



AH Donations

Final Count for 2005 was:
2443.

Up to date we have donated a
total of 8443 items.

During Our Ladies Packaging
We packaged 500 bags.
Those have been distributed
amongst Best Start, Interim
Place, Local Shelters and local
charities.

**Great work and thank you
for your Generocity.**

Smiles & Giggles

JANUARY – THE MONTH AFTER CHRISTMAS

'Twas the month after
Christmas,
and all through the house,
nothing would fit me, not
even a blouse. The cookies
I'd nibbled, the eggnog I'd
taste
at the holiday parties had
gone to my waist.

When I got on the scales
there arose such a number!
When I walked to the store
(less a walk than a lumber).
I'd remember the marvelous
meals I'd prepared; the
gravies and sauces and beef
nicely rared, the wine and the
rum balls, the bread and the
cheese,
and the way I'd never said,
"No thank you, please."

As I dressed myself in my
husband's old shirt
and prepared once again to
do battle with dirt---
I said to myself, as only I
can, " You can't spend a
winter disguised as a man!

So--away with the last of the
sour cream dip, get rid of the
fruit cake, every cracker and
chips. Every last bit of food
that I like must be banished
'till all the additional ounces
have vanished.

I won't have a cookie--not
even a lick. I'll want to chew
only on a long celery stick. I
won't have hot biscuits, or
corn bread, or pie,
I'll munch on a carrot and
quietly cry. I'm hungry, I'm
lonesome, and life is a bore---
But isn't that what January is
for?
Unable to giggle, no longer a
riot.

**Happy New Year to all and
to all a good diet!**

Angelic Recipe

BANANA OATMEAL MUFFINS

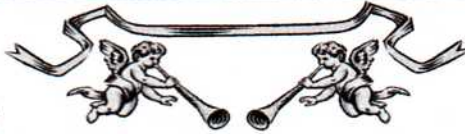
1 cup rolled oats
1 cup milk
2 cups all purpose flour
½ cup white sugar
5 tsp baking powder
1 tsp baking soda
1 tsp salt
½ tsp cinnamon
¼ tsp nutmeg
½ cup margarine, melted and
cooled
2 eggs
2 tsp vanilla
2 cups mashed bananas
(4 – 5 medium)



PREHEAT oven to 375F.
Combine oats and milk and
set aside. In large bowl, mix
flour, sugar, salt, baking
powder, baking soda,
cinnamon and nutmeg. To
soaked mixture add melted
margarine, eggs, vanilla and
bananas. Add wet mixture to
dry ingredients and stir only
until the flour is moistened.
Fill greased muffin cups and
bake for 20 minutes.

December Meeting Contributors

Everyone !



? Now You Know ?

Why do we say that a timid person has "cold feet"?

To have cold feet means to lose your nerve when facing danger; it began meaning cowardly more than a hundred years ago. This is a bit harsh, because everyone's bodily extremities (including the hands and feet) become cold when terrified because under the circumstances, the body draws blood away from these areas to fuel vital organs for combat or flight. So cold feet don't make the coward ... it's the running away.

And now you know. ☺

Author: Doug Lennox



- Bev D. – Jan 12
- Rosemary L. - Jan 24
- Pat M. – Jan 7
- Madeleine S. - Jan 28



Start Date Anniversary

- 2003 – Rhonda C.
- 2005 – Eleanor D.
- 2003 – Jackie L.
- 2003 – Joyce M.
- 2004 – Don M.
- 2004 – Margaret M.
- 2003 – Annette P.
- 2003 – Filomena S.
- 2001 – Kay W.

Welcome New Members!



Esperanca P.

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

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!!

Thoughts & Inspirations

Wishing everyone , Happy New Year!!!

Please keep Kay C. in your thoughts and prayers, as she recovers from a stay at the hospital.

If you have any ideas or suggestions for the newsletter, please email us (Annette P. or Claudette D.) at info@angelhugs.ca - please put "Angel Hugs" in the subject line.

