



HAPPY  
**VALENTINE'S**  
*Day*

**Valentine's Day is  
February 14**

**AH Donations**

The donations for the end of January included:

**Credit Valley:** 50 preemie hats

**Trillium:** 50 preemie hats, 9 burial sets, 13 blankets

**Women's College:**

63 preemie hats, 8 sweater sets, 38 preemie blankets, 10 burial sets

**The Dam:** 9 snowboard hats, 14 toques, 23 baby hats, 6 crib blankets

**Open Door:** 16 adult hats, 55 adult hat sets, 96 child hat sets, 18 child hats

**Interim Place:** large toys, 18 children's sweaters, 1 adult/ teen sweater, 1 child's dress, 2 children's purses, 1 crib blanket, 7 prs slippers.



Keep up  
the  
good  
work!!!



Smiles & Giggles

**A Little Canadian Humor**

Forget Rednecks, here is what Jeff Foxworthy has to say about Canocks

If your local Dairy Queen is closed from September through May, you may live in Canada.

If someone in a Home Depot store offers you assistance and they don't work there, you may live in Canada.

If you've worn shorts and a parka at the same time, you may live in Canada

If you've had a lengthy telephone conversation with someone who dialed a wrong number, you may live in Canada

If 'Vacation' means going anywhere south of Muncie for the weekend, you may live in Canada.

If you measure distance in hours, you may live in Canada

If you know several people who have hit a deer more than once, you may live in Canada

If you have switched from 'heat' to 'A/C' in the same day and back again, you may live in Canada

If you can drive 90 kms/hr through 2 feet of snow during a raging blizzard without flinching, you may live in Canada

If you install security lights on your house and garage, but leave both unlocked, you may live in Canada

If you carry jumpers in your car and your wife knows how to use them, you may live in Canada

If you design your kid's Halloween costume to fit over a snowsuit, you may live in Canada

If the speed limit on the highway is 80km -- you're going 90 and everybody is passing you, you may live in Canada

If driving is better in the winter because the potholes are filled with snow, you may live in Canada

If you know all 4 seasons: almost winter, winter, still winter and road construction, you may live in Canada

If you have more miles on



your snow blower than your car, you may live in Canada.

If you find 2 degrees 'a little chilly', you may live in Canada

If you actually understand these jokes, and forward them to all your Canadian friends & others, you definitely live in Canada!



**ANGELIC TIPS**

**Hospitals:** Do not use yarn which sheds lint. Babies can inhale it. Other than blankets, baby items should be made using baby yarn.

**Wanted:** Socks, approx. 3" stockinette st., no holes for both preemie and newborn

**Hats:** Stockinette st. with ribbed edge

**Sweaters:** Newborn only - these are for going home

**Blankets:** Women's College will take 24 x 24 with the close stitch (babies aren't strong enough to disentangle their toes from the holes)



**February is Heart and Stroke Month**

Five warning signs of a stroke are:

Weakness – The sudden loss of strength or sudden numbness in the face, arm or leg, even if temporary.

Trouble speaking - Sudden difficulty speaking or understanding or sudden confusion, even if temporary.

Vision problems - Sudden trouble with vision, even if temporary.

Headache - Sudden severe and unusual headache.

Dizziness - Sudden loss of balance, especially with any of the above signs.

It is critical to get immediate medical attention within 3 hours of the onset of any of these symptoms. Call 911.

Visit [www.heartandstroke.com](http://www.heartandstroke.com) for more information.



**Angelic Recipe**

**Brownie Fudge Pudding**

Richly divine in taste, these Brownie Fudge Puddings will melt your heart.

**Ingredients:**

- 1 c. flour

- 2 tsp. baking powder
- 1/2 tsp. salt
- 3/4 c. sugar
- 3/4 c. walnuts
- 1/2 c. milk
- 2 tbsp. cocoa
- 1 tsp. vanilla
- 2 tbsp. salad oil

**Directions:**

Stir together all dry ingredients and nuts. Add milk, vanilla and salad oil. Pour into greased 8" pan. Mix 3/4 cup brown sugar with 1/4 cup cocoa and sprinkle over the batter. Pour 1 3/4 cups hot water over entire batter. DO NO STIR. Bake at 350 degrees or less for 40 minutes. Comes out with batter on top and fudge sauce on bottom. Serve with vanilla ice cream.

Happy Birthday!

**FEBRUARY**

- Carmen G – Feb 25
- Jessie M – Feb 7
- Don M – Feb 7
- Rena W – Feb 23

