



*A Room with a View.*

## NOVEMBER 2022



## NOTES & NEWS

### Nothing Bundt Uses!

There are a “hole” lot of things you can do with a Bundt pan besides making cake! Since the shape of the fluted pan helps food cook more evenly, try it for other baked dishes, such as lasagna or meatloaf, and for both sweet and savory breads. Another festive idea is to use the pan as a mold for gelatin desserts or an ice ring to keep a bowl of punch cold.

### This Month's Moon

In the very early morning hours of Nov. 8, most of North America will get to see a total lunar eclipse, when the moon enters the Earth's shadow and turns a coppery shade of red. Unlike a solar eclipse, a lunar eclipse is completely safe to photograph and view with the naked eye. Called a blood moon because of its color, the next total lunar eclipse won't happen until 2025.

### Celebrate the Possibilities

“May your walls know joy, may every room hold laughter and every window open to great possibility.” —Mary Anne Radmacher

## HIGHLIGHTS

### Checkout Double-Check

After making a purchase, take a minute to scan your receipt before leaving the store. If you find a mistake, you can stop at customer service to have it corrected, saving you another trip.

### Germ Hot Spots

Help dodge cold and flu germs by soaping up or sanitizing your hands after coming into contact with high-traffic surfaces that can harbor germs. Be vigilant after touching elevator buttons, stair handrails, communal gym equipment, store shopping carts, and restaurant menus and condiment containers. Viruses and bacteria can lurk on these hard surfaces up to 48 hours.

### Delete Spam, Save the Earth

Although less wasteful than paper junk mail, spam emails have a negative effect on the planet, too. Sending and storing emails uses energy that is stored in servers around the world, and the average junk email message produces 0.3 grams of carbon dioxide. Considering the amount of spam mail just one person gets in a day, that can add up quickly. Let this fact motivate you to regularly clear out your junk mail folders and unsubscribe from promotional messages from brands you don't use. Your inbox will be cleaner and the planet will be, too!

## BULLETIN BOARD

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# TRIVIA WHIZ



## The Dish on Cranberries

Brightening up many Thanksgiving tables, cranberries are a symbol of the season and of American heritage. These tiny red berries are packed with lots of fun facts!

- Native to North America, cranberries have a long history among Indigenous peoples and Colonial settlers. In addition to food, they were used to dye fabrics and treat wounds.
- The Pequot and Leni-Lenape tribes called the fruit *ibimi*, or “bitter berry,” due to its tart flavor. When German and Dutch settlers arrived, they noticed the plant’s flowers resembled the head and bill of a crane. The name “crane berries” eventually became cranberries.
- Cranberries grow on small shrubs with trailing vines. An efficient way of harvesting them is to flood the fields with water, then use a machine to collect the floating fruit.
- Some of today’s cranberry beds are over 100 years old and still yielding fruit.
- Fresh cranberries make up only 5% of the annual harvest. The remaining bounty is processed into canned sauce, bottled juice and other products.
- In the U.S., 400 million pounds of the berries are eaten every year, about 20% during the week of Thanksgiving.
- One can of cranberry sauce contains around 200 cranberries.
- High in vitamin C and antioxidants, the berries are known for their health benefits and ability to prevent certain infections.
- Cranberries bounce! The “bounce test” is a tried-and-true method of checking a cranberry’s freshness.



## The Art of Upcycling

Transforming trash into treasure—that’s the philosophy of upcycling. Whether you want to save money, help the environment, stretch your creative muscles or all of the above, let these projects inspire you to upcycle something.

If a beloved knitted sweater or flannel shirt has a few holes or no longer fits, give it a second life as a cozy cover for a throw pillow.

Before you recycle glass jars,

bottles and tin cans, ask yourself if they can fulfill a storage need. These containers can be decorated in a variety of ways to fit your style, from covering them in paper, colored tape or paint; wrapping them in twine, yarn, burlap or ribbon; or gluing on twigs, buttons or flat glass marbles.

Corks have lots of creative reuses. Try this easy project: Glue the corks together in any shape you want, with the flat ends facing out. Hang it up as a quirky memo board or use it as a trivet for a hot pan.

Love the retro look? Take some cassette tapes and glue them together to form a rectangular box. Arrange them vertically to hold office supplies or cooking utensils, or make a shallower container that you can plant succulents in.

Even if you’re just a little handy, it’s fairly easy to attach casters to a small dresser or nightstand, transforming it into a rolling cart for your kitchen.

## Shake Up Your Thanksgiving Sides

Thanksgiving is all about traditions, including the foods we eat at the feast. If you want to serve up your favorites with a different flair this year, consider one or more of these easy twists:

*Serve a sprouts salad.* Often served steamed or roasted on Thanksgiving, Brussels sprouts are also an ideal green for a crisp, refreshing salad. Thinly slice raw sprouts and toss with slivered almonds, crumbled bacon, dried cranberries and dressing.

*Embrace fall fruits.* If canned cranberry sauce is usually your jam, try making your own this year. Recipes usually call for orange juice and zest to complement the cranberries; amp up the fruity flavor by adding pomegranate seeds and diced apples and pears.

*Sneak in squash.* Add a boost of fall flavor and nutrition by incorporating butternut squash in a creative way. Sub some squash in your usual recipe

for sweet potato casserole or sweet potato pie, or replace some of the cubed bread in your stuffing with diced butternut squash.

*Try a mashed potato makeover.* Mashed potatoes usually top the list of the nation’s favorite Thanksgiving sides. But that doesn’t mean you can’t give them a subtle upgrade. Try stirring in roasted garlic or fresh herbs such as parsley, thyme or chives.





## Soccer on the Global Stage

The world's biggest sporting event kicks off this month on Nov. 20, with the opening match of the 2022 FIFA World Cup.

Played every four years, the World Cup is soccer's most prestigious tournament. Only the top 32 countries qualify, and much like the Olympics, thoughtful consideration is given to selecting the host nations, venues, logos, themes and mascots. Hosted by the small country of Qatar, this year's contest is the first to be held in the Middle East.

The World Cup usually takes place during the summer, but since midyear temps in Qatar can climb to 120° F, this year's tournament was moved to the fall. The qualifying countries will be split into eight groups of four, with each group's top two finishers advancing to the final 16. From there, it's a classic knockout tournament until the final match on Dec. 18.

North America will be represented well in the 2022 World Cup, as Canada, Mexico and the U.S. all qualified for the tournament. Other favorites in the soccer world that made the cut include Argentina, Brazil, England, France, Germany and Spain. France is the reigning champion, while Brazil has the most World Cup wins, with five. Brazil is also the only country to have played in every World Cup, including the first contest in 1930.

The 2018 World Cup drew in over 3.5 billion viewers, with over 1 billion tuning in for the final match. Experts anticipate as many as 5 billion viewers for this year's tournament.

## Maple Breakfast Braid

This sausage-stuffed breakfast dish packs the perfect mix of sweet and savory!

### Ingredients:

- 1 package (16 ounces) breakfast sausage
- 1/4 cup maple syrup
- 2 eggs, beaten
- 1/2 cup green onions, sliced
- 2 Granny Smith apples, peeled and diced
- 1 1/2 cups dry herb stuffing mix
- 1 package (2 sheets) frozen puff pastry, thawed
- 2 egg whites
- 1 teaspoon water

### Directions:

Preheat oven to 400° F.

In a large bowl, combine sausage, syrup, beaten eggs, green onions, diced apples and stuffing mix.

Dust work surface with flour and roll out one pastry sheet to a 12-by-18-inch rectangle. Transfer pastry to large baking sheet lined with parchment paper. Spoon half of sausage mixture down center of pastry.

Make 3-inch cuts down sides of pastry. Fold each strip in toward the center, alternating sides, to "braid" the dough. Fold both ends of the pastry in to seal the filling. In a bowl, beat egg whites and water; brush the egg wash over the pastry. Repeat steps with the second pastry sheet.

Bake 25 to 30 minutes or until brown, rotating pans after 15 minutes.

*Find more recipes at  
Culinary.net.*



"With every deed you are sowing a seed, though the harvest you may not see."

—*Ella Wheeler Wilcox*

"We are each other's harvest; we are each other's business; we are each other's magnitude and bond."

—*Gwendolyn Brooks*

"Your talent is a seed; cultivate it, and in no time, you will harvest success."

—*Matshona Dhliwayo*

"The law of harvest is to reap more than you sow. Sow an act and you reap a habit. Sow a habit and you reap a character. Sow a character and you reap a destiny."

—*James Allen*

"Every thought is a seed. If you plant crab apples, don't count on harvesting Golden Delicious."

—*Bill Meyer*

"The harvest of old age is the recollection and abundance of blessing previously secured."

—*Marcus Tullius Cicero*

"Only those who sow seeds of change can hope to grow and reap a harvest."

—*Andrea Goeglein*

"Care less for your harvest than for how it is shared, and your life will have meaning and your heart will have peace."

—*Kent Nerburn*

"I am in love with this world ... I have tilled its soil, I have gathered its harvest, I have waited upon its seasons, and always have I reaped what I have sown."

—*John Burroughs*



## November 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8 	9	10	11 <b>Veterans Day</b>	12
13	14	15	16	17	18	19
20 	21	22	23	24 <b>Thanksgiving</b>	25	26
27	28	29	30	<i>November</i>		

# "This Month In History"

## NOVEMBER

**1876:** Yale defeats Princeton in the first college football game played on Thanksgiving.

**1935:** Departing from San Francisco, the China Clipper seaplane carries over 110,000 pieces of mail across the Pacific Ocean, arriving in the Philippines seven days later. The completion of the voyage marked the beginning of trans-Pacific airmail service and travel.

**1945:** The super-strong, spunky girl with the mismatched socks is introduced to readers when

Astrid Lindgren's book "Pippi Longstocking" is published in Sweden.

**1963:** Priced at \$15.95, the Easy-Bake Oven debuts in toy stores. Half a million of the mini appliances were sold during the first year.

**1982:** The first Honda Accord rolls off the assembly line in Marysville, Ohio, making Honda the first Asian automaker to manufacture cars in the U.S.

**1993:** A football record is set when the Miami Dolphins defeat the Philadelphia Eagles, crowning head coach Don Shula the winningest coach in NFL history.

**2005:** Angela Merkel is sworn in as the first female chancellor of Germany.

**2019:** The iconic black leather outfit worn by Olivia Newton-John in the 1978 film "Grease" is auctioned off for \$405,700, with 100% of the proceeds donated to the actress' cancer research organization.