

Castle Gram

Next Board Meeting:
Wednesday
March 7, 2007
10:00am
233 2nd St., Qtrs 9
Ft McNair

THE ARMY ENGINEER OFFICERS' WIVES' CLUB
OF WASHINGTON, D.C.

Volume LII, Issue VII

February 2007



UNITED STATES BOTANIC GARDEN

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Our March Program will be at the US Botanic Garden on March 21, 2007. The AEOWC group will meet at the Garden entrance at the National Mall at 10:15. Our free guided tour begins at 10:30am. We will have lunch in one of the Museum's cafeteria. Please bring cash for your lunch—\$15-\$20.

Transportation: The use of public transportation is encouraged. Take Metrorail Blue or Orange line to Federal Center SW or Capital South stations. The US Botanic Garden is located at 100 Maryland Ave. SW—Independence Ave and 1st St SW. We will meet at the entrance on the National Mall.

Please RSVP by March 16th.

**AEMA Scholarship applications for
2007 must be postmarked by
February 17th.**



**Applications are available from the
scholarship link on our website at
www.aeowc.com**

If you are not able to print a copy, please contact Janice Smith at aema.scholarship@gmail.com to request a copy or call her at 703-383-3970.

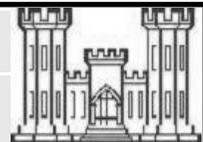
Reservation Information
Last Names beginning in

A-M Sarah Pearce
(703) 815-7365
pearcesall@cox.net
N-Z Pat O'Neill
(703)378-3624 or
pponeill6@aol.com

AEOWC 2006 – 2007 Executive Board

Honorary President	Julie Strock
<u>Elected Officers</u>	
President	Nancy Temple
Vice President	Cynthia Kam
Secretary	Tammie Morris
Treasurer	Jeanne Rowan
AEMA Chairman	Janice Smith
AEMA Assistant Chairman	Mary Cummings
<u>Committee Chairs</u>	
Castle Gram - Circulation	Donna Winzenried
Castle Gram Editor	Anna Marie Cox
Hospitality	Willie Berwick
	Joan Stockton
	Vickie Basham
	Priscilla Noah
	Betty Swygert
	Mollie O'Neill
	Bette Meuleners
	Roz Riley
	Anita Link
	Isabel Stevens
	Kris Schuster
	Pat O'Neill
	Sarah Pearce
	Kathy Candido
	Mary Pratt
Knollwood –Bake Sale	
Knollwood -Liaison	
Membership	
Nominations	
Parliamentarian	
Publicity	
Reservations	
Services	

A Recipe from the Castle of ... Janice Smith



Old-Fashioned Chocolate Pudding

- | | |
|--|------------------------------------|
| 2 C. plus 2 T. milk | 2 T. cornstarch |
| ¾ C. sugar (I used ¼ C. Splenda for baking plus 5 packets of Nutra Sweet) | ½ tsp. pure vanilla extract |
| 4 oz. milk chocolate, chopped * | 1 T. unsalted butter |
| 3 lg. egg yolks | |
| 1 C. sweetened whipped cream (recipe is below or buy canned whipped cream) | 2 oz. semisweet chocolate shavings |

In a nonreactive saucepan (about 2 ½ - 3 qt. size), combine 2 cups of the milk & the sugar over med.-high heat. Bring to a boil & stir to dissolve the sugar, then reduce the heat to medium. Add the chopped chocolate & whisk until it completely melts. Remove from the heat. Combine the egg yolks, cornstarch & the remaining 2 T. of milk in a med. mixing bowl & whisk until smooth. Slowly add the chocolate mixture, whisking constantly, until it is all used. Pour the mixture back into the saucepan & cook over med. heat until the mixture thickens, about 3-5 minutes. Remove from the heat. Add the vanilla & butter and stir until the butter melts.

Pour into a glass bowl. Press a piece of plastic wrap down over the surface to prevent a skin from forming (or cover bowl tightly with a piece of plastic wrap which is what I did. The pudding had only a slight skin.) Let cool completely. Refrigerate 4 hours. Remove the plastic wrap and beat with a wire whisk until smooth.

To serve, spoon into dessert bowls & garnish with whipped cream & chocolate shavings. 4 servings

- The chocolate can be chopped in a food processor. I used a 3.5 oz. Lindt Excellence Extra Creamy Milk Chocolate Bar plus a few small baking Hershey kisses to make up the .5 oz. The Lindt chocolate melted easily but the Hershey kisses took a long time. (Lindt chocolate - found in the candy aisle in the grocery store.)
- I'd use the dessert to serve 4-6 persons.
- Recipe is from "Emeril's TV Dinners" by Emeril Lagasse, p. 252 which states "Mr. Lou is the master of this chocolate pudding . . . It's one of those down-home desserts that never loses its popularity."
- Absolutely delicious!

I'm out of bed and I made it to the keyboard. What more do you want?



www.aeowc.com

What my mother taught me...

My mother taught me RELIGION: "You better pray that will come out of the carpet."

My mother taught me LOGIC: "Because I said so, that's why."

My mother taught me IRONY: "Keep crying and I'll give you something to cry about."

My mother taught me OSMOSIS: "Shut your mouth and eat your supper."

My mother taught me CONTORTIONISM: "Will you look at the dirt on the back of your neck."

My mother taught me STAMINA: "You will sit there until that spinach is finished."

My mother taught me HYPOCRISY: "If I've told you once, I've told you a million times—don't exaggerate!"

ARMY ENGINEER MEMORIAL AWARDS

(Your Contribution Is Tax Deductible)

Amount of Contribution \$ _____ Date of Contribution _____
(Please make your check payable to AEMA)

Contributions are tax deductible. A larger contribution is always welcome.

Given by _____

Address _____

City _____ State _____ Zip Code _____

Given in Memory of _____

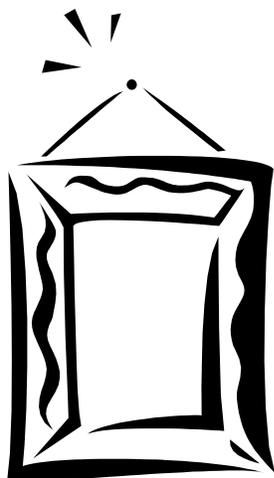
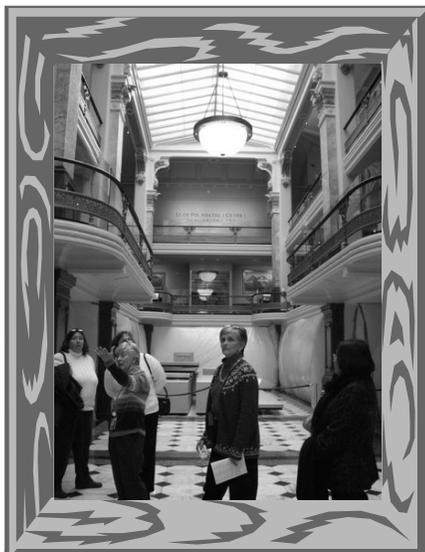
Please Send Acknowledgment Card To:

Name _____

Address _____

City _____ State _____ Zip Code _____

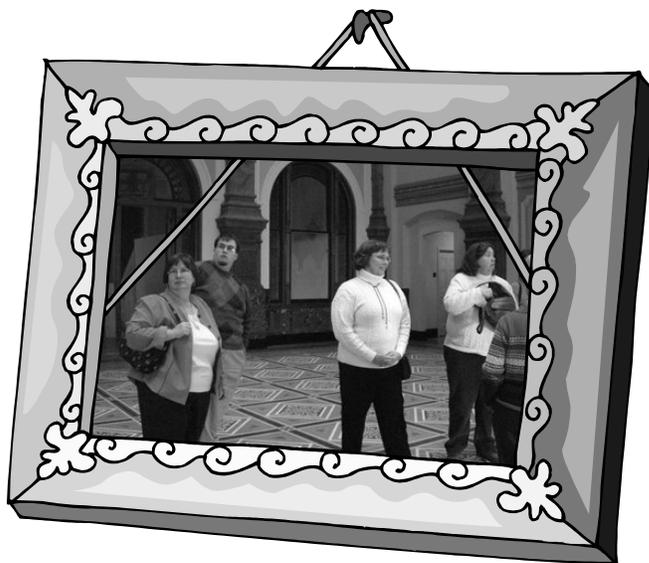
MAIL CONTRIBUTIONS TO: Janice Smith, AEMA Chairman, 4184 Governor Yeardley Lane, Fairfax, VA 22030.



Happy Birthday!

February Birthdays

Tessie LaRose Ballard	28
Karen Brown	22
Jennie Chandler	15
BoHie Herzer	4
Beth Holler	24
Ciretta Howard	20
Beth Light	1
Toni Mudd	29
Liz Rufsvold	5
Betty Swygert	4
Helen Wright	2



AEOWC Programs 2006 to 2007

February 17, 2007 Saturday, 6:00-8:00pm

Wine and Cheese tasting
 (please bring a beverage and favorite appetizer)
 Home of Bruce and Willie Berwick
 1908 S. Arlington Ridge Road, Arlington, VA 22202
 Spouses/Guests are invited to attend

April, 11, 2007, Wednesday

Fredericksburg, VA

May 15, 2007, Tuesday, 10:30am-noon

Dunbarton Oaks, Garden Tour,
 1703 32nd Street, NW, Washington, DC

March 14, 2007

Knollwood Bake Sale
 6200 Oregon Avenue, NW,
 Washington, DC 20015

May (Date TBD)

AEMA Scholarship Awards and AEOWC
 Installation of Officers Luncheon

March 21, 2007, Wednesday, 10:30am-lunch

US Botanic Gardens
 100 Maryland Ave., S.W.
 Independence Ave. & 1st St, SW
 (Entrance at the Mall) Washington, DC



Correction to Red Book: Janice Smith's email was erroneously printed in the Red Book. Please correct her email to be granjan72@cox.net

**March 14, 2007
 Bake Sale at Knollwood**



March 14 we will hold our annual bake sale at Knollwood—a military retirement residence located at 6200 Oregon Avenue, NW, DC. We provide the goodies and the Knollwood residents do the buying!! The money raised is then provided back to Knollwood through the Fellowship Assistance Fund. So start baking all types of goodies and even hors d'oeuvres and other snack mixes. Ladies should bring the goodies to Knollwood with price tags on. Remember to fix some with low sugar as there are a number of diabetics there. Point of Contact is Priscilla Noah - 703-768-4754.

- Bar Cookies and Brownies - 35¢
- Cupcakes -50¢
- Mini Loaves \$1.50 - \$2.00 each
- Cheese, Sausage, or Spinach Balls - 12@ \$2.00
- Mini Quiches - 4 @ \$1.25
- Appetizers & Other Cocktail-Hour Nibbles - 6 @ \$1.50
- Cookies - 1 dozen @ \$1.50 - \$2.00 depending on cookie size

See you there, Priscilla Noah

Emergency Situation Tips For Women

Because of recent abductions in daylight hours, refresh yourself of these things to do in an emergency situation...

- Tip from Tae Kwon Do: The elbow is the strongest point on your body. If you are close enough to use it, **do!**
- If a robber asks for your wallet and/or purse, **DO NOT HAND IT TO HIM. Toss it away from you....** chances are that he is more interested in your wallet and/or purse than you, and he will go for the wallet/purse. **THEN RUN LIKE MAD IN THE OTHER DIRECTION!**
- If you are ever thrown into the trunk of a car, kick out the back tail lights and stick your arm out the hole and start waving like crazy. The driver won't see you, but everybody else will. **This has saved lives.**



- Women have a tendency to get into their cars after shopping, eating, working, etc., and just sit (doing their checkbook, or making a list, etc.) **DON'T DO THIS!** The predator will be watching you, and this is the perfect opportunity for him to get in on the passenger side, put a gun to your head, and tell you where to go. **AS SOON AS YOU GET INTO YOUR CAR, LOCK THE DOORS AND LEAVE.** If someone is in the car with a gun to your head **DO NOT DRIVE OFF.** Instead gun the engine and speed into anything, wrecking the car. Your air bag will save you. If the person is in the back seat they will get the worst of it. As soon as the car crashes, bail out and run. It is better than having them find your body in a remote location.
- A few notes about getting into your car in a parking lot, or parking garage:
 - Be aware:** look around you, look into your car, at the passenger side floor, and in the back seat.
 - If you are parked next to a big van, enter your car from the passenger door. Most serial killers attack their victims by pulling them into their vans while the women are attempting to get into their cars. Look at the car parked on the driver's side of your vehicle, and the passenger side. If a male is sitting alone in the seat nearest your car, you may want to walk back into the mall, or work, and get a guard/policeman to walk you back out.

IT IS ALWAYS BETTER TO BE SAFE THAN SORRY. (And better paranoid than dead.)

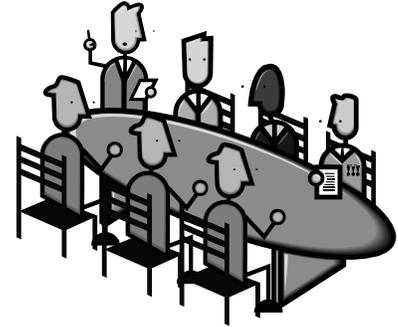
- **ALWAYS** take the elevator instead of the stairs. Stairwells are horrible places to be alone and the perfect crime spot. This is especially true at NIGHT!
- If the predator has a gun and you are not under his control, **ALWAYS RUN!** The predator will only hit you (a running target) 4 in 100 times; And even then, it most likely WILL NOT be a vital organ. RUN! Preferably in a zigzag pattern!
- As women, we are always trying to be sympathetic: **STOP** It may get you raped, or killed. Ted Bundy, the serial killer, was a good-looking, well educated man, who ALWAYS played on the sympathies of unsuspecting women. He walked with a cane, or a limp, and often asked for "help" into his vehicle or with his vehicle, which is when he abducted his next victim.
- When you get out of your car to get gas, lock the car so that no one can enter the car while you are fueling. And, keep your cell phone in your pocket or within your reach whenever you are outside of your vehicle.

SAFETY FIRST!

A Word from the Nominations Committee

Calling all volunteers! Now is the time to look forward to the **NEXT** Club year (1 July 07 to 30 Jun 08)!

Our **EXECUTIVE BOARD** is made up of Elected Officers and Appointed Committees. There are numerous opportunities/niches just waiting for talented, willing, and fun individuals to step up.



Where do you see yourself fitting in????

Below are jobs of the **Elected Officers** (detailed duties described in the REDBOOK - Bylaws – Section IV):

PRESIDENT- Presides at all regular club and executive board meetings, enforces the Constitution and by-laws, appoints the chairman of each standing and special committee, authorizes disbursement from the Treasurer, appoints the PARLIAMENTARIAN. She is the official representative and spokesman for the club.

VICE-PRESIDENT- Serves as Program Chairman for the club and carries out the duties of the President in her absence.

SECRETARY – Custodian of the permanent records of the club keeps the minutes of all meetings (and even has a small tape recorder to help!)

TREASURER – Responsible for all funds pertaining to the club and maintains accurate account of all receipts and disbursements; presents financial statement at each monthly executive meeting.

AEMA TREASURER- Responsible for the Army Engineer Memorial Awards (which includes the Geraldine K. Morris Award) and the committee which selects the Award recipients.

Standing Committees are other avenues (10 committees!) of service which include chairing or assisting on the following: Membership, Hospitality, Newsletter, Circulation, Publicity/Historian, Reservations, Service/Welfare, Liaison (Knollwood), Nominating, and Budget.

Please consult your REDBOOK Bylaws- Section VI-Committees for the specific duties of each position.

Want to join in the leadership of your club, but don't want to take a lead position????

Consider serving in a **CO-CHAIR** position or sign up to become one of our **COMMITTEE MEMBERS**. (We even have “tele-committee” chairs and members!)

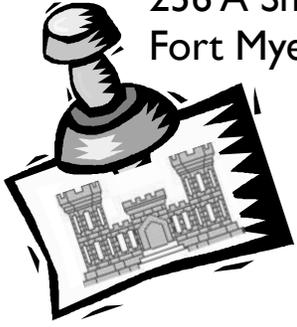
Board meetings have been held on the first Wednesday of each month, hosted by Julie Strock at Quarters 9. The meetings are power-packed, provide a healthy dose of friendship and laughter, and offer delightful refreshments prepared by board members (if you leave hungry it is your fault!).

Please contact Anita Link (301-371-8896, anitaglink@aol.com) or Roz Riley (703-781-5820, rileyroz@hotmail.com) or Bette Mueleners (703-754-0583, bmeuleners@comcast.net) for further inquiry or to volunteer!

Thank you!
The 2006-2007 Nominating Committee



Donna Winzenried
236 A Sheridan Ave.
Fort Myer, VA 22111



Castle
Gram

