

What's the Buzz at Reformation?

Mar. 1, 2020

Mar. 4	Weds.	Lenten service at Reformation	food? time?
Mar. 7	Sat.	Turn clocks ahead 1 hour, before you hit the hay Community breakfast 9-10:30am	
Mar. 11	Weds.	Lenten service at Reformation	" "
Mar. 14	Sat. 9am	Breakfast at TeeJaye's Brice Rd.	
Mar. 16	Mon. 3pm	Ronald McDonald House	
Mar. 17	Tues.	St. Patrick's Day	
Mar. 18	Weds	Lenten service at Reformation	food? time?
Mar. 25	Weds	Lenten service at Reformation	" "
April 1	Weds.	Lenten service at Reformation	" "
April 4	Sat. 9am	Community Breakfast at Reformation, 9-10:30am	
April 4	Sat.	Easter egg hunt at 1pm, volunteers be here by noon	
April 5	Sun.	Palm/Passion Sunday	

Starfish - armed but vulnerable

There are nearly 2000 species of starfish, also called sea stars. They are not really fish, since they have no backbones, but are echinoderms. Echinoderms, including starfish (often called sea stars), sea urchins, sea cucumbers, and sand dollars have spiny skin to protect them. They live anywhere from the sea floor of most oceans to the coasts. Adult starfish range in size from 1 inch to three feet in diameter. Weight varies from .08 oz (slightly heavier than a penny) to 11 lbs.

Most starfish have five arms, but some have up to fifty! The eyespots on the tips of the arms sense light. All the vital organs are in the arms. In many species, if an arm is cut off, the starfish can grow a new one, and the arm can grow a whole new starfish. The starfish has rows of tiny tube feet on the underside of its arms, and it crawls by suction created by an internal water-driven hydraulic system.

Starfish are mostly carnivorous. They are not social creatures, but gather to feed during certain times of the year. Food includes mollusks (such as clams, oysters, and mussels) which they pry open, fish, shrimp, and detritus. Starfish help clean the ocean floor. To eat, the starfish pokes its stomach out through its mouth, enveloping the prey, digests its food outside the body, then takes the stomach back inside the body. Animals that eat starfish are sea turtles, birds, snails, shrimp & other starfish.

In 2014, in Santa Cruz, more baby starfish were found than in the previous 15 years combined. In 2015, a viral wasting disease struck many adult starfish around Puget Sound. Only 2 dozen adults were found. But the normal number of juveniles found after that. Maybe juveniles were unaffected by the virus, or adults released more eggs and sperm..

Sources: Le, Phuong, "Sea Stars Offer Hope" on Yahoo.com
Aqua.org/explore/animals/sea-stars

March 1, 2020

There really are recipes for cooking starfish, but this isn't one of them.

Starfish Cake

1 baked cake, frosted any color except tan (blue is great)

Oat ring cereal, such as Cheerios

Trace the outline of a starfish on the cake. Fill in the outline with closely spaced, individually placed cheerios.

Fish-y Jokes

What's the difference between a piano and a fish?

You can tune a piano, but you can't tuna fish.

What do you get when you cross a shark with a snowman?

Frostbite.

Which fish is the most famous?

The starfish.

What do you call a fish with no eye?

fsh!

What do get when you cross an octopus with a cow?

A cow that can milk itself.

What is the strongest creature in the sea?

The mussel.

Water Conservation

Water covers about 71 percent of the Earth's surface, but only 1% of that is drinkable, and much of that is inaccessible (e.g., in glaciers). Like food and other finite but necessary commodities, people will kill each other over water rights. We take water for granted, but many parts of the world (and the US) have experienced water insecurity, which is either water scarcity (shortages of water), or water quality problems. Over a billion people now survive with just 4 liters of water per day for all their needs. Each year, about 4 million people die from water-related diseases. The average woman in Africa and Asia has to walk 3.7 miles each day to collect water, often more in rural areas. By the year 2025, an estimated 3 billion people will suffer from water insecurity. If you are interested in saving water, here are some tips from ken-foundation:

Wash full loads of laundry or dishes and save up to 1,000 gallons per month. Match the water level to the size of the laundry load. Saves electricity too.

Don't let the water run while brushing teeth or shaving. Turn water off and on. That's what your other hand is for! The water wasted during brushing your teeth could give your family and pets enough to drink all day.

When planning your landscaping, use drought-resistant plants such as sedums, daylilies, iris, or feverfew. Not too much lawn.

Water in the early morning or evening, so less water evaporates as you water. Adjust the sprinkler so you're not watering the sidewalk or street. The lower the arc of the spray, the more water reaches the plants before evaporating.

You can collect rainwater and use it for the garden, bathing, showers, laundry, and flushing the toilet.

Use a broom instead of the hose to clean sidewalks or the driveway when possible.

In the kitchen, wash fruit and vegetables in a pan of water instead of letting water run. Soak dirty pots and pans instead of letting the water run while you scrape them. Designate 1 glass or water bottle as yours for the day to cut down on washing cups.

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Creole Gumbo, with or without fish

Time: 3 hrs. if using fish (2 hours to marinate in fridge), otherwise 70 minutes

Yield: 1+1/2 qt.

3 lbs. cod, haddock, sea bass, or tilapia, thawed if frozen (optional)

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

1/8 tsp. turmeric

1/2 tsp. powdered cumin

2 T. olive or canola oil

1+1/2 cups thinly sliced onion

1 cup fish stock (or chicken stock if not using fish)

1 cup dry white wine

1/8 tsp. thyme

1/2 a bay leaf

1 - 2 tsp. crushed red pepper

2 cups stewed tomatoes, chop up a little

1 pkg. frozen okra, thawed (slice if it comes in whole pods)

cooked rice

Rinse and dry fish, and rub with garlic, turmeric and cumin. Cut fish into 1+1/2 inch chunks, and refrigerate about 1+1/2 hours.

Heat oil in a Dutch oven, saute the onions. Add stock, wine, thyme, bay leaf, and red pepper. Simmer 30 minutes. Add tomatoes, salt to taste, simmer 30 minutes more.

Add okra and fish, and simmer 10 minutes more. Serve over cooked rice, and garnish with parsley.

What's the Buzz at Reformation?

Mar. 15, 2020

Groucho Marx (1890-1977)

Groucho Marx was born Julius Henry Marx in Brooklyn, New York. He was the third son, and his unclue was in show business. His mother Minnie was eager to get her sons into show business, and Julius' broke into show business as a boy singer in 1905. Although he wanted to be a doctor, he had to bring in money at a young age. He compensated for lack of college education by becoming very well-read. By 1909, he was in a singing group on the vaudeville circuit with Milton (Gummo) and Adolph (later Arthur and then renamed again as Harpo) and Lou Levy. After a discouraging performance in Nagadoches, TX, the three Marx boys began cracking jokes, and found the audience preferred the jokes to their singing, so comedy became part of their schtick.

Leonard (Chico) developed an Italian accent. Arthur (Harpo) put on a curly red wig and acted Irish. Julius (Groucho) at first adopted a German accent, but after the sinking of the Lusitania made people dislike Germans, he switched to rapid talk and a somewhat stooped walk adapted from a fashionable walk from the 1890s.

His greasepaint eyebrows and mustache might have come from one time when he didn't have time to put on his fake mustache; or it might have been painful to remove the mustache off every night. Whatever the reason, the eyebrows, glasses, nose, and mustache became a calling card and a novelty-store hit that is still sold today. Groucho eventually grew his own real mustache. He made several movies with and without his brothers, including *Duck Soup*, *Money Business*, *Animal Crackers*, *Horse Feathers*, and *A Night at the Opera*. When Harpo confessed that he was uncomfortable speaking, somebody suggested he mime his part.

Groucho is also famous for his long stint on *You Bet Your Life*, which started as a radio show in 1947, and then was also a TV show from 1950-1961. Some of his famous ad-libs include "Who is buried in Grant's tomb?" and "What color is the White House?" purposely easy so that a contestant could win a consolation prize.

**...I don't want to belong to any club that will accept
people like me as a member.**

Die, my dear? Why that's the last thing I'll do!

March 15, 2020 (p. 2)

**Although it is generally known, I think it's about time to announce that
I was born at a very early age.**

**Years ago, I tried to top everybody, but I don't anymore. I realized
it was killing conversation. When you're always trying for a topper,
you aren't really listening. It ruins communication.**

Bruschetta with Two Kinds of Tomatoes

Time: 15 minutes

Makes 10-12 slices

1 French bread (baguette)

1/2 tsp. black pepper

1/4 tsp. salt, optional

1/4 cup fresh basil, stems removed

2 T. balsamic vinegar

1/4 cup olive or canola oil

1/2 cup sun-dried tomatoes, preferably oil-packed

6 Roma tomatoes, chopped

8 oz. shredded mozzarella cheese (2 cups)

Preheat broiler on high, with rack in top position. In a large bowl, combine all ingredients except baguette and mozzarella. Slice baguette about 3/4" thick. Arrange slices in a single layer on cookie sheet. Broil 1-2 minutes until slightly browned.

Remove from oven and put tomato mixture on top of baguette slices. Top with mozzarella. Broil about 5 minutes, until cheese melts.

Edward Craven Walker and the Lava Lamp

How many of you have ever had a lava lamp in your home? Ever wonder how they came to be?

Back in 1963, a former WWII pilot named Edward Walker was in a pub, watching an hourglass-type egg timer. That inspired him to experiment with wax and either water or mineral oil. The wax was too lightweight, and would just float on the surface, so he added carbon tetrachloride, which had the additional benefit of being nonflammable. Soon he and his wife set up the Crestworth Company in Poole, Dorsetshire, and began manufacturing the Astrolamp, as it was first called.

The wax is heated by an incandescent bulb or halogen lamp of 25-40 watts. After a few minutes, the wax starts rise up and sink down in the liquid. If the glass container is shaken (not recommended), the liquid becomes cloudy, and it may take several heat-then-cool-off cycles before regaining its original clarity. In 2004, a man in Washington was killed because he tried to heat things up on a stove, and the glass shattered, bringing him into contact with glass shards and hot liquid.

As for other directions, my oldest lava lamp came with a ring of plastic flowers around the middle, with a cautionary sticker that "artificial flowers do not require water." So far, I can proudly say that have not even been tempted to water them!

Some changes have occurred over the years. Since 1970, they no longer use carbon tetrachloride, since it has been found to be toxic. In 1992, the company was renamed Mathmos and management shifted hands. In 2015, they began using something called ferrofluid. The company celebrated its 50th year in business in 2013, and is still in operation today.

Video streams of lava lamps have been used to generate random unpredictable data in research. Either the technique or the group doing this was called Lavarand.

Salmon with Agrodolce Sauce (adapted from Gourmet, April 2008)

Time: 15 minutes

Serves: 4

4 (6-oz.) salmon fillets 1" thick, with skin, patted dry

3 T. olive or canola oil

salt and black pepper to taste

2 medium red onions, each cut into 8 wedges

1/3 cup balsamic vinegar

1 tsp. sugar

1 T. butter

In a 12-inch skillet over medium heat, heat 1 T. oil until hot. Sprinkle salmon with salt and pepper. Cook salmon, skin side up, until there is a golden crust on the bottom side of fish, about 12-15 minutes. Flip fish over and cook until cooked through, about 3 more minutes.

Meanwhile, heat remaining 2 T. oil in another large skillet over medium-high heat until it shimmers. Saute onions until golden brown and barely tender, about 6-8 minutes. Stir in the vinegar, sugar, and up to 1/2 tsp. salt, and cook until the sauce looks like syrup, about 2 minutes. Remove from heat. Stir in the butter.

Place onions on individual plates, or on a larger serving platter. Spoon sauce over the onions, then put salmon on top, skin side down.

The Brothers Grimm and their work

Jacob Grimm (1785-1863) and his brother Wilhelm Grimm (1786-1859) grew up in the town of Hanau, Germany. When their father fell ill and died in 1796, the family became poor. They had to give up their servants and even the idea of regular meals. Jacob became the breadwinner at an early age. Both boys were hard workers and grew passionate about folklore while attending University of Marburg.

In addition to publishing their retellings of fairy tales, they also attempted to compile a German dictionary (which they never finished). Both brothers felt that it was important for Germans to know their language and stories of their culture, especially at a time when Germany was neither consistently unified or independent.

The brothers sought out stories from anyone who could tell them, peasants as well as people of the middle class or the aristocracy. Some of the stories probably came down from the middle ages, and maybe from Italy or France as well as Germany or Scandinavia. The first book, *Children's and Household Tales*, was published in 1812 to lukewarm reception; several opined that it was unappealing to children. Instead of throwing in the towel, the brothers made use of this and kept revising and adding to their collection, which grew from about 60 to over 200 stories. They also cut down on some of the violence and other aspects that readers had found offensive. For instance, the original Frog Prince is thrown against a wall by the princess (this breaks the spell); in a later version, she kisses him.

Just look at a very small list of stories they retold that have become classics: Cinderella, The Frog Prince, The Goose Girl, Hansel and Gretel, Rapunzel, Rumpelstiltskin, Sleeping Beauty, and Snow White. Disney made movies out of at least two of these. If you think these stories are popular in the United States, consider that in Germany, *Grimm's Fairy Tales* outsells every other book except the Bible.

Sources:

Wikipedia

Grimm's Fairy Tales (New York: Mc-Graw-Hill)

Mar. 29, 2020 (p. 2)

Oven Pancake (Crespella) with Chocolate-Hazelnut Spread Sauce (adapted from *Gourmet*, April 2008)

Time: 45 minutes

Serves: 4-6

3/4 cup flour

2 eggs

1/4 cup sugar

1 tsp. vanilla extract

up to 1/2 tsp. salt, optional (use only if using unsalted butter)

1 1/2 cups plus 3 Tbs. milk, divided

2 T. butter, preferably unsalted

1/2 cup chocolate-hazelnut spread

powdered sugar for garnish

strawberries or raspberries for serving

Put a 12-inch ovenproof skillet in the oven and preheat to 450F. Whisk together flour, eggs, sugar, vanilla, salt if using, and 1 1/2 cups milk.

Add butter to the skillet and heat in oven until golden, about 1 minute. Pour batter into skillet and bake until puffed, set, and golden, about 20-25 minutes.

Meanwhile, whisk together the chocolate-hazelnut spread and remaining 3 T. milk until mixture is smooth. Thin the sauce with additional milk if needed.

Cool pancake in skillet on a rack 5 minutes, it will sink. Drizzle with chocolate-hazelnut sauce and dust with powdered sugar. Serve with berries.