

## What's the Buzz at Reformation?

Jan. 5, 2020

Jan. 11	Sat.	Breakfast at Tee Jaye's <b>9am</b>
Jan. 12	Sun.	Worship & Music committee meeting after service
Jan. 13	Mon.	National Rubber Ducky Day
Jan. 20	Mon.	Ronald McDonald House
Jan. 25	Sat.	Chinese New Year
Feb. 1	Sat.	Community Breakfast at Reformation <b>9-10:30am</b>
Feb. 2	Sun	Souper Bowl contest at Reformation after service

### Some New Year's Resolution Ideas

Not everybody wants or needs to make resolutions, and Garfield the cat says "don't mess with perfection". but if you've shot holes in your New Year's Resolutions and need to start a new batch, here are a few ideas:

Be kind: people won't remember what you did as much as how you made them feel.

Every time you end up with way too many leftovers, take them to somebody who can use them, such as a neighbor or friend; or if there's a lot, Ronald McDonald House.

For every item you bring into your home, even if it's just a piece of paper, make sure an equivalent amount of stuff goes out.

Use fewer plastic bags. Extras can be donated to a food pantry or Kroger recycling.

Plan more, waste less -- this applies to food, relationships, money, time & life itself!

Put the cell phone away when you are with people. Pay "thumbs-free attention".

Aim for balance. Sometimes it's not all about you, but don't undervalue yourself.

To consume fewer carbs, put condiments on meat or cheese, roll it, skip the bread.

Use your feet, stairs, or a bike more; use the elevator or car less (if it's safe).

Be a life-long learner. Work on your career, not just your job.

For your health (blood sugar) and consistency, get up the same time every day.

Pray regularly and whenever you feel like it, as if your life depends on it. It does!

Jan. 5, 2020

## **Pasta Carbonara (Coal Miner's Pasta)**

Time: 20 minutes

Serves: 4

**1 lb. pasta, either spaghetti or shapes such as rigatoni or macaroni**

**1/4 - 1/2 lb. meaty bacon or hog jowl, cut up & cooked, save drippings**

**3 eggs, beaten**

**1/2 cup Parmesan cheese, preferably freshly grated or shaved, plus more for serving**

**black pepper to taste, preferably freshly ground**

**fresh parsley, chopped for garnish (optional)**

Cut up bacon. Cook it in a skillet, then drain on paper towels and set aside, but save drippings in the skillet. If there isn't 3 T, of drippings, add butter to make 3 T.

Cook pasta in 6-8 cups boiling water. Meanwhile, in a big serving bowl, mix the beaten eggs, Parmesan, and black pepper, and the bacon. This bacon mixture has to be ready when pasta is done. Drain the pasta in a colander, then mix it into the bacon mixture.

Pour the bacon fat mixture over the pasta, toss, and serve with extra Parmesan. Garnish with fresh parsley if you like.

### Epiphany Celebrations around the World

Epiphany was Jan. 6. Different countries have very different ways of celebrating the day, which stands for the baptism of Jesus, the arrival of the Three Wise Men (or three Kings), and also the wedding at Cana. Often, Lutherans decorate above the doorway, splitting the year in two and using the initials of the three kings Caspar, Melchior, and Balthasar like this: 20 + C + M + B + 20. In many European countries, Christians bless the water, because of the baptism of Jesus in the Jordan River.

Bulgarian men wade in the water in traditional clothes, carrying national flags. They also dance to the music of the bagpipe while they (the dancers, not the bagpipes) are in the water.

In Cyprus, they have revived a custom that was stopped for several years when the Turks invaded. The Blessing of the Waters ceremony has the Archimandrite tossing a silver cross into the Mediterranean, and then men try to retrieve it.

For the people of the Czech Republic, Epiphany is a day of charity. More than 60,000 people collect or donate funds, 10% of which go for charities abroad. In 2015, over \$3,600,000 was donated.

In Mexico City, people gather to share a gigantic King Cake in one of the plazas.

Polish people love to have a parade on Epiphany, where the President and First Lady, and hundreds of residents, walk through downtown Warsaw. The three kings are represented by three people riding a camel, a horse, and a paper dragon.

The Puerto Rican government offers gifts to a number of children, but they have had to cut back due to a rough economy. In 2011, the government was criticized for handing out laptops in the capital city of San Juan. In 2015, they got financial help from the city of Utrado, and the festival moved there. Children received toy balls.

Horses are central to the celebrations in Romania, since horses are still used to plow, carry wood, and for transportation. The priest blesses horses, which are decked out with red tassels, ear caps, and ankle bracelets. Some towns have bare-back horse races and also contests where horses pull logs as a show of strength. People eat spicy sausages.

In Spain and some Latin American countries, the night before Epiphany is marked by a parade, with jugglers, clowns, and bands. Then on the 6th of January, children receive gifts, supposedly brought by the three kings.

Here in the US, the Phunny Phorty Phellows of New Orleans start Carnival season by riding a streetcar on St. Charles Ave. Bakeries across the country churn out king cakes, often decorated in gold, green, and purple. A small plastic doll is hidden in the cake, and according to custom, whoever finds it has to buy the next year's cake. Some bakers put the baby doll on the top (to avoid possible chipped teeth & lawsuits) and/or arrange some plastic or piped crowns or Mardi gras beads on top.

## **King Cake**

Time: about 45 minutes

Makes one 9x13" rectangular cake, or a 2-layer 9" round cake

**1 box cake mix, usually white or yellow, but any light color will do**

**eggs, oil, and water as called for in package directions**

**1 small plastic baby doll, about 1" long**

**white frosting**

**purple, green, and either yellow or gold sprinkles or colored sugar**

Preheat oven, and grease or spray the cake pan(s). Prepare cake batter according to directions, and pour it into prepared cake pans. Submerge the plastic baby doll in the cake batter, and bake. Try to keep the location of the baby doll a secret.

Allow cake to cool before frosting. If it's a 2-layer round cake, frost the top of the bottom layer, then stack the top layer on, and frost the top and sides. After cake is frosted, decorate the top as you like with colored sprinkles or colored sugar, and/or piped or plastic Mardi Gras bead necklaces or crowns.

Note: Make sure to tell guests about the plastic baby doll before they start eating.

## What's the Buzz at Reformation?

Jan. 19, 2020

In observance of Chinese New Year this Saturday, Jan. 25:  
Fortune Cookie Sayings, real or imagined

To truly find yourself, you should play hide and seek alone.

Meh.

Only listen to the fortune cookie, disregard all other fortune telling units.

Ignore previous fortunes.

An alien of some sort will be appearing to you shortly!

A closed mouth gathers no feet.

Some dream of fortunes, others dream of cookies.

Someone will invite you to a karaoke party.

You can always find happiness at work on Friday.

He who throws dirt, loses ground.

You like Chinese food.

The road to riches is paved with homework.

Now is the time to make circles with mints, do not hesitate any longer.

Marriage lets you annoy one person for the rest of your life.

The fortune you seek is in another cookie.

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The Chinese groceries below are sold at Bangkok Grocery or other Asian groceries. All except sesame oil and soy sauce are optional, feel free to substitute as you like. Dried mushrooms, sesame oil and soy sauce will keep for years without refrigeration.

## **Buddha's Delight Vegetarian One-Pot Dish**

Time: 30 minutes

Serves: 4-6

**1 can vegetarian gluten "Chai Pow Yu"**

**8 oz. chopped or sliced mushrooms, any kind you like. Shiitake are great.  
If using dried mushrooms, cut up, discard stems, then soak w/ the noodles.**

**4-5-oz. frozen peas**

**1 small (tuna-sized) can water chestnuts, cut up if whole**

**1 small (smaller than your hand) bundle mung bean thread (cellophane noodles)**

**1-2 tsp. sesame oil**

**1-2 tsp. soy sauce, plus more for serving**

**Cooked rice, optional**

Soak the cellophane noodles (and any dried mushrooms) in water in a 3-4-quart saucepan for 20 minutes, then drain off all but about a cup of soaking liquid. While noodles are soaking, cut up water chestnuts and any fresh mushrooms if needed.

If using dried mushrooms, you can cut them and discard stems after soaking.

To the cellophane noodles and soaking liquid, add the peas, vegetarian gluten, mushrooms, frozen peas, water chestnuts, and soy sauce. Cook over medium heat 10 minutes, adding water if it starts to stick to the bottom of the saucepan. Remove from heat, stir in the sesame oil, and serve with additional soy sauce on table.

### Ludwig Bemelmans (1898-1962) and the *Madeline* books

"In an old house in Paris that was covered with vines..." thus begins one of America's favorite children's books, *Madeline*. The character Madeline is adventurous, opinionated, and doesn't care what other people think. The same could be said for Bemelmans himself.

Ludwig Bemelmans was born in Austria-Hungary (now Italy). His father was a painter who also owned a hotel, but the father ran off with Ludwig's governess. Ludwig's mother moved with the two boys to Regensburg, Germany. Ludwig didn't like school, and when he reportedly shot a waiter at his uncle's hotel, he was shipped off to the United States while just a teenager. He packed pistols in his luggage, in case he ran into Indians. Finding no Indians in New York, he went to work in the food industry, as a busboy, [terrible] waiter, banquet manager, and food writer. He joined the US army in 1917 but was not sent overseas because of his German origins. In 1918, he became an American citizen.

For his whole adult life, he was very picky and snobbish about food, and became such a notorious gourmand that when he patronized a restaurant, news of his arrival would cause the waitstaff to groan. While he was working at the Ritz, he was no model employee. He broke dishes, threw trays, ate garnishes, and wrote or doodled on the backs of menus. Today, his mural can be seen at the Hotel Carlyle. He also wrote travel books, movie scripts, and memoirs.

The character Madeline got her name (changed for more rhyming choices) from his wife, Madeleine. She stayed with him, although he was often not the kindest person in the world. Once he yelled at his young daughter Barbara to go away, saying, "I'm busy writing a children's book!" We are glad that he wrote a bunch of them!

*Madeline*, 1939

*Madeline's Rescue*, 1953

*Madeline and the Gypsies*, 1959

*Madeline in London*, 1961

*Madeline's Christmas*, 1985 (first published in *McCall's* in 1956)

*Madeline in America & Other Holiday Tales*, 1999

Sources: Wikipedia

Shields, Jody, "A Bemelmans Baedecker", HG magazine, Oct. 1991

## **Madeleines (lemon or chocolate)**

Time: about 30 minutes

Makes: 12 madeleines or mini-muffins, or 6-8 if using regular muffin pan  
(recipe can be doubled)

### **Lemon madeleines:**

**2 eggs**

**1/3 cup sugar**

**1/8 tsp. salt, only if using unsalted butter**

**1/2 cup flour**

**1 T. lemon zest**

**1/4 cup (half a stick) butter, melted and cooled to room temperature**

### **Chocolate madeleines:**

**2 eggs**

**1/2 cup sugar**

**1/8 tsp. salt, only if using unsalted butter**

**1/2 cup flour, minus 2 T.**

**1/4 cup unsweetened cocoa powder**

**1/4 cup (half a stick) butter, melted and cooled to room temperature**

Preheat oven to 375F. Butter or spray 12 madeleine molds or muffin cups.

With an electric mixer, mix ingredients except butter, beating on high speed about 5-10 minutes, until batter forms ribbons. Then fold in melted butter.

Pour batter into madeleine molds or muffin cups. Bake 14-17 minutes or until tops spring back when lightly pressed with fingertip.

Remove from oven. Immediately turn them out of pans, using the tip of a knife to loosen them if necessary. Eat the same day, or they make good dunkers the following day.