING:

1. Secret Pal interest sheet
2. Recipes and words to ponder
3. Items for Red Cross "Treats for Troops"
4. Food for Yokefellow
5. Number of volunteer hours

WHITE SULPHUR SPRINGS EXTENSION AND COMMUNITY
ASSOCIATION NEWSLETTER
APRIL 2003

I hope all of you are doing well. We have a very busy month ahead of us.

APRIL MEETING: Our April meeting will be held on Monday, April 14, at 1:00 at the North Main Church of Christ building. Sue Chandler will be in charge of the program. We will discuss if we need to change the day of our meeting. If you can't come to the meeting, please let me know your feelings on this matter. We will also try again to draw names for secret pals. Also please bring any orders and money for knives for our fund raiser. We will try to send an order off for the knives soon after our meeting. We will also be working on some stuffed bunnies to take to Twelve Oaks Nursing Home. Please bring a sewing needle with you to the meeting. Also remember to wear your decorated hats to the meeting.

YARD SALE: We will be having a yard sale on Saturday, April 12, from 8:00 to 1:00 at Marie Williams house. We will be pricing things at Marie's house on Friday, April 11 beginning at 10:00. If you have some things for the yard sale but cannot come Friday, please call and I will pick it up. Hope to see you on Friday and Saturday. All help is appreciated.

LEADER TRAINING: Leader training will be held at the extension center in Dobson on Tuesday, April 15 at 10:00. Topics will be:

- Cooking with Sweet Potatoes (Health & Wellness)
- Digital Photography (Special Projects)
- Every Day Safety (Community)
- Grains in the Diet (Environmental)
- New Fruits and Vegetables (Global)
- Osteoporosis and Exercise (Family)

ACHIEVEMENT DAY: Achievement Day will be held on Tuesday, April 29 at 6:30 at Piney Grove Baptist Church. We will need to send in by April 16 \$8.00 per person (\$5.00 if you do not eat) for those who will be attending. If you plan to go, please bring your money to our meeting on April 14. We hope everyone will try to go to this meeting.

**WHITE SULPHUR SPRINGS EXTENSION AND COMMUNITY
ASSOCIATION
MAY NEWSLETTER**

This newsletter is coming your way earlier than usual because we have a new meeting date. We will be meeting on the first Thursday of every month at 1:00. We hope this will work better with some of our members so that they will be able to attend the meetings.

APRIL MEETING: Our April meeting was held on Monday, April 14. We had a very successful yard sale selling a little over \$300.00. The club will again make fried apple pies for the Mt. Airy Museum of Regional History sale. Members will meet at Marie Williams house on April 24 at 9:00 to work on pies. Names for secret pals were drawn. Achievement Day will be held on Tuesday, April 29 at 6:30 at Piney Grove Church. It was voted on to have our meetings on the first Thursday in the month. Hats were voted on and prizes given to the following: Most unusual: Becky Hill; Most original: Sue Chandler; Prettiest: Mary Dove Johnson; and Just for Fun: Gloria Puckett.

MAY MEETING: Our May meeting will be held on Thursday, May 1, at 1:00 at the North Main Church of Christ building. Lynn Nordin will have our program. Hope to see all of you there!

LEADER TRAINING: Leader Training was held on Tuesday, April 15. Thank you to Lynn Nordin, Gloria Puckett, and Becky Hill for representing our club.

DISTRICT MEETING: District Meeting was held in Asheboro on April 8. Thank you to Sue Chandler, Kathy Hallford, and Becky Hill who represented our club.

BIRTHDAYS FOR MAY AND JUNE

Mary Dove Johnson June 12

YOKEFELLOW COOPERATIVE MINISTRY: Our food item to bring for May is macroni and cheese, and spaghetti.

KNIFE ORDERS: If you have any orders for knives, please bring them to our May meeting. Orders will be sent off after this meeting.

RECIPE FOR THE MONTH: This is the recipe for the cake served at our April meeting:

White Grape Juice Cake

- ½ cup chopped nuts
- 1 box Duncan Hines butter cake mix
- 1 (3 ¾ oz.) box instant vanilla pudding
- 4 eggs
- ½ cup oil
- ½ cup water
- ½ cup white grape juice

Grease and flour tube pan. Put chopped nuts in bottom of pan. Mix all other ingredients together and beat for 2 minutes. Bake at 325 degrees for 50-60 minutes.

Glaze for White Grape Juice Cake

- ¾ cup white sugar
- ¼ cup white grape juice
- 1 stick butter

Mix together and boil for 3 minutes. Pour over hot cake while still in the pan. Cool cake before turning out.

WORDS TO PONDER:

“To handle yourself, use your head; to handle others, use your heart.”

“Anger is only one letter short of danger.”

“The tongue weighs practically nothing, but so few people can hold it.”

HOPE TO SEE ALL OF YOU ON THURSDAY, MAY 1 AT 1:00!!

BIRTHDAYS FOR MAY AND JUNE

Mary Dove Johnson June 12

YONKELLOW COOPERATIVE MINISTRY: Our food item to

bring for May is macaroni and cheese, and spaghetti.

KNIEL BRETTS: If you have any orders for kniel, please bring

them to our May meeting. Orders will be sent off after this meeting.

WHITE SULPHUR SPRINGS EXTENSION AND COMMUNITY ASSOCIATION
NEWSLETTER
JUNE 2003

I hope all of you are doing well and not beginning to feel like ducks with all this wet weather. I am grateful for the rain after our drought of last summer, but a few sunny days would be nice.

MAY MEETING: Our May meeting was held on Thursday, May 1. The members voted to sponsor a blood drive in the fall. Members also decided to have a work meeting on May 5 to make Mother's Day corsages for the residents of Twelve Oaks Nursing Home. Our club will also make cakes for the birthday parties held once a month at Twelve Oaks. Lynn Nordin presented a program on May Day. Lynn and Kathy Hallford served refreshments.

JUNE MEETING: Our June meeting will be held on Thursday, June 5, at 1:00 at the North Main Church of Christ building. After a short program, members will be working on flag pins for the residents of Twelve Oaks.

BIRTHDAY PARTIES FOR NURSING HOMES: We will be responsible for two birthday parties in the month of June, one at Twelve Oaks and another at Colonial. We will need members to bake cakes and to serve. We will be at Colonial on June 24 and at Twelve Oaks on June 30. Please mark your calendars and plan to help. Thank you to Lynn Nordin, Gloria Puckett, Marie Williams, and Becky Hill for serving at Twelve Oaks for the May party. Also thank you to Debby Sammons who tried to find us (I forgot to tell her which nursing home).

THANK YOU!!! Lynn Nordin and Becky Hill represented our club at the Mt. Airy Museum of Regional History volunteer luncheon. Thank you to those who helped make the corsages for Twelve Oaks: Sue Chandler, Mary Dove Johnson, Kathy Hallford, Becky Hill, Lynn Nordin, and Debby Sammons.

YOKEFELLOW: Our food items for Yokefellow this month are canned milk and meat.

BIRTHDAYS FOR JUNE AND JULY

Mary Dove Johnson	June 12
Sue Chandler	July 11
Barbara Peele	July 27

RECIPE FOR THE MONTH: Lynn served these at our May meeting:
LEMON BITES

1 8.25-oz. Pkg. Lemon-flavored cake mix	4-oz. Container non-dairy whipped topping
1 egg	½ c. powdered sugar

Preheat oven to 350 degrees. In a large bowl, combine cake mix, egg and whipped topping; batter will be very stiff. Drop by teaspoons into powdered sugar. Roll into one-inch balls, using the sugar to keep the dough from sticking to your hands. Place balls of dough 2 inches apart on a greased baking sheet. Bake for 10 to 12 minutes, or until light brown on the underside. Transfer to a wire rack to cool. Store in an airtight container. Yields 6 dozen cookies.

WORDS TO PONDER:

"Happiness isn't having what you want, but wanting what you have."

**WHITE SULPHUR SPRINGS EXTENSION AND COMMUNITY
ASSOCIATION NEWSLETTER
AUGUST 2003**

This newsletter is coming to you a little bit earlier this month. My family and I will be on vacation the last week in July. I also wanted to remind and make you aware of the coming activities we have scheduled in August.

JULY MEETING: Our July meeting was held on Thursday, July 3, at the North Main Church of Christ building. Plans were made for the birthday parties to be held at Colonial Care Rest Home on July 15 and at Twelve Oaks Nursing Home on July 21. Plans were made for a picnic and trip in August. Becky Hill gave a program on pressed flower.

AUGUST MEETING/PICNIC: Our August meeting will be our annual picnic and will be held on Thursday, August 7 at 12:00 at Pilot Mountain State Park. Please bring the following assigned to you for the picnic:

Marjorie Brookshire	fruit
Sue Chandler	cake/pickles
Mary Dove Johnson	drinks
Kathy Hallford	bread
Becky Hill	slaw/tea
Imogene Moore	desert
Lynn Norton	chicken/ice
Barbara Peele	potato salad
Gloria Puckett	baked beans
Debbie Sammons	chips/dip
Marie Williams	plates/napkins/cups

If you cannot come to the picnic, please let Becky Hill or Sue Chandler know.

AUGUST TRIP: We have a trip planned to tour the Mt. Airy Welcome Center, the Gertrude Smith House, and the Mt. Airy Museum of Regional History. The fee to tour the Museum will be \$3.00 each. We also plan to eat lunch somewhere in Mt. Airy together. We will do this on Tuesday, August 19. Meet at the North Main Church of Christ building at 10:00.

BIRTHDAY PARTY: Our next birthday party for Twelve Oaks will be on Monday, August 25. We need someone to make cakes and to serve. Please mark your calendars and plan to help.

USED EYEGLASSES: Please remember that we are collecting used eyeglasses. Please give any you have to Sue.

SEPTEMBER MEETING: Our September meeting will be on Thursday, September 4 at 2:00 at the the Extension Building in Dobson. Buffy Scott was sick and unable to do our meeting in June and we have rescheduled her for our September meeting. She will do a program on scrapbooking. Please feel free to invite others to attend this meeting.

GET WELL WISHES! We have several of our club members who have been ill lately. Mary Dove Johnson is recovering from heart surgery, Marjorie Brookshire is recuperating from a hiatal hernia, Debbie Sammons has been having problems with her back and legs, and Imogene Moore has been confined to bed with an ulcer on her leg. We hope all of you are feeling much better!

THANK YOU to Sue Chandler, Lynn Nordin, Gloria Puckett, Becky Hill, Marie Williams, and Barabara Peele for furnishing goodies and serving at the birthday parties at Colonial Care Nursing Home and Twelve Oaks Nursing Home.

YOKEFELLOW COOPERATIVE MINISTRY: Our food item to bring for Yokefellow for the month of August is peanut butter and crackers.

BIRTHDAYS FOR AUGUST AND SEPTEMBER

Gloria Puckett September 18

WORDS TO PONDER:

"Though you don't know what the future holds, you can know the One who holds the future."

RECIPE FOR THE MONTH: The following cake has become a favorite with the residents of Twelve Oaks. I think this may have been in a previous newsletter but I've had several requests for the recipe.

STRAWBERRY CAKE

1 pkg. White cake mix	3 tsp. flour
$\frac{3}{4}$ c. frozen strawberries (thawed)	4 eggs
1 c. Wesson oil	1 pkg. Strawberry jello
$\frac{1}{2}$ c. water	

Stir white cake mix, flour and strawberry jello together. In another bowl, mix thawed strawberries, water, and oil. Add to dry ingredients and add 4 eggs, one at a time. Bake at 350 degrees for 30-45 minutes. Makes 3 9-in. layer or one sheet cake.

ICING

1 stick soft butter or margarine	$\frac{1}{4}$ c. strawberries
1 box powdered sugar	

Mix all ingredients together. Put on cooled cake.

**WHITE SULPHUR SPRINGS EXTENSION AND COOPERATION
ASSOCIATION NEWSLETTER
OCTOBER 2003**

It is really beginning to feel like fall with the weather turning cooler. September proved to be a very busy month for our club. This past month we have also had several members sick or with family members who have been sick. We hope October will be a much better month.

SEPTEMBER MEETING: Our September meeting was held on Thursday, September 4 at the Extension Office in Dobson. In the absence of Buffy Scott, who was sick, Joanna Radford, had the program on scrap booking techniques.

OCTOBER MEETING: Our October meeting will be held on Thursday, October 2 at 12:00 at White Sulphur Springs where we will celebrate our 65th anniversary. We will meet at North Main Church of Christ and leave at 11:45. Please bring card table and lawn chairs if you have them. In the case of rain, we will have our meeting at the church building. Remember – husbands are invited. Please bring the following food and remember extra guests have been invited:

Sue	dessert	<i>Mary Dove - Baked Beans</i>
Lynn	salad/slaw	
June & Gloria	sandwiches	
Marie	chicken	
Kathy	drinks	
Becky	dessert, cups, plates, napkins, ice	
Marjorie	fruit	
Debby	chips/dip	
Barbara	salad	

If you can not come, please call me (789-9652) so we can cover your food item.

SURRY COUNTY FAIR: Many thanks go to Lynn, Gloria, Sue, and Becky for working at the fair and also getting our fair booth ready. (Also to Kathy for working on signs for booth). Also special thanks to my husband, RC, who also put in many hours helping. Thank you to everyone who entered and congratulations on ribbons won.

BIRTHDAY PARTY AT TWELVE OAKS: Remember our birthday party at Twelve Oaks on Monday, September 29 at 2:00. Marie, June, and Lynn will be providing cakes and Becky the chips. Please come and help serve and enjoy the residents. Our birthday party for October will be on Monday, October 27. We will need 3 cakes!

BLOOD MOBILE: The blood mobile scheduled for October 8 has been canceled. We may possibly have one in the spring.

FOOD DRIVE: All the extension clubs in the county will be uniting to have a food drive for food, personal, and paper goods to be divided between Foothills and Yokefellow. This needs to be turned in to the Extension Office by November 3. Please be generous and remember those who are less fortunate. Please bring to our meeting in October or call and I will collect.

ECA BAZAAR: The ECA Bazaar will be held on Friday, November 7. The costs of the tables will be \$5.00 each. We will be having one table to sell fried apple pies and knives. Please let me know if you are interested in renting a table to sell your crafts by the next meeting.

ECA PROGRAMING IDEAS: The Extension Office would like for us to turn in ideas for programs we would like for next year. So far I have suggestions for wreath making, computer graphics, and bread making. If you have any suggestions, please let me know at the next meeting.

OPERATION CHRISTMAS CHILD: We will again collect goods to fill shoe boxes for the Operation Christmas Child. We have decided to bring our collected goods to the November meeting and decide then how many boxes and what age group to make for. Please start buying now some of the following items: small toys, school supplies, hygiene items (toothpaste, toothbrush, soap, comb, washcloth), hard candies (no chocolate), gum, ball caps, socks, T-shirts, toy jewelry, hair clips, watches, small picture books, sunglasses, flashlights with extra batteries. Do not include liquids (shampoo, lotion, etc.) medicines, war-related items, and breakable items.

COOKBOOKS: We do have on hand 5 of the extension cookbooks if anyone would like to buy one. These make great gifts. Cost - \$14.00. Let me know if you need one.

MAYBRY MILLS: Some of our members (husbands too) have expressed a desire for a trip to Maybry Mills. We will discuss at our next meeting.

INVITATION: Debby Sammons would like to invite our members to a shower honoring her son Kevin and bride-to-be at Salem United Methodist Church on Sunday, October 5 from 2:00 until 4:00. They are registered at Wal-mart.

BIRTHDAYS FOR OCTOBER AND NOVEMBER:

Lynn Nordin

November 9

WORDS TO PONDER: "Make the most of yourself . . . for that is all there is of you." Ralph Waldo Emerson

RECIPE OF THE MONTH:

APPLE DUMPLINGS

1 can Butter-me-Not biscuits

6 chopped apples

Flatten biscuits. Put chopped apples in middle of biscuits. Fold over and seal edges.

Bring to boil:

1 stick margarine

$\frac{3}{4}$ cup sugar

1 tsp. cinnamon

10 oz. 7-Up

Place biscuits in baking dish. Pour above mixture over biscuits. Bake at 350 degrees for 30 to 35 minutes.

Hope to see all of you on October 2!!

Becky

**WHITE SULPHUR SPRINGS EXTENSION AND COOPERATION
ASSOCIATION NEWSLETTER
NOVEMBER 2003**

It does not seem possible that it is almost November! We have a very busy month ahead of us again. I would like to take this opportunity to thank all of you who have been so supportive during the past year.

OCTOBER MEETING: Our October meeting was held on Thursday, October 2 at White Sulphur Springs. This was our club's 65th anniversary. Food, fun, and fellowship was enjoyed by all. I would like to thank Gloria Puckett for all the hard work she put into preparing for this meeting.

NOVEMBER MEETING: We will be having our November meeting a week early (October 30) due to so many activities around our usual meeting day. Our meeting will be on Thursday, October 30 at 1:00 at the North Main Church of Christ building. Gloria will present a program on "Do Quick Ideas". Please remember to bring the following to this meeting:

Food for the county wide food drive

Materials for the Operation Christmas Child (we will fill shoe boxes at our meeting)

Dues (\$10.00)

Canning recipes (Kathy Hallford would like to make a canning recipe book for our club – she needs your recipes!)

ECA BAZAAR: The bazaar will be held on Friday, November 7 from 7:00 to 6:00 at the Extension Office in Dobson. We have 2 tables reserved for our club. We will be selling fried apple pies, knives, and any crafts you may want to sell.

YARD SALE: Gloria has planned a yard sale for our club to be held on Saturday, November 8 at Mary Dove Johnson's house. If you have something you would like to contribute to the yard sale, please contact Gloria. It would help if you would price the items you have to sell.

MARIE WILLIAMS: Marie Williams will be living in Raleigh for the next six months. We enjoyed being with Marie at the luncheon to honor her at Libby Hill Seafood recently. We will miss Marie and look forward to her returning to us soon. Her address is: 8820 Autumn Winds Dr., Apt. 102, Raleigh, NC, 27615.

IMPORTANT DATES TO REMEMBER:

October 27 (2:00)	Birthday party at Twelve Oaks (Sue, Gloria, Becky will bring cakes, June will bring chips) Please come to help serve.
October 30 (1:00)	Regular club meeting
November 5 (9:00)	Meet at Becky's house to make fried apple pies
November 7	ECA Bazaar
November 8	Yard Sale

BIRTHDAYS FOR NOVEMBER AND DECEMBER:

Lynn Nordin	November 9
Marjorie Brookshire	December 23
Marie Williams	December 28

WORDS TO PONDER: "When life's problems seem overwhelming, look around and see what other people are coping with. You may consider yourself fortunate." Ann Landers

RECIPE OF THE MONTH:

SUGARED SWEET POTATOES

1 ½ c. brown sugar, packed	1 c. cola-flavored carbonated drink
¼ c margarine	9 sweet potatoes, boiled and
¾ t. salt	sliced
1 t. vanilla	

In medium saucepan, heat brown sugar, margarine, salt, vanilla and cola; bring to a boil for 5 minutes. Arrange sweet potatoes in an ungreased 13" x 9" baking dish. Pour brown sugar mixture over potatoes. Bake, uncovered, at 350 degrees for 25 to 30 minutes or until edges are crisp. Makes 10 to 12 servings.

**WHITE SULPHUR SPRINGS EXTENSION AND COMMUNITY
ASSOCIATION NEWSLETTER
DECEMBER 2003**

I hope all of you had a great Thanksgiving and were able to enjoy your family and friends during this time. The weather is getting cooler and Christmas is just around the corner!

NOVEMBER MEETING: Our November meeting was held on Thursday, October 30, at the North Main Church of Christ building. The following members were present: Sue Chandler, Kathy Hallford, Becky Hill, Mary Dove Johnson, Lynn Nordin, June Paris, Gloria Puckett, and Evadelle Rittenhouse. We had our meeting a week early due to so many activities around our regular meeting date. It was voted to send a donation to the Women's Shelter. The club also decided to collect school supplies to be given to the Women's Shelter in December. Food was collected for the food drive and items were collected to be placed in the Operation Christmas Child boxes.

DECEMBER MEETING: Our December meeting will be our annual Christmas meal. This will be held at Becky Hill's home at 12:00 on Thursday, December 4. Husbands and guests are invited to attend. Each person should bring a \$5.00 gift to participate in the "Dirty Santa Game". Also please bring the following food to the meal:

Gloria	Vegetable
Mary Dove	Green beans, pickles
Evadelle	Marinated vegetable salad
June	Potato salad
Becky	Ham
Sue	Baked apples, bread
Lynn	Desert
Kathy	Desert

If you were not at the meeting to volunteer for a food item, please bring anything not mentioned above. Please call me (789-9652) by Tuesday, December 2, and let me know if you are or if you are not coming so we can plan accordingly.

THANK YOU! Thank you to those of you who gave and worked at yard sale, boxed up Operation Christmas Child items, dressed dolls, and made or donated cakes & chips and helped serve at the Twelve Oaks Nursing Home birthday party.

MUGS FOR TWELVE OAKS NURSING HOME: We would like to fill coffee cups or mugs with goodies to give to the residents of Twelve Oaks. Please search your cabinets and see if you have any good mugs or cups we could use for this. We have about 23 presently and will need enough for 66. Also check to see if you have any small bottles of lotion or shampoo to put in the mugs. Please bring to the December meeting.

GET WELL: We would like to send get well wishes to Wade Chandler who recently had triple by-pass surgery. Hope to see Wade up and around soon.

BIRTHDAYS FOR DECEMBER AND JANUARY:

December 5	Evadelle Rittenhouse
December 23	Marjorie Brookshire
December 28	Marie Williams
January 1	June Paris
January 12	Becky Hill

RECIPE FOR THE MONTH:

PINEAPPLE NUT COOKIES (Gloria Puckett)

1 cup white sugar	1 tsp. soda
1 cup brown sugar	3 tsps. baking powder
1 cup shortening (Crisco)	4 cups all purpose flour
2 eggs	1 tsp. salt
1 can crushed pineapple (drained)	2 tsps. vanilla
1/3 cup chopped, ground walnut meats	

Cream sugars and shortening. Add eggs. Beat well. Add soda with pineapple, then all other ingredients. Drop by teaspoon on lightly spritzed cookie sheet. Bake at 375 degrees for about 10 minutes.

WORDS TO PONDER:

Nine requisites for contented living:
Health enough to make work a pleasure.
Wealth enough to support your needs.
Strength to battle with difficulties and overcome them.
Grace enough to confess your sins and forsake them.
Patience enough to toil until some good is accomplished.
Charity enough to see some good in your neighbor.
Love enough to move you to be useful and helpful to others.
Faith enough to make real the things of God.
Hope enough to remove all anxious fears concerning the future.
Johann von Goethe

REMEMBER!! Our December meeting will be held on Thursday, December 4 at 12:00 at Becky Hill's home. Please remember to bring the following to the meeting:

Food
\$5.00 gift for "Dirty Santa Game"
School supplies for Women's Shelter
Dues if you have not paid
Coffee mugs
Small bottles of lotion or shampoo
Canning recipes for Kathy