

What's the Buzz at Reformation?

Feb. 2, 2020

Feb. 8	Sat.	9am	Breakfast at TeeJaye's Brice Rd.
Feb. 14	Sun.		Valentine's Day
Feb. 16	Sun.		Congregational mtg. after church service
Feb. 17	Mon.	3pm	Ronald McDonald House
Feb. 25	Tues.	5:30pm	Fat Tuesday pancake supper
Feb. 26	Weds.	7:30pm	Ash Wednesday service at Reformation
Mar. 7	Sat	9am	Community Breakfast at Reformation 9am-10:30am

Groundhog Day Trivia Quiz

- ___ 1. In the movie, Bill Murray's character learned to do which of the following?
A. play the piano
B. speak French
C. shoot pool
D. all of the above
- ___ 2. Bill Murray was bitten by the live groundhog and had to get rabies treatment.
A. true
B. false
- ___ 3. The outdoor scenes were filmed in this kind of weather.
A. snow
B. rain
C. sunny
D. all of the above
- ___ 4. What is Punxatawny Phil's Title (since 1886)?
A. Seer of seer
B. Sage of sages
C. Prognosticator of prognosticators
D. Weather Prophet Extraordinary
E. All of the above
- ___ 5. Which groundhog has had the best accuracy?
A. Punxatawny Phil
B. Buckeye Chuck
- ___ 6. What's the difference between a groundhog and a woodchuck?
A. Habitat
B. A groundhog is a male woodchuck
C. No difference

Sources:

Wikipedia.com, "Woodchuck" "Groundhog".

Christopher, Tom. "Woodchuck Nation," *House & Garden (magazine)*, May 2005.

Feb. 2, 2020 (p. 2)

Answers: 1-D, 2-A, 3-D, 4-E, 5-B, 6-C

Braised Chicken Hearts & Gizzards

Time: 2 hours or less

Serves: 3

2 T. butter

1 medium onion, chopped

2 cloves garlic, minced, or use 1/4 tsp. garlic powder

1/2 lb. fresh mushrooms, sliced (optional)

1 lb. chicken hearts, gizzards, or a mix

1 T. paprika

1+ 1/4 cup water

2 T. chopped parsley for garnish, optional

In a large skillet, saute the onion and garlic in the butter until soft. If you are using mushrooms, saute them as well.

Rinse off the chicken hearts & gizzards, removing any pieces of chicken fat you can. Stir the hearts and gizzards into the pan. Brown lightly. Stir in paprika and water, and bring to a boil. Lower heat to low, cover, and simmer about 1+1/2 hours, stirring occasionally. Add water to prevent sticking to bottom of skillet.

Serve over cooked rice, noodles, or kasha. Garnish with parsley if you like.

What's the Buzz at Reformation?

Feb. 9, 2020

A news article claimed that 3 out of 4 women would rather get a plasma tv than a diamond necklace.

What this really means is that only 1 out of 4 women can prevent her husband from signing her name on surveys.

Fark.com, quoted in Reader's Digest Nov. 2007

Silk

Silk is the thread of the cocoon of several species of moth, most often the mulberry silkworm. Other insects produce silk proteins, and attempts have even been made to use the silk of spiders. The raising of silk caterpillars in order to get silk is called sericulture. The pupae are killed either by piercing the cocoons with a needle or dipping the cocoons in boiling water. Then the silk fiber is unwound in a single strand, resulting in a stronger cloth. The thread is so fine as to be almost invisible to the human eye, but it catches the light. Silk thread from moths in captivity is easier to dye than that of wild moths.

Silk fabric has been made by the Chinese for over 4,000 years. Demand for the beautiful cloth led to trade with India, North Africa, Europe, and other parts of Asia along a route called the Silk Road. Many merchants became rich through controlling the silk trade. It was lightweight and beautiful, and in ancient days was the most valuable resource traded from China. No wonder the ancient Chinese wanted to keep their methods of sericulture a secret; but by AD 200, some people in India and Korea had figured it out. Nowadays, silk is manufactured in Korea, India, Thailand, North America, Vietnam, and China. Although silk will fade with exposure to sunlight, silk fiber one of the strongest natural fibers, but it loses its strength when wet.

Most of us think of silk as a fragile textile. However, researchers at Tufts and Beth Israel Deaconess Medical Center came up with a way to use silk instead of metal. Silk protein is formed into screws and plates that can hold bones together after surgery. The advantages over metal are that silk is strong and malleable, but does not put as much stress on bones and tissues, does not interfere with x-rays, and

Feb. 9, 2020 (p. 2)

since it biodegrades inside the body, does not require subsequent surgical incisions to remove. Silk screws can be made so they degrade in a few hours or several years. By the time you read this, silk screws are expected to be used in facial surgery for children, whose growing bones can benefit from screws that are only temporary.

Sources:

Wikipedia, "Silk".

Stone, Daniel, "Silk Screws", *National Geographic (magazine)*, Oct. 2014.

French Silk (Chocolate) Pie

Time: 20 minutes prep, then 2 hours to chill in refrigerator

Makes one 9" pie

1/2 cup (1 stick) butter, at room temperature

3/4 cup sugar

2 squares unsweetened chocolate, melted and cooled

1 tsp. vanilla extract

2 eggs (or use pasteurized eggs or egg product if salmonella is a risk)

1 prepared pie shell, baked and cooled

whipped cream or whipped topping, optional (red food coloring optional too)

In the bowl of an electric mixer, cream butter and sugar and mix until pale. Stir in melted and cooled chocolate and vanilla extract. Add eggs one at a time, beating about 5 minutes after each egg. Spoon into baked and cooled pie shell.

Optionally, top with whipped cream or whipped topping, maybe tinted pink if you like.

Cover loosely with plastic wrap and chill 2 hours or longer..

What's the Buzz at Reformation?

World Hunger Quiz

Feb. 16, 2020

- ___ 1. The average daily caloric intake in the DRC and Eritrea is
- A. 2600 calories B. 2200 calories C. 1600 calories
- ___ 2. The difference in life expectancy between Japan & Sierra Leone is
- A. 15 years B. 25 years C. 35 years
- ___ 3. The average person in the US consumes ___ times more calories than a person in Eritrea
- A. one and a half B. two C. two and a half
- ___ 4. The highest literacy rate is in what country?
- A. Georgia B. Sweden C. USA D. Canada
- ___ 5. What is the major cause of demographic change today?
- A. industrialization B. better health care means fewer deaths
- ___ 6. The drop in world hunger 1970-1997 was due to improvement in
- A. Africa B. Asia C. Latin America D. USA
- ___ 7. How many people die of hunger every minute?
- A. 10 B. 15 C. 18
- ___ 8. The most common dietary deficiency
- A. protein B. iodine C. fruit
- ___ 9. The average workday of a woman in Burkina Faso is
- A. 6 hours B. 10 hours C. 14 hours

___ **10. What peanut paste is used to prevent malnutrition worldwide?**

- A. peanut butter B. Plumpy'Sup C. Nutella

Answers: 1-C, 2-C, 3-C, 4-A, 5-B, 6-B, 7-C, 8-A, 9-C, 10-B

Sources: Freerice.com

Wikipedia, "Global Hunger"

Sharp, Gwen, "20 Things That Happen in 1 Minute." *TheSocietyPages.org*

Chocolate Chip Skillet Cookie

Time: 45 minutes

Makes one 12" cookie

14 T. butter (1 3/4 sticks), salted or unsalted

1 3/4 cups flour

1/2 tsp. baking soda

1 tsp. kosher salt, optional (use only if you are using unsalted butter & like a salty cookie)

1/2 cup sugar

3/4 cup packed brown sugar (preferably still soft to make a moister cookie)

2 tsp. vanilla extract

1 egg yolk

10-12 oz. chocolate chips, semisweet or bittersweet

1/2 cup cut-up dried cherries or cranberries, optional

Preheat oven to 375. No need to grease the cast-iron skillet, but it should be pre-seasoned if brand new. If it's an old pan, don't worry about the cookie tasting like last night's dinner, as long as it's been washed. Cut butter into chunks about 1 tablespoon each. With the skillet on stovetop, put 10 of these chunks in the skillet and melt until slightly browned and nutty-smelling. Carefully pour browned butter into heatproof bowl. Stir in the remaining pieces of butter. Add egg and yolk, and whisk for 30 seconds.

Add in the flour, baking soda, sugars, and salt (if you are using it). Whisk for 30 seconds. Stir in chocolate chips. Using a spatula, press dough evenly into the bottom of cast-iron skillet. Put skillet in the oven and bake 20-25 minutes, until edges are dark golden brown (or do the toothpick test). Serve cut into wedges or rectangles, plain or with whipped cream or ice cream.

Design Thinking

In his book *The Achievement Habit*, Bernard Roth and other Stanford engineers invented "design thinking" as a way to get your brains to work on whatever problems you face. There are seven steps:

1. **Empathize.** What is the issue (or what are the issues)?
2. **Define the problem.** Which question are you going to answer?
3. **Ideate.** Generate possible solutions.
4. **Prototype.** Abandon perfection; either build your project or develop a plan.
5. **Test and get feedback from others.**

An example of how Roth's process went was when a woman answered to Step 1 that she was worried that her daughter wouldn't get into a good college. When she reached Step 2, she realized that even if her daughter got into the best school in the world that she would just find something else to obsess about, so the issue was really "How can I reduce my anxiety?".

For a long time, I thought my problem in my teaching was that I occasionally made a mistake. Making mistakes is a part of life, but being wrong is often scary for a teacher, so the problem was how to deal with a mistake. I came to realize that I can do these things:

1. Admit it. Affirm that if the student thought they heard an error, they were right and their ears are sharp.
2. Show that mistakes happen, and the artist's job is to deal with them to maintain the integrity of the whole, that overcoming imperfection is the key to performance.
3. Come off my high horse and forge a bond of human-ness with the student. As one esteemed pianist once said to a child who had made a slew of mistakes onstage, "Congratulations! Join the club!"

Feb. 23, 2020 (p. 2)

Quiche Lorraine (can also be made with cut-up blanched fresh broccoli, asparagus, or raw spinach - any frozen vegetable must be thawed and drained or wrung out)

Time: 1 hour 15 minutes

Makes: two 9-inch quiches

2 (9-inch) pie shells, prebaked at 375 for a few minutes til firm but still pale

4-6 slices bacon, cut up and fried crisp

1+ 1/4 cups milk or light cream, or a blend

3 eggs

3 cups cheese: I use 2 cups Swiss + 1 cup mozzarella, but most do all Swiss

salt to taste, optional

a few drops Tabasco or a little pepper to taste, optional

Preheat oven to 375F and move racks to lower half of oven. Put aluminum foil over the edges of pie shells and crimp or fold under so the foil doesn't fall off. With a fork, poke holes in sides and bottoms of pie crust so they don't get distorted when baking. Prebake pie shells until firm but still pale.

Crumble the bacon into the prebaked pie shells. Beat the eggs, then stir in cream/milk, cheese, salt and pepper/Tabasco. Pour this mixture into the pie shells.

Cover edges of pie shells with aluminum foil, folding the foil so it doesn't fall off. Bake in the lower half of oven for 35 minutes.

Remove from oven. Let the quiches rest for 15 minutes before cutting so you don't burn yourself, and also for ease of cutting.