

What's the Buzz at Reformation?

June 5, 2022

June 12	Sat.	Men's Group meeting
June 19	Sun.	Father's Day
June 20	Mon.	Ronald McDonald House

The Older I Get (anonymous)

The older I get, the more I play.
The more I stress, the more I pray.
The more I smile and laugh and wink,
The less I care what others think.

The older I get, the less I fear,
The more I hold my friendships dear.
The less I need, the more I give.
The more deeply I love, the more fully I live.

Fireflies

When the lightning bugs come out, so does the kid in all of us. Whether we catch them in our hands, a glass jar with holes in the lid, or just enjoy seeing them, fireflies are something that makes us appreciate summer.

Lightning bugs, sometimes called "forest stars", are a kind of beetle. They exhibit bioluminescence even as larvae, when they are more commonly known as glowworms. The light helps keep predators away, because the larvae contain chemicals that are either toxic or bad-tasting. The larvae stay in the ground for a year or two.

As adults, the flashing lights we see are usually the males, advertising for female company. Each species has its own code. The males flash, then wait 8-10 seconds for females to respond. The females' flash is less bright; some scientists think the wait is so the females' weaker flash can be seen. Adult fireflies only live about 3 weeks. They mate, lay eggs, and then pass on.

Sources: Young, Diane, "Magic Nights," *Southern Living magazine*, June 1999.
"Firefly", *Wikipedia.org*.

Firefly Punch

Time: 5 min.

Serves 32

1 (64 oz.) carton pineapple-orange juice

1 (2-liter) bottle lemon-lime soda

1 (7 oz.) spray can whipped cream, OR whip a pint of whipping cream and then add 1 T. sugar

1 cup yellow or pastel sprinkles

drinking straws or spoons

Pour pineapple-orange juice and lemon-lime soda into punchbowl. Fill each person's cup about halfway with punch, top with whipped cream, then a pinch of sprinkles.

3-ingredient Cheese Dip

8-16 oz. Swiss or Jarlsberg cheese, coarsely grated

Onion Powder to taste

Mayo to taste

Mix ingredients. Keeps in refrigerator, covered, for at least a week.

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**If I can stop one heart from breaking
I shall not live in vain;
If I can ease one life the aching,
Or cool one pain,
Or help one fainting robin
Unto his nest again,
I shall not live in vain.**
~ Emily Dickinson (1830-1886)

Emily Dickinson lived in or near Amherst, MA for most of her life. Her education was fairly extensive for a young woman of her time: after attending Amherst Academy, where she enjoyed sciences but never wanted to be only a detached observer of nature, she attended Mount Holyoke Female Seminary for a year. After that, she lived quietly at home, with a few outside trips to places like Philadelphia. She carried on correspondences with friends and sometimes included poems she had written, spelling her name "Emilie" and using unusual spelling for some other words as well. She admired the work of Elizabeth Barrett Browning and John Keats, but was not allowed to read Walt Whitman because some people thought it was disgraceful. Dickinson probably wondered if her poems would ever find a wider audience than her family and friends, but four years after her death, a book of her poems was published to great acclaim, quickly going through several editions.

Although we tend to think of her as a sweetness-and-light woman, Dickinson had a rebellious streak. At Mount Holyoke, she allowed herself to be classified as "without hope" (of developing into a model of Christian character), and she also expressed distaste for some of the commonly expected duties of womanhood, including housework and the endless round of social calls. She might have harbored a distrust of marriage, but it could be that she had been disappointed in love,

because there were many poems about heartbreak and sorrow. Her poems and letters are an enduring gift to the world, whether the scene described is rapturous, peaceful, tumultuous or transforming.

Here is an excerpt from a letter she wrote to her uncle Joseph A. Sweetser in 1958.
There is a smiling summer here, which causes birds to sing, and sets the bees in motion. Strange blooms arise on many stalks, and trees receive their tenants.

Sources: *Wikipedia.org*, *Poets.org*, and *PoetryFoundation.org*, "Emily Dickinson".

"A Smiling Summer", *Victoria magazine*, June 1990.

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Scallops with Lemony Peas

Time: 25 min.

Serves 3

1 cup green peas, fresh or thawed
1 T. butter, preferably unsalted
1/2 cup diced onion, preferably Vidalia
1 clove garlic, minced
zest of 1 lemon
1-2 T. chopped fresh chives, or to taste
1 T. chopped fresh flat-leaf parsley, or to taste
1/4 tsp. salt (or omit if using salted butter)
1/8 tsp. (a pinch) black pepper, preferably freshly ground
1 lb. sea scallops
4 T. olive or canola oil, divided
fresh chives or pea shoots for garnish, optional

In a large pot, boil water and blanch peas 2 minutes, then plunge peas into cold water to stop cooking.

In a large skillet over medium heat, heat butter. Add onion and garlic, cook 4-5 min. until softened. Reduce heat to medium-low, add peas, lemon zest, chives, parsley, salt (if using), and pepper. When it is hot, add 2 T. olive oil, and half of the scallops. Cook 3 minutes on each side until browned. Transfer to a plate or bowl. Wipe the skillet out with paper towels. Heat up the remaining 2 T. oil and then cook rest of scallops. Serve with peas.ops with peas and optional garnish.

What's the Buzz at Reformation?

June 19, 2022

Rejoice with your family in the beautiful land of life!

~ Albert Einstein

**It is not flesh and blood but the heart
that makes us fathers and sons.**

~ Johann Schiller

**I don't care how poor a man is,
if he has family, he's rich.**

~Dan Wilcox & Thad Mumford, M*A*S*H

Source: QuoteGarden.com

Jimmy Carter (1924-

Jimmy Carter's dad had high expectations for his son. He expected Jimmy to do the work of a grown man, even when Jimmy was only a boy. The family owned a farm, but were not rich. There was no indoor plumbing, and there was no electricity during much of Jimmy's childhood. In addition to farming, Jimmy's dad sold farm supplies and fertilizer.

Carter attended school in Plains, Georgia. Schools were still segregated back then. After high school, he attended the US Naval Academy and earned a bachelor of science degree. He was the first in his family to attend college. After that, he studied nuclear physics at Union College, and worked on developing the nuclear submarine program, as a lieutenant in the Navy.

When his father died in 1953, Carter went back to Plains and took over his father's business. He became chairman of the school board, then president of the Georgia Planning Commission. After that, he got elected to the state senate, and in 1971 he became the governor of Georgia. In 1976 he became President of the United States. With his characteristic honesty, he tackled issues with the economy, civil rights, human rights, and the Middle East. When he lost the bid for reelection in 1980, he continued his humanitarian work by creating the Carter Center, starting and promoting programs for disease prevention and health and agricultural progress.

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Most telling, he went back to teaching Sunday School at his church in Plains. He also wrote, spoke, and gave interviews. When William Hatch asked him what he would like to tell kids, he said:

The most important thing to teach is that we should not accept unnecessary limits in our own lives. The most severe limit is most often the one we place on ourselves by not striving for greatness, or by not attempting to utilize our talent, ability, and opportunities to the utmost. A refusal to meet life's challenges with vigor and determination can severely restrict one's vitality.

When asked what he hopes to accomplish with the rest of his life, Carter said:

I hope that I'll continue to learn.

Source: Hatch, Robert & William. *The Hero Project*. (New York: McGraw-Hill, 2006.

Betty's Hot Slaw - created by Betty Douglas a caterer/hairdresser from Ironton OH.

Time: 10 minutes plus chilling time

Serves 12+

approx. 3 lbs cabbage, shredded (or buy "angel hair" pre-cut cabbage)

1 onion, peeled and sliced very thin

2 c. sugar, or equivalent amount of agave nectar

1 c. oil

1 c. vinegar

1 tsp. celery seed

1/2 a block of dry uncooked ramen noodles, crumbled for garnish (optional); discard seasoning packet or reserve for another use.

Mix shredded cabbage and sliced onion.

Boil sugar, oil, and vinegar 2-3 minutes, then let cool 1 minute and pour over the cabbage mixture. You want the dressing to still be hot so the cabbage wilts a little.

Add celery seed and toss, then refrigerate. Add crumbled ramen before serving.

What's the Buzz at Reformation?

June 26, 2022

Antoine de Saint-Exupery (1900-c.1944)

Antoine de Saint-Exupery was born in Lyon, France, and lost his father at age 3. Later on, as a teenager, he attended the deathbed of his beloved brother, using the experience to describe the death of *The Little Prince*: "He did not cry out. He fell as gently as a [young] tree falls." At 17, he became the man of the family, and studied at a preparatory Naval Academy, but failed his final exams. Then he studied architecture, but again did not finish. He then took private flying lessons and became a commercial pilot, carrying mail from Europe to North Africa, sometimes searching for downed pilots and negotiating their safe return.

In 1931, he began to be recognized as an author, winning a prize for *Vol de Nuit* (*Night Flight*), which described his flights in and around Argentina. He also married a woman named Consuelo who had a "viper's tongue." Their married life was rocky, to say the least. In 1935, he and his co-pilot crashed in the Sahara Desert and barely made it out alive, which experience helped to make the beginning scenes of *The Little Prince* believable even though it is fantasy.

St.-Exupery joined the French Air Force and flew reconnaissance until he was demobilized in 1940. Then he went to the US to try and convince the American government to join the fight against Nazi Germany. He met Charles Lindbergh, but Lindbergh was in favor of negotiating with Hitler. While in the United States, St.-Exupery spent a few weeks in Canada, where the wife of a publisher persuaded him to write a children's book to compete with P.L. Travers' *Mary Poppins*. The result was *The Little Prince*, which went on to become the third-best-selling book in the world.

Here are some quotes from St.-Exupery:

What saves a man is to take one step. Then another step.

I know but one freedom, and that is the freedom of the mind.

To be a man is to be responsible.

**It is only with the heart that one can see rightly;
what is essential is invisible to the eye.**

Sources: Wikipedia.org
Brainyquote.com

Biscoff Cookies

Time: 1 hr. 15 min. (includes 30 minutes for chilling the dough)

Makes one large sheet cookie, or about 2 dozen cut-out cookies

1 c. butter, preferably unsalted

1/2 c. sugar

1/4 c. firmly packed brown sugar

1 tsp. vanilla extract

2 c. flour

2 tsp. ground cinnamon

1/4 tsp. ground nutmeg

1/4 tsp. ground ginger

1/4 tsp. allspice

1/4 tsp. ground cloves

1/2 tsp. salt, optional esp. if using salted butter

1/4 tsp. baking soda

1/4 tsp. baking powder

Preheat oven to 350 F. If making cut-out cookies, line cookie sheets with parchment paper.

In large bowl of electric mixer on low speed, cream butter, sugar, brown sugar, and vanilla. Add other ingredients gradually, until well-combined.

At this point, if you are making cut-out cookies, cover mixing bowl with lid or plastic wrap, and refrigerate dough 30 min. or longer.

For one big cookie, press dough onto a rimmed cookie sheet. For cut-out cookies, roll out dough about 1/4" thick, then cut into shapes and place on parchment-lined cookie sheets.

Bake one big cookie 20-25 minutes, or cut-out cookies 12-15 minutes.

Cool to room temperature. These are best once cooled.