



AH Donations

The donations for the end of November were 35 baby sets which will be donated to Best Start.

HUGS

Article handed in from
Rita K.

Can you think of any medicine that has such pleasant "side effects" as a hug? Have you ever thought how effective a hug can be? Rarely do you give a hug that is not appreciated or receive one that does not brighten your day. Hugs are good for you. They aren't fattening, and will not cause cancer or cavities. They are all natural, no preservatives, sweeteners, colors, or additives. Hugs are cholesterol-free and contain 100 per cent of the recommended daily dose of hope and happiness. They are a completely renewable source of energy, available at any time without prescription. Hugs do not require special instructions. They don't need batteries, tune-ups or X-rays. They are nontaxable, fully returnable, and energy efficient. You can use them

safely in all kinds of weather (in fact they work especially well on cold and rainy days.) They are effective in treating every day problems such as stress, anger, worry, fear, frustration, sorrow, sadness, or even the occasional nightmare. The best thing about hugs is you can use them without special training or experience. But one word of caution – if you are trying them for the first time – never wait until tomorrow to hug someone who needs a hug today! Once you realize how good it feels, you'll want to do it again tomorrow. Hugs you see are extremely addictive!



Smiles & Giggles

- What did Adam say on the day before Christmas?
Its Christmas, Eve
- What does Father Christmas suffer from if he gets stuck in a chimney? **Santa Claustrophobia**
- What did Santa say when his toys misbehaved?
Toys will be toys



Links To Explore

- www.i-craft.com
for different craft ideas
- www.angelhugs.ca
for our updated website

Blanket Packaging

On November 25, 2005 few of our Angels got together and we did our Annual Blanket and Toy packaging. Once again we met our goal of 300 sets. All of the toys and blankets were beautiful and extremely creative, giving us great pleasure while doing the work. We also packed 45 sets of hat/mittens and toy or hat/scarf and toy. Rogers Television was present at this event and has captured the mountain of toys and the hard work that goes into it. I would like to mention and thank the additional helper we had, Jerry Parson, who was absolutely amazing at helping us with the packaging. We would like also to thank the people that offered to help with the Blanket Packaging. We appreciate the offer, and we are sorry we had to decline it, however we already had a "full house". Again, thank you. And Thank you Caryl for hosting this event.

Joanna G.
On behalf of the Executive
Members



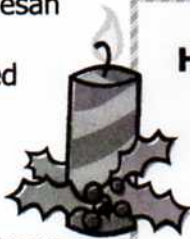
Angelic Recipe

Lasagna Roll-Ups

- 1 lb. Ground beef
- 1 jar (26oz) spaghetti sauce
- ¼ cup Al.1 original steak sauce (optional)
- 1 egg, lightly beaten
- 1 cup ricotta cheese
- ½ cup Kraft grated parmesan cheese
- 9 lasagna noodles, cooked and drained
- 2 cups Kraft part skim mozzarella cheese.

PREHEAT oven to 350F Brown meat in skillet on medium-high heat, drain. Combine spaghetti sauce and steak sauce. Remove half of the sauce mixture; stir into meat in skillet. Set remaining sauce mixture aside for later use.

MIX egg, ricotta cheese and ¼ cup of the parmesan cheese. Spread each noodle with 2 heaping tbsp. of the ricotta mixture. Top evenly with a scant ¼ cup meat mixture and 2 heaping tbsp. Mozzarella cheese. Roll up each noodle, starting at one of the short ends. Place in greased 8" square baking dish. Pour remaining sauce mixture over noodles. Sprinkle with the remaining Parmesan and mozzarella cheeses; cover with foil. **BAKE** 45 min or until hot and bubbly.



November Meeting Contributors

Door Prize provided by:
Annette J.
Won by: Jackie L.

Snacks provided by:
Lorraine H. and Carol V.

HAPPY BIRTHDAY to:

- Jeanne W. – Dec 1
- Joyce W. – 3
- Debbie B. – 12
- Kay W. – 15
- Kay. – 17
- Cindy V.-H. – 27
- Karen M. - 29

Happy Start Date Anniversary

- 2002 – Jeanne W.
- 2003 – Pauline G.
- 2003 – Helen K.
- 2003 – Madeleine S.

Welcome New Members!



Debbie R.

We hope you'll enjoy your volunteer work with us and meet many new friends!

? Now You Know ? Why are Christmas songs called "carols"?

A Christmas carol is a song of religious joy, but the musical form of a carol doesn't have to include Christmas. Its main feature is the repetition, either musically or chorally, of a theme, as in a circle. The world *carole* entered English from the French at the end of the thirteenth century, but it's much older than that. Originally, a carole was a ring dance where men and women held hands while dancing and singing in circle.

And now you know. ☺

Author: Doug Lennox

A Reminder about Ultra Mart, A&P & DOMINION SLIPS

\$15,387.57 has been collected which means we have approximately \$34

Unfortunately, Food Basics receipts are no longer accepted.

Keep collecting those cash register receipts ladies! You're doing a great job!!

