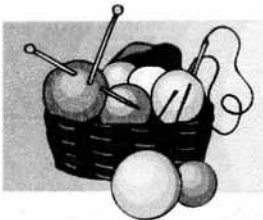


Happy Thanksgiving



AH Donations

The donations for the end of September included: 36 Best Start Baby sets and many more items. Looks like it was a busy summer for our Angels



Keep up the good work!!!

Smiles & Giggles

Who Listens?

First year of marriage: The man speaks, the woman listens.
Second year: The woman speaks, the man listens.
Third year: they both speak and the neighbours listen.

? Now You Know ?

WHAT TO CLEAN SEASONALLY

Windows

A thorough window cleaning each season will remove a huge amount dirt and grime. It's also a good time to check the weather stripping and seals of your windows to make sure no repairs are needed.

Exterior Doors

Wipe down the outside of your exterior doors seasonally to remove months worth of dirt. This periodic cleaning will keep your entrances looking fresh and clean, and prevent permanent staining on your doors.

Outdoor Areas

We may focus much of our attention on the inside of our homes, but occasionally the outside needs some attention too. Clean grills, patio furniture, and gutters. Landscaping may need some cleanup and attention too.

Heating and Cooling Units

Seasonally, be sure to inspect and perform maintenance on your heating and cooling units.

Replace filters. Clean vents and make sure that no furniture or other debris are blocking vents. A professional inspection and maintenance can be a great way to keep your heating and cooling units in working order. Don't forget about fireplace maintenance as well.

Appliance Maintenance

Maintaining some of our expensive appliances is as simple as an occasional inspection. Inspect hoses and cords on your appliances. Vacuum the coils on your refrigerator. Cleaning the vent and exhaust areas of your dryer seasonally will prevent a fire. Clean lint and debris from around your dryer as well, and be sure to examine hoses for signs of damage.

Clutter Control

A seasonal closet overhaul is a great idea to keep closet areas from overflowing with junk. Go through all of your closets and pantry to remove clutter and organize.

Be sure to make sure seasonal clothing is being stored properly.



Happy Birthday!



Geraldine F – Oct 31
Jenny B – Oct 24
Mala L – Oct 1
Kathryn P – Oct 14
Janet S – Oct 26
Marianne W – Oct 28

Start Date Anniversary

OCTOBER

1999 – Carissa B
1999 – Debbie B
2002 – Kay B
2003 – Lynn D
2002 – Joan D
2005 – Terri K
2005 – Judie T

September Meeting Contributors

The Executive team provided snacks and the door prizes. Margaret M, Jeanne W and Kay Wa won the door prizes.

Angelic Recipe

Beef Stroganoff

A fantastic traditional beef stroganoff recipe.

Ingredients:

Butter and/or olive oil for frying

- 8 ounces mushrooms, sliced
- 2 medium onions, diced
- 1 (20-ounce) sirloin steak, cut into 1-inch strips
- Flour for dredging
- 1/2 cup red or white wine, plus more for deglazing pan
- 16 ounces beef stock
- 1 pint sour cream
- 1 tablespoon Worcestershire
- Salt and pepper
- Egg noodles or rice as an accompaniment
- Garnish: parsley

Directions:

In a hot "sauté" pan, melt butter and saute the mushrooms first then add the onions. (The mushrooms take a little longer.) In a separate pan brown strips of sirloin that have been dredged in flour. Set aside.

When the onions and mushrooms are done, deglaze both of the pans with a little white or red wine and combine all ingredients into one pan. Add 2 cups beef stock, white wine or water and 1/2 of the pint of sour cream. Simmer for 30 to 45 minutes.

During the cooking the sour cream will separate and some of the butterfat will become visible. This is normal - just stir the pot. Just before serving, add the balance of the sour cream, stir to combine. Serve over noodles or rice pilaf and garnish with parsley.

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

\$46,431 has been collected which translates into \$103.18.

Also as the end of December 2006 this programs is being discontinued, so until then please keep collecting those cash register receipts ladies! You're doing a great job!!

Thoughts & Inspirations

† Please keep in your thoughts and prayers family and friends of Joyce H who suffered from cancer passed away in September.



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

