

MOREHOUSE WOMEN'S NEWSLETTER

October, 2014

TOWN OF MOREHOUSE EVENT CALENDAR

The following events will be held at the Morehouse Rec Center, Route 8:

October 25 - Fire Company Turkey Dinner

4:30 p.m. - till gone

November 8 - Rod and Gun Club Game

Dinner 6:00 p.m. - till the fun is done

December 16 - Women's Club

Cookie Exchange/Xmas Party

7:00 p.m.

March 14, 2015 - Women's Club Chinese

Auction

Details to follow later.

It's that time of year again - when leaves start to turn color, the weather gets colder and hunting begins. Try the following recipes from *Taste of Home*.

Sweet Pepper Venison Stir-Fry

Ingredients

- 1/4 cup cornstarch
- 2 teaspoons sugar
- 6 tablespoons soy sauce
- 1/4 cup white wine vinegar
- 1/2 teaspoon pepper
- 1 venison tenderloin (about 1 pound), cut into 2-inch strips
- 1 medium green pepper, julienned
- 1 medium sweet red pepper, julienned
- 3 tablespoons canola oil
- Hot cooked rice

Directions

- In a small bowl, combine the cornstarch, sugar, soy sauce, vinegar and pepper; stir until smooth. Pour half into a large resealable plastic bag; add venison. Seal bag and turn to coat; refrigerate for 1-2 hours. Cover and refrigerate remaining marinade.
- Drain and discard marinade. In a large skillet or wok, stir-fry venison and peppers in oil for 4-6 minutes or until meat is no longer pink and peppers are crisp-tender. Stir reserved marinade; add to the pan. Bring to a boil; cook and stir for 1-2 minutes or until thickened. Serve with rice.
- Yield: 2 servings.



FIRE COMPANY ANNUAL TURKEY DINNER

The annual turkey dinner will be held on October 25, starting at 4:30 p.m. until gone. The dinner includes turkey, mashed potatoes and gravy, stuffing, squash, green beans, coleslaw, rolls, cranberry sauce and dessert.

Every year the attendance at this dinner increases, so lots of help is needed to cook the turkeys, prepare the food and make desserts.

Please call Shirley Taylor (315) 826-3440 if you can help.

Wild Turkey Rice Bake

Ingredients

- 1 package (6 ounces) long grain and wild rice mix
- 1 teaspoon chicken bouillon granules
- 1 cup hot water
- 3-1/2 cups cubed cooked wild turkey
- 1-1/2 cups chopped celery
- 1 can (10-3/4 ounces) condensed cream of mushroom soup, undiluted
- 1 can (8 ounces) sliced water chestnuts, drained
- 1 jar (6 ounces) sliced mushrooms, drained
- 1/2 cup chopped onion
- 1/4 cup reduced-sodium soy sauce
- 1 cup soft bread crumbs
- 2 tablespoons butter, melted

Directions

- Prepare rice according to package directions; place in a large bowl.
- Dissolve bouillon in hot water; add to rice. Stir in the turkey, celery, soup, water chestnuts, mushrooms, onion and soy sauce.
- Transfer to a greased 3-qt. baking dish. Toss bread crumbs and butter; sprinkle over the top. Bake, uncovered, at 350° for 55-60 minutes or until heated through.
- Yield: 8 servings.

ROD AND GUN CLUB ANNUAL GAME DINNER

The Rod and Gun Club game dinner will be held on November 8 at 6:00 p.m.

All are invited to attend - just bring a dish to pass. Game dishes are not mandatory. We need lots of sides dishes and desserts to accompany the meat dishes.

Come enjoy the wonderful food, have a few laughs, and maybe even win some great raffles and door prizes. There may also be some items for auction.



COOKIE EXCHANGE/XMAS PARTY

The Women's Club annual cookie/gift exchange and Xmas party will be held at the Rec Center on December 16.

Refreshments are enjoyed, cookies are exchanged, and presents are unwrapped, stolen, reclaimed and possibly stolen again. The cookie exchange is only part of the fun and not a requirement.

If you are interested in participating in the cookie exchange portion, please contact Mary Ann Mosher.

WINTER BLUES

When the temperature is cold and the days get shorter and darker, it is not uncommon for everyone to sometimes experience the "winter blues".

To combat those "winter blues", try doing some of the following this coming season:

- 1) Program your bedroom light to turn on a half hour before you wish to wake up. It's much easier to get out of bed.
- 2) Exercise - Oh, man, yet another reason we should be exercising!! But exercising raises serotonin levels which tend to get low when you have the winter blues.
- 3) Watch your cravings!! When serotonin levels are low, your body tends to crave food high in carbohydrates, especially high-sugar foods like junk food and soda. Then you'll gain weight and have to do even more exercises in the spring!!
- 4) Take a D-3 tablet daily.
- 5) Dress for the cold - everyone becomes miserable and depressed when they are cold - so be proactive and add more layers.



Have a wonderful, safe and fun holiday season!