

What's the Buzz at Reformation?

May 1, 2022

May 1	Sun.	May Day celebrated, especially in UK
May 3	Tues.	New Members' Class, 6pm
May 8	Sun.	Mothers' Day
May 10	Tues.	New Members' Class, 6pm
May 14	Sat.	Men's Group
May 16	Mon.	Ronald McDonald House 3pm, 711 E. Livingston
May 17	Tues.	New Members' Class, 6pm
May 24	Tues.	New Members' Class, 6pm
May 30	Mon.	Memorial Day
May 31	Tues.	New Members' Class, 6pm
June 5	Sun.	Pentecost - wear red and bring red geraniums

Where did "MayDay" originate, and what's the difference between it and May Day?

As a call for help, MayDay is the exact pronunciation of part of the French **venez m'aider** ("come help me"). It is used for dire emergencies on planes or ships, and should be said three times in a row. "Pan-pan" can be used for less urgent calls.

May Day as a holiday is the first of May. It used to be a pagan holiday celebrating fertility of the earth and its creatures. In more agricultural times, most seeds had been planted by then, and farm workers enjoyed a day off. The USSR turned May 1 into Workers Day.

When I was in college in the 1970s, May Day was celebrated largely through a day off from classes, young people acting romantic and/or crazy, sometimes breaking off car antennas, etc. Though fading from the US, other more sensible and family-friendly customs are still widely practiced in the UK, with Maypole dances, Morris dancing, and the crowning of the local May Queen, or Queen of (the) May, who might get a circlet of flowers for her crown, and/or a long-stemmed flower. One other custom is secretly leaving a small May basket of flowers or treats hanging on the door of a friend's house (knocking and running away optional). May Day is the source of the Early May Bank Holiday, now held on the 1st Mon. in May in England.

Maypole dancing is a tradition that goes back at least 400 years. The tallest maypole was erected in 1661, at 143 feet. It was taken down to make room for a telescope, but many towns and villages keep their Maypoles up. Those performing the Maypole dance ideally start practicing weeks before, because the ribbons they

hold are supposed to create a lovely multicolored woven braid around the pole -- if not, it's sort of a tangled mess, but colorful at any rate.

Here we go gathering nuts in May, nuts in May, nuts in May.
Here we go gathering nuts in May, on a cold and frosty morning.

Sources: Wikipedia "May Day"

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Veal Marsala

Time: 30 min.

Serves 4

8 small veal cutlets

1/2 c. flour

3/4 tsp. salt

1/4 tsp. black pepper

2 T. oil

3 T. melted butter

1 small onion, chopped

8-16 oz. white mushrooms, cleaned and sliced

1/2 c. marsala wine (or other red wine)

1/2 c. chicken broth

cooked egg noodles (warm) or potatoes (mashed, boiled or home-fried)

Place a cutlet between 2 layers of waxed paper and pound with a mallet until evenly thinner. Repeat with the other cutlets. Save waxed paper for next step.

Mix flour, 1/2 tsp. salt, and pepper in a small bowl. Sprinkle all but 2 tsp. of mixture on one sheet of waxed paper, put the other piece of waxed paper on a plate. Dip each cutlet into flour on both sides. Put floured cutlets on the waxed-paper-lined plate. Set the bowl with 2 tsp. of the flour mixture aside.

In a large skillet, heat oil and 1 T. of butter over medium-high heat until it sizzles. Add 4 of the cutlets, and brown them about 1 minute on each side. Transfer to a clean plate and keep warm. Add another T. of butter to skillet and repeat with remaining cutlets. Discard waxed paper.

(continued)

Reduce heat to medium, add remaining T. of butter. Fry onions 3 min. Add mushrooms and cook 3 minutes. Sprinkle with remaining 2 tsp. flour mixture, coating both sides of cutlets. Add wine and chicken broth. Simmer, scraping up the browned bits from the bottom of the pan. Add cutlets, season with remaining 1/4 tsp. salt. Cover and cook 3 minutes; serve over cooked noodles or with potatoes.

What's the Buzz at Reformation?

May 8, 2022

My Mama Done Told Me These Scientific "Facts" - Are these statements true or false?

- 1. The seasons are caused by the Earth's tilt.
- 2. Astronauts are weightless when orbiting the Earth.
- 3. Diamonds are formed from graphite.
- 4. When hair is cut or shaved, it grows back faster, thicker and stronger.
- 5. Colds are caused more by a virus entering the eyes or nose, than the mouth.
- 6. Intelligence is a result of brain weight.
- 7. The brain can create new cells.
- 8. Pythagoras (fl. 6th century BC) thought the Earth was round.
- 9. It takes about 20 minutes for sunscreen to be absorbed by the skin.
- 10. When plastic is thrown into the ocean, it gradually dissolves.
- 11. Burning fossil fuels doesn't increase the amount of carbon on Earth.
- 12. Stars twinkle because they're dying.
- 13. It's safer to eat food that has touched the floor if it has lots of sugar or salt.
- 14. The brain is all gray.
- 15. When a tornado is coming, leave windows closed.
- 16. A penny falling the Empire State Building would kill a person on the ground.
- 17. Inside the veins of a living person, blood is red.
- 18. The North Star is the brightest star.
- 19. Humans use virtually every part of their brain.
- 20. You lose more body heat per square inch through your head.
- 21. In a fusion reaction, hydrogen atoms combine to form helium.
- 22. The spin of the Earth influences the direction of a toilet flush.
- 23. Non-avian dinosaurs and humans lived at the same time.

(answers on next page)

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Answers: Odd-numbered statements are True, even-numbered are False.

Sources: Kriger, Patrick. "Everyone says It, so it must be true". Science-HowStuffWorks.com

Starchild.gsfc.nasa.gov. "Who figured out the Earth is round?"

Scandinavian Open-face Egg Sandwich

Time: 20 min. if eggs are already hard-boiled, 30 min. if starting with raw eggs

Serves 2 (each person gets two open-face sandwiches)

1/2 small red onion, sliced thin

4 T. cider vinegar

1 small cucumber, sliced thin

1/4 tsp. salt for soaking cucumbers

4 hard-boiled eggs

2 T. olive oil

4 slices dense bread

2 T. capers

handful of microgreens or sprouts

Soak red onions in vinegar for 15 min.; set aside. While onions are soaking, cover cucumber slices with water and salt; soak 15 minutes, drain, and set aside.

Peel hard-boiled eggs and put them in a medium-sized bowl. Mix and mash eggs until a uniform consistency. Drizzle olive oil onto eggs, just enough to hold together.

Lay out bread slices on a plate; coat each slice with 1/4 of the egg mixture and sprinkle on some capers, onions, cucumbers, and greens. Salt & pepper to taste. Each person gets 2 open-face sandwiches.

What's the Buzz at Reformation?

May 15, 2022

The Alphabet of the Heart, from James Doty's book *Into the Magic Shop*

CDEFGHIJKL

Compassion
Dignity
Equanimity
Forgiveness
Gratitude
Humility
Integrity
Justice
Kindness
Love

Inspirational quotes from *Into the Magic Shop*

**Frequently it is the wounds of the heart that give us
the greatest opportunity to grow.
Difficult situations.
Magic gift.**

**The Egyptians believed the heart survived death,
and in the afterlife,
passed judgment on the human who possessed it.**

**The ancient Egyptian word for happiness..."wideness of heart."
The word for unhappiness ..."a truncated or alienated heart".**

**The stethoscope was invented because in 1816 a French
physician was too embarrassed to put his ear up to a
female patient's chest to listen to her heart and lungs...**

**The brain knows a lot, but the simple truth is
it knows a lot more when it is joined with the heart.**

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Nicoise Salad

The one ingredient a Nicoise (nee-SWAHZ) salad always includes is olives! Other versions of this Provençal dish might include tuna and/or anchovies.

Time: 15 min.

Serves 2 but can be doubled in same amount of time

Salad:

4-6 small potatoes, boiled until tender

8 oz. fresh asparagus or green beans, trimmed and blanched

8 oz. smoked salmon

2 hard-boiled eggs, quartered

diced red onion (optional)

Dressing:

1/4 cup Dijon mustard

1/2 c. water reserved from boiling the potatoes

1/4 C. olive oil

Divide the salad between two plates and set aside. In a small bowl, whisk the Dijon mustard and potato water. Slowly whisk in olive oil, then season to taste with salt and pepper. Add red onion if you like. Drizzle dressing on top of salad. Finish with freshly ground pepper if you like.

What's the Buzz at Reformation?

May 22, 2022

Really Old Joke (at least 40 years old)

A Russian scientist was describing the research that was going into creating a writing tool that could go on space missions. It had to be able to write in any position or angle, and not spill.

The NASA scientist said, "We already found one. It's called a pencil."

***Secret Garden Coloring Book*, by Johanna Basford**

The publisher describes this as "An inky treasure hunt and coloring book". It is for all ages. The illustrations are of flowers and foliage, and in the front of the book is a listing of various animals and objects that are hidden in the pictures. Some of the pictures have some white space where you can add whatever you want. If you want to, you can cut the pages out and frame them (the book measures 10" x 10").

Available in paperback, hardcover, a mini book, or as postcards.

Boost Your Brain and Help Others at Freerice.com

Ever since I was little, I have loved learning new words. Three of my favorite books are dictionaries, one that was a team gift when we Hilliard Wildcats won *In the Know*, the second is a 5"-thick dictionary from my brother Mark, and the third is filled with British slang.

For the past few years, I also use the free website *Freerice.com*. Subjects you can choose include vocabulary (English, 4 other languages), grammar, humanities (including literature and art), math, anatomy, chemical symbols, geography, and SAT preparation. Each answer donates 10 grains of rice to feed the hungry. If you like, you can sign in, track your scores, and/or compete.

Chili & Cornbread (one-skillet meal)

Time: 30 minutes (10 min. prep, 20 min. baking)

Serves 5-6

1 T. vegetable, olive, or canola oil

1 green bell pepper, cored and diced

1 1/4 lb. ground turkey or lean ground beef or ground chuck

salt and pepper to taste (1/4 tsp. on average)

1 can (about 15 oz.) chili-seasoned pinto beans, or add 1 tsp. chili powder and 1/4 tsp. cumin to a can of plain pinto beans

1 box (about 8 oz.) cornbread mix

2 eggs

1/4 c. water

Preheat oven to 400F, and place a baking sheet (preferably rimmed) in the oven to catch drips later. In a 10-inch ovenproof skillet, heat 1 T. oil over medium heat. Add green pepper and cook 5 min. Stir in ground meat, salt and pepper, and cook 5 min., breaking meat apart with a spoon. Stir in beans and then remove from heat.

Stir 2 T. of the cornbread muffin mix into the meat mixture in skillet. Pour remaining cornbread muffin mix into medium bowl. Add eggs and 1/4 cup water to the bowl. Stir until combined. Pour over chili mixture in skillet; it might not completely cover up the chili. Sprinkle a little black pepper on top if you like.

Put skillet in oven on the baking sheet; bake 20 min., or until top is firm and lightly browned. If chili bubbles over, the baking sheet will catch the drips. Caution, skillet handle will be hot when you remove it from oven. Cool 5 min. before serving.

Thanks and honor to our Veterans, on Memorial Day and always.

Wildlife Rehabilitation

During spring or summer, people sometimes come across birds, squirrels, or other animals that might need help.

Before you approach the animal, you should figure out if it is injured or in immediate danger from predators or traffic. If not, leave it alone and visit

wildohio.gov/staywild

for a good video on how to tell if a baby animal is abandoned,
or call

1-800 945-3543

Licensed wildlife rehabilitators can be found at
OWRA.org

One such organization is
Ohio Wildlife Center
6131 Cook Rd, Powell OH
phone (614) 734-9453

Birds - if you can return a baby bird to the nest, do so, then leave the area. Human scent will not make the parent ignore the baby, but your presence will. If the nest is too high up, you can make a nest out of a berry basket, line it with a cloth or a towel, and put it high enough in or on the tree to be safe from dogs. Parent birds have been known to tend both the original nest and the makeshift one.

Deer often leave fawns alone for hours. Since fawns have virtually no scent, they are safer than you think. So leave them alone and see if the mom returns in a few hours.

Rabbit moms often leave their nests at night and check on them a few times during the night. If the babies are not in immediate danger, mark around the nest with

dental floss or string in a tic-tac-toe pattern, or a ring of baby powder. After two hours, check to see if the string or baby powder has been disturbed - if so, good, this means the mother has come back to check on the nest.

Sources: Wildlife.ohio.dnr.gov

Jabs, Cynthia. "Wild Things". *Country Living* (magazine), June 1996

Chocolate Chip Cookies

Note: The dough is quite stiff. Don't use a wimpy mixer! Better to do it by hand or in two batches than to burn out the motor. I store leftover dough in a closed container in the refrigerator for a month or more, just baking 2-4 cookies at a time for portion control since I have zero self-control around chocolate. Refrigerated dough might seem a little dry, but when you form each cookie in to a ball, they will look fine by the time you put them in the oven.

Time: 1 hour (includes at least 30 minutes for chilling dough)

Makes: 2 -3 dozen 3" diameter cookies

3 1/4 c. flour

3/4 tsp. baking soda

1 1/2 c. (3 sticks) butter, softened

1/2 c. (1 stick) margarine, softened

1 1/2 c. firmly packed brown sugar

1/2 c. sugar

1 egg plus 1 yolk (save the white of the 2nd egg for another use)

3/4 tsp. vanilla extract

2 c. (12 oz. bag) semisweet chocolate chips

1 1/2 c. toasted walnuts, broken into large pieces, optional

Mix everything together except chips and nuts. When dough is well-mixed, add chocolate chips; add nuts only if using all the dough that day. If you are saving some dough for another day, add some nuts to whatever dough you are using on any particular day. Cover mixing bowl with lid or plastic wrap, chill at least 30 min.

Preheat oven to 325. Drop golf-ball-size gobs of dough onto ungreased cookie sheet. Bake 12-14 minutes. They will spread a little but look and taste great.