# 2015 COMPLETE PROGRAM CONTEST WINNERS "What's Cooking?"



1st Place - Susan Pianka, North Stonington Grange #138
 2nd Place - Clifford Gervais, Ekonk Grange #89
 3rd Place - D. Emily Alexander, North Haven Grange #35

# 1st Place North Stonington Grange Sue Pianka, Lecturer

# "What's Cookin' in the Grange?"





















North Stonington Grange #138 March 27, 2015

# "What's Cookin'" 2015 State Lecturer's Contest North Stonington Grange #138 "What's Cookin' in the Grange?" March 27, 2015

Lecturer: The first thing that came to mind when the new lecturer's contest title was named was "food", and close on its heels was "What's Cookin' in the Grange". Now the definition for the word "cooking" is "the practice or skill of preparing food by combining, mixing, and heating ingredients." And according to the McGraw-Hill Dictionary of American Idioms and Phrasal Verbs. © 2002 by The McGraw-Hill Companies, Inc., the phrase "What's cooking" means "something that you say in order to ask someone what is happening". If there's one thing that most Granges and Grangers know, it's food........... and most Lecturers are quite adept at combining, mixing, and yes, even sometimes "heating" the ingredients of their programs! So, the kernel of the idea was born. And then I ran across a song sheet I had from a past summer Lecturer's conference, with a song whose various verses absolutely fit the bill! And so, my theme was complete! Many thanks to Connie Fraser, Mohican Grange #1300, New York for her words "We Will Spread the Word of Grange" to the tune of "She'll Be Coming Round the Mountain". So, What's Cooking at the Grange? As it turns out, lots of things!

Let's start out by singing the first verse of her song....... You know the tune!

All sing: "We will spread the word of Grange throughout the land We will tell our friends we think the Grange is grand We'll invite them to a meeting, We will all extend a greeting, We will spread the word of Grange throughout the land."

Lecturer: Isn't this something we do all the time? You've probably been to a Neighbor's night, or hosted one... one Grange community reaching out to several others to come and visit, and enjoy an informational program or a social visit, or a combination of the two. How else do we spread the word?

Some Granges host blood drives, drawing in those who volunteer this important life-saving resource.

Many honor Community Citizens, recognizing those in their communities who clearly demonstrate the principles the Grange holds so dearly.
Still others participate by entering a float in their local Community Memorial Day Parades.
Lecturer: Lecturers often invite the community to hear guest speakers, for fun and/or knowledge. In our Grange, for example, we have had a physical therapist show seniors some easy exercises that can help their stability and keep them independent, and a speaker from the Alzheimer's foundation to help us recognize symptoms and learn where helpful resources are. We've had a Grucci fireworks specialist who had a beautiful power point presentation showing how fireworks are set up as well as the results we all enjoy; we've had sled dog demos, guide dog demos, and even Police dog training. We've had speakers from the Agricultural Experiment station come and help us with infectious plant diseases, invasive plant species, and certain invasive bugs. There are numerous others, and many Lecturers choose speakers on topics their communities have an interest in.
But, that's not all we have cooking! Let's all sing the second verse of her song
All sing: We are working for the family all the year. We are working 'cause the family is so dear. We are working, we are perking, Not a one of us is shirking, We are working for the family all the year.
Lecturer: Family. One of the basic foundations of our order. How do we Grangers help and include the family?
Many create Memory books for Foster kids.
Those of us who are crafty knit and crochet mittens and hats for kids in school who may be in need of one, and lap blankets for the elderly or disabled, and/or hats for newborns in hospitals.
Some have helped with the United Way Diaper project; another taught children to fish! Some hold activities for the elderly.

Lecturer: Others sponsor Little League, Boy Scouts, Girl scouts, drug and alcohol-free graduation parties, and other youth activities. And some sponsor and participate in Junior Granges.

# Apple, Peaches, Pumpkin Pie Song and Skit

Lecturer: Her third verse brings us into another staple of Grange life – the contests! Let's now sing the third verse...

All sing: There are contests to be entered all the year.

We will enter them without a bit of fear.

Toys and goodies, quilts and sewing,

We will make a pretty showing,

Raise the oxen, or ponies, or horse teams to pull the best?

There are contests to be entered all the year.

Lecturer: This verse pretty much says it all. Many of us have entered quilts, rugs, articles of clothing, crocheted and knitted items of all kinds, hand crafts such as carvings, paintings, and photographs into competition, for the subordinate, Pomona, State, and yes, sometimes even National Grange contests! Baking contests are always popular too.

Let's not forget all those Gra	anges that hold Fairs - with all of
	The earliest potatoes? Who can
Grow the best flowers? Mal	ke the prettiest arrangements?

Lecturer: Since the Grange Fair is for the whole community, not just Grange members – it is a great way to reach out to all! I thought since we were talking about contests, this would be a good place to have our own little contest. Subject matter...food. Game...Pictionary. First let's go over the Rules:

We'll divide into two teams. Each team member will take turns going up to draw. They will select their own clue. I will flip the timer over and then you begin drawing clues. Teammates can guess continuously during the 1-minute drawing time. While it is normally against the rules to do the following, you MAY point to an ear to indicate it "sounds like" something, and you may draw lines to indicate how many words the correct answer is. The following rules WILL apply:

Cheree: Well, once we went to the Pawcatuck Neighborhood Center and helped pack up Thanksgiving baskets; and once we raked Mrs. Olson's leaves.

**Bobby:** That sounds like a lot of work.....

Cheree: Yeah, but it wasn't bad – there were lots of us – and when we were done, she was so happy, she gave us all hot chocolate and cookies!

**Bobby:** I like hot chocolate and cookies...

**Cheree:** Sometimes we make things.

**Bobby:** Things?

Cheree: Well, like Christmas ornaments, or cards for the people in the nursing homes; sometimes decorations for our house – there's all kinds of stuff to do. We even had a sleep-in and stayed at the Grange ALL NIGHT! We had pizza for supper and crafts and movies and donuts and muffins for breakfast.

**Bobby:** I like pizza – and donuts too!

Cheree: The food is good – but I like the fun I have with all my friends.

**Bobby:** Fun is good too... can I join Junior Grange?

Cheree: Sure Bobby. I bet if you ask your mother she'd say yes – and I bet my mom would take you too! Let's go ask!... (exit stage right – through door curtain)

Bobby: (from offstage) Are there other boys? Maybe I should ask Jason...

(Curtain closes)

It's against the rules to communicate with teammates other than drawing clues.

The player who is drawing also cannot use numbers, letters or the "#" symbol in drawings.

If you wish to locate something on the paper or cross something out, you may use an "X" as long as it is not used as a letter.

Spelling does not matter...for example, you can draw a "chute" even when you mean "shoot"

If your team gets the correct answer before the timer is done, you get a point. When the timer is done, your turn is over. The opposing team can make a guess and steal the point if they answer correctly. Either way, it switches to them. On your next turn, the next person becomes the drawer.

# Play game "Food Pictionary"

Lecturer: Connie's fourth verse paraphrases our master's charge to us in closing the Grange: "Let us be quiet, peaceful citizens, feeding the hungry, helping the fatherless and the widows..." Let's sing it now.

All sing: We will all go help the homeless all the year,
Feed the hungry, help the children all the year
We will keep them warm and healthy
Til they're back to work and wealthy,
We will all go help the homeless all the year.

Lecturer: This is something we all excel at.

We donate to local food banks and shelters; we give Thanksgiving, Christmas, and Easter baskets to help those less fortunate enjoy a holiday meal. We donate to help families with gifts and other needed items at Christmas time.

We extend outward a bit more with one of the Lecturer's

requirements also – "A Word From Home", where many Grangers write to servicemen to let them know we are thinking of them and how much their service is appreciated.

Lecturer: We also shipped countless (yes, countless...they're sent by the pound!) coupons to overseas army personnel to help ease their budgets a little. And finally, let's sing Connie's fifth verse...

All sing: We will each reach out to someone we don't know.

We will find a way to make our friendship show.

We will now befriend a neighbor, We will help him with his labor.

We will each reach out to someone we don't know.

Lecturer: You could call this our "catch-all" verse. There are many other ways our Grangers help in our communities.

Some have helped at a nature center; others by donating seed potatoes to a Vo-Ag school; others by cleaning grave markers, or decorating graves with flags for Memorial Day.

Still others have helped elderly or disabled homeowners with lawn cleanup and minor repairs. We have had fundraiser cookouts to help a neighbor displaced by fire and a child who needed a lung transplant.

Lecturer: How do YOU reach out to someone new? Well, Hank Williams put it in a song "Hey, Good Lookin'!"

Nancy sings: "Hey, good lookin', what cha got cookin'?

How's about cookin somethin' up with me? Hey, sweet baby, don't you think maybe, We could find us a brand new recipe?"

Lecturer: I don't know about a "brand new recipe", but let's see how well you might know what you are eating. Let's play "Name that Recipe"; It's similar to "Name that Tune", except instead of saying you can name a tune in 5, or 4, or whatever notes, you will say you can name that recipe in 5 or 4 or whatever INGREDIENTS!

Play game: Name that Recipe

Lecturer: Yes indeed, we have lots of things cooking at the Grange. But let's not stop here. If we extend ourselves further into our communities and encourage others to give us ideas as to where we can help and to join in our projects we will

discover fresh new "recipes" for cookin' in the Grange. Let's give ourselves a little encouragement by repeating the first verse of Connie's song:

All sing: "We will spread the word of Grange throughout the land

We will tell our friends we think the Grange is grand

We'll invite them to a meeting, We will all extend a greeting,

We will spread the word of Grange throughout the land."

(End of program)

# Skit: Apple, Peaches, Pumpkin Pie - Junior Grange

(Curtain closed; 4 players needed, 3 on stage as children, one offstage as "Mother". Also one person to open and close curtains. If stage could be decorated as "out of doors" it would be nice, but is not necessary…) One (Jason) is facing the wall at the left side of the stage, face in crook of elbow, counting while others (Robert and Cheree) are "running and hiding"…)

Nancy: Sing "Apple, Peaches, Pumpkin Pie" as an intro...

Apple, peaches, pumpkin pie, who's afraid to holler I?,
That's a game we used to play, hide and seek was its name...
Oh, ready or not, here I come, gee that used to be such fun.
I always need to find a hiding place
Well, I'm one step behind you, but still I can't find you
Ready or not, here I come, gee, that used to be such fun,
(and repeat and fade)
Ready or not, here I come, gee, that used to be such fun....

(Curtain opens)

**Jason:** "90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100. Ready or not, here I come!" (Start "looking" for hideaways)

Frances: (From off stage, come to "curtain door" and call:) Cheree, come on in now; you need to have your snack and get ready to go.

Cheree: (Pops up from hiding place) I'm done Bobby, gotta go!

Bobby: Why?!! We were winning. Jason would never have found you!

**Cheree:** I've got to go to Junior Grange! We have a really good time there. We learn stuff, and have fun doing it! This week we have a field trip to the Sugar Shack – to see how they make maple syrup! I just love it on pancakes!

**Bobby:** Hey! I like pancakes too! What else do you do?

Cheree: Well, we have some meetings where we help people.

**Bobby:** Help people? Like how? What can kids do?

# Various Parts

Some Granges host blood drives, drawing in those who volunteer this important life-saving resource.
Many honor Community Citizens, recognizing those in their communities who clearly demonstrate the principles the Grange holds so dearly.
Still others participate by entering a float in their local Community Memorial Day Parades.
Many create Memory books for Foster kids.
Those of us who are crafty knit and crochet mittens and hats for kids in school who may be in need of one, and lap blankets for the elderly or disabled, and/or hats for newborns in hospitals.
Some have helped with the United Way Diaper project; anothe taught children to fish! Some hold activities for the elderly.
Let's not forget all those Granges that hold Fairs – with all of their contests. Who can grow the biggest peas? The earliest potatoes? Who can pound in a nail the quickest? Or "soup up" a tractor to pull the most?

Grow the best flowers? Make the prettiest arrangements? Raise the oxen, or ponies, or horse teams to pull the best?
We donate to local food banks and shelters; we give Thanksgiving, Christmas, and Easter baskets to help those less fortunate enjoy a holiday meal. We donate to help families with gifts and other needed items at Christmas time.
We extend outward a bit more with one of the Lecturer's requirements also – "A Word From Home", where many Grangers write to servicemen to let them know we are thinking of them and how much their service is appreciated.
Some have helped at a nature center; others by donating seed potatoes to a Vo-Ag school; others by cleaning grave markers, or decorating graves with flags for Memorial Day.
Still others have helped elderly or disabled homeowners with lawn cleanup and minor repairs. We have had fundraiser cookouts to help a neighbor displaced by fire and a child who needed a lung transplant.

# 2nd Place Ekonk Grange Clifford Gervais, Lecturer

# WHAT'S COOKING Presented at Ekonk Community Grange 03/02/15 and at Richmond Grange on 03/07/15

# PROPS:

Song sheets with words to "Hey Good Lookin!"
Judges robe (black graduation robe will do)
Cow costume (or cow mask will do)
Two chicken costumes (or masks)

Pig costume (or mask)

Wheel of fortune: make up a simple wheel with a spinner. Mark off pie shapes (we had 500 points, free spin, 250 points and lose a turn)

Phrases written with magic marker on posterboard with magic marker. (we used stencils for each letter). We covered each letter with a small sticky note. When the contestant guessed the correct letter, our Vanna White removed the sticky note over the correct letter.

We had our Pat Sajak as the host and another one of our members selected two contestants for each round. Another member kept score.

Prizes for wheel of fortune winners

Bag of large sized marshmallows & a box of straws

CLIFFORD: IN 1949, HANK WILLIAMS RELEASED A SONG THAT QUICKLY BECAME A TOP HIT AND IS STILL REMEMBERED TODAY. THE TITLE OF THE SONG FITS OUR PROGRAM: "HEY GOOD LOOKIN', WHATCA GOT COOKIN?"

# BILL SEBASTIAN: SINGS FIRST FOUR LINES OF "HEY GOOD LOOKIN"

# "HEY GOOD LOOKIN, WHATCA GOT COOKIN? HOW'S ABOUT COOKIN' SOMETHIN' UP WITH ME? HEY, SWEET BABY, DON'T YOU THINK MAYBE WE COULD FIND US A BRAND NEW RECIPE?"

#### **FOOD TRIVIA**

- 1. What milk product did the US Department of Agriculture propose as a substitute for the meat in school lunches in 1996? Ans. Yogart
- 2. Black-eyed peas are not peas. What are they? Ans. Beans
- 3. What European nation consumes more spicy Mexican food than any other? Ans. Norway
- 4. What animal's milk is used to make authentic Italian mozzarella? Ans. Water Buffalo
- 5. What was the first commercially manufactured breakfast cereal? Ans. Shredded Wheat
- 6. What was the first of Heinz's "57 Varieties"? Ans. Horseradish, in 1869
- 7. Where did the pineapple plant originate? Ans. South America
- 8. What part of the banana is used to make banana oil? Ans. No Part. Banana oil is a synthetic compound made with amyl alcohol. It is named for its banana-like aroma.
- 9. What is the most widel eaten fish in the world? Ans. Herring
- 10. What fruits are crossed to produce the nectarine? Ans. None. IOt's a smooth skinned peach.
- 11. Why did candy maker Milton S. Hershey switch from making caramels to making chocolate bars in 1903? Ans. Caramels didn't retain the imprint of his name in the summertime. Chocolate did.
- 12. Why was the animal crackers box designed with a string handle? Ans. To hang on the Christmas Tree.

BILL SEBASTIAN: SINGS FIRST FOUR LINES OF "HEY GOOD LOOKIN"

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JODY CAMERON: JOHN KENNETH GALBRAITH WAS A WORLD FAMOUS ECONOMIST WHO SERVED AS ECONOMIC ADVISOR UNDER FOUR UNITED STATES PRESIDENTS FROM 1950 THROUGH 1970. ABOUT FOOD HE ONCE SAID, "MORE DIE IN THE UNITED STATES OF TOO MUCH FOOD THAN OF TOO LITTLE!" I MYSELF HAVE AN ONGOING LOVE AFFAIR WITH FOOD. I ENJOY PREPARING MEALS, TRYING NEW RECIPES AND COOKING FOR LARGE GROUPS.

WE WILL NOW FIND OUT WHAT'S COOKIN' IN THE LOCAL COURTROOM...

WHAT'S COOKIN' IN COURT SKIT

MRS. DO-GOOD(Sue Gray): "JUDGE, MAY I PRESENT CLARA THE COW. CLARA IS FORCED TO GET UP EVERY MORNING AT 4 a.m. SHE IS FORCED TO GIVE AWAY HER MILK, NOT ONCE, BUT TWICE A DAY! SHE HAS ONLY SAND FOR HER BED AND IS FORCED TO EAT FROM A GROUP FEED BUNK! IF THIS IS NOT A CASE OF ANIMAL CRUELTY, YOUR HONOR, I REST MY CASE!"

JUDGE COOPER: "KATIE, WILL YOU PLEASE TELL THE COURT ABOUT CLARA'S DAILY ROUTINE, AS YOU SEE IT?"

FARMER KATIE: "WELL, YOUR HONOR, FIRST YOU MUST KNOW THAT MRS. DO-GOOD BROUGHT CLARA HERE UNDER PROTEST-MINE! CLARA WAS HAPPILY LAYING IN HER NICE CLEAN STALL OF SOFT SAND; CHEWING HER CUD, MINDING HER OWN BUSINESS. CLARA IS HAPPY TO GIVE ME ALL OF HER MILK. WHY IT RELIVES HER FULL UDDER! SHE ALSO LIKES THE FOOD THAT I GIVE HER AND HER FRIENDS. WHY THEY GET THE TASTIEST HAY AND PERFECT CORN SILAGE AND OH MY GOODNESS, THAT DELICIOUS GRAIN! WHY, JUDGE, I AM A VERY GOOD FARMER AND HAVE CONTENTED COWS!"

JUDGE COOPER: "THANK YOU FARMER KATIE, FOR YOUR EXCELLENT TESTIMONY! CLARA COW, YOU MAY LEAVE MY COURT AND RETURN TO FARMER KATIE'S FARM.

AND, MRS. DO GOOD, YOU SHOULD BE ASHAMED OF YOURSELF FOR INTERFERING IN CLARA COWS HAPPY LIFE! SHAME ON YOU! NOW, WHO IS NEXT?"

MRS. DO-GOOD: "THIS TIME I AM POSITIVE THAT I HAVE A GOOD CASE, YOUR HONOR. MAY I PRESENT CASSANDRA CLUCKER AND SARAH STRUTTER. THESE POOR CHICKENS WORK ON A DEMAND SCHEDULE. THEY MUST GIVE FARMER KATIE AN EGG ALMOST EVERY DAY! THEY HAVE TO JUMP UP INTO A TINY BOX TO LAY THEIR EGGS! THEIR HOUSE IS NOISY AND HAS A VERY BAD SMELL! ANIMAL CRUELTY IF I EVER SAW IT!"

JUDGE COOPER: "FARMER KATIE, PLEASE TELL THIS COURT YOUR STORY!"

FARMER KATIE: "YOUR HONOR, IT IS TRUE THAT SOMETIMES MY CHICKEN HOUSE DOES SMELL, BUT MY CHICKENS KNOW THAT I CLEAN THEIR HOUSE AS OFTEN AS I CAN AND THAT THEIR "MESSES" ARE USED TO HELP ME GROW MY

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FARMER KATIE: JUDGE COOPER, MY PIGS ARE HAPPY, DEFINITELY NOT ABUSED IN ANY WAY. WHEN MRS. DO GOOD CAPTURED PORKY, AND BY THE WAY, SHE DRAGGED HIM OUT OF MY PEN BY ONE LEG! I HAD JUST BROUGHT IN A TROUGH FULL OF MY BEAUTFUL CORN ON THE COB. I JUST KNOW PORKY'S BROTHERS AND SISTERS WON'T SAVE HIM ANY. IT IS ALL MRS. DO GOOD'S FAULT! I FEED PORKY AND HIS FAMILY EXTRA GARDEN **VEGETABLES FROM MY MOTHER'S AND MY MARKET** GARDEN FARM BUSINESS AND AS FAR AS THAT MILK THAT MRS. DO GOOD THOUGHT WAS SPOILED, IT WAS DELICIOUS COLOSTRUM—VERY RICH AND YUMMY. MY PIGS LOVE IT. FINNISH PEOPLE USE COLOSTRUM TO MAKE THE BEST, LIGHTEST, DELICIOUS PANCAKES! MY PIGS CROWD AROUND THEIR TROUGH WHEN THEY SEE ME COMING WITH THAT PAIL! PIGS LOVE THE DIRT. MY PIGS HAVE PLENTY OF SHADE AND FRESH WATER. I HAVE DAHALIAS GROWING OUTSIDE THEIR PEN. THEY DON'T HAVE MUSIC, BUT PIGS DON'T DANCE AND THE BIRDS SING! JUDGE COOPER, CAN'T YOU DO SOMETHING ABOUT THIS INTERFERING WOMAN. ISN'T THERE A LAW TO PROTECT MY ANIMALS FROM PEOPLE LIKE MRS. DO-GOOD?"

JUDGE COOPER: "YOU ARE A VERY ELOQUENT SPEAKER, FARMER KATIE! MRS. DO GOOD, YOU ARE UNDER ARREST! I CHARGE YOU WITH CRUELTY TO ANIMALS! YOUR METHODS OF KIDNAPPING THESE FINE FARM ANIMALS IS DESPICABLE! YOU HAVE BEEN CRUEL AND YOUR UNDERSTANDING OF DOMESTIC ANIMALS IS COMPLETELY LACKING.

I FINE YOU \$500.00 TO BE PAID TO WASHINGTON COUNTY FAIR FOR THEIR ANIMAL BARNS AND SENTENCE YOU TO VOLUNTEER EVERY DAY OF THEIR 2015 FAIR – AUGUST 12<sup>TH</sup> THROUGH AUGUST 16<sup>TH</sup>. YOU WILL VOLUNTEER IN THE DAIRY BARN, POULTRY BUILDING AND PIG BARN. TAKE THE TIME TO LEARN ABOUT FARMERS AND THE EXCELLENT CARE AND QUALITY FEED THEY GIVE THEIR ANIMALS. YOU SHOULD BE ASHAMED OF YOURSELF! HOPEFULLY, FROM THIS SENTENCE, YOU WILL LEARN TO PROPERLY SUPPORT AGRICULTURE AND BECOME A NICER, MORE INFORMED CITIZEN!

**COURT DISMISSED!"** 

# BILL SEBASTIAN: SINGS FIRSTFOUR LINES OF "HEY GOOD LOOKIN":

HEY, HEY, GOOD LOOKIN', WHATCA GOT COOKIN'
HOW'S ABOUT COOKIN' SOMETHING UP FOR ME?
HEY, SWEET BABY, DON'T YOU THINK MAYBE
WE COULD FIND US A BRAND NEW RECIPE?"

JODY CAMERON: EVERYONE TALKS ABOUT FOOD! FOOD AND THE WEATHER—BOTH SUBJECTS ANYONE CAN DISCUSS EASILY AND WITH DEFINITE OPINIONS.

ABOUT FOOD, PRESIDENT RONALD REAGAN SAID, "YOU CAN TELL A LOT ABOUT A FELLOWS CHARACTER BY HIS WAY OF EATING JELLYBEANS!"

COMEDIAN, PAUL LYNDE, WHO GRADUATED NORTHWEST UNIVERSITY WITH CHARLTON HESTON IN 1948, SAID ABOUT THE SANDWICH: "SANDWICHES ARE JUST WONDERFUL! YOU DON'T NEED A SPOON OR A PLATE TO ENJOY THEM!"

"SPARKY", ALSO KNOWN AS CHARLES SCHULZ-WORLD RENOWNED CARTOONIST ONCE SAID, "ALL YOU NEED IS LOVE. BUT A:LITTLE CHOCOLATE NOW AND THEN DOESN'T HURT!"

"ASK NOT WHAT YOU CAN DO FOR YOUR COUNTRY, ASK WHAT'S FOR LUNCH!" WRITER, PRODUCER, ACTOR AND DIRECTOR ORSON WELLS SAID THIS.

#### FINALLY,

IRISH PLAYWRIGHT, GEORGE BERNARD SHAW, SAID, "THERE IS NO LOVE SINCERER THAN THE LOVE OF FOOD!"

BILL SEBASTIAN: SINGS FIRST FOUR LINES OF "HEY GOOD LOOKIN"..."

"HEY, HEY, GOOD LOOKIN', WHATCA GOT COOKIN?
HOW'S ABOUT COOKIN' SOMETHIN' UP WITH ME?
HEY, SWEET BABY, DON'T YOU THINK MAYBE
WE COULD FIND US A BRAND NEW RECIPE?"

# SUE GRAY:

DID YOU KNOW THAT EGGS PROVIDE ONE OF THE MOST COMPLETE, ECONOMICAL AND NUTRITIOUS FORM OF ANIMAL PROTEIN AVAILABLE. EGGS ARE ONE OF THE HEALTHIEST FOODS ON THE PLANET! WHEN TRYING TO LOSE WEIGHT EGGS ARE AN EXCELLENT CHOICE FOR A MEAL!

NOW, WE WILL PLAY EKONK'S VERSION
OF "WHEEL OF FURTUNE"!
BILL SEBASTIAN IS OUR PAT SAJAK AND HIS
DAUGHTER, CARLY, WILL SERVE AS OUR VANNA
WHITE!

RUSSELL GRAY WILL SELECT TWO CONTESTANTS
FOR EACH OF FIVE ROUNDS!

JODY CAMERON WILL KEEP SCORE.

AFTER ROUND FIVE, THE CONTESTANT WITH THE
MOST TOTAL POINTS WILL WIN THE GRAND PRIZE!

AND NOW, TAKE IT AWAY "PAT SAJAK"!!!

# WHAT'S COOKIN' WHEEL OF FORTUNE

(two people picked for <u>each</u> puzzle)

1	<b>8</b>	(contestants)			
BILL:	THIS FIRST PUZZLE	IS A PHRASE			
	Contestants (				
	ANSWER: "AS EASY AS PIE"				
26		TO THE			
2	<b>&amp;</b>	(contestants)			
BILL:	THIS TIME WE HAVE	THE NAME OF AN			
ELEG	ANT ADDITION TO A R	ECIPE			
	<b>Contestants</b>				
	ANSWER: HOLL				
3	&	(contestants)			
BILL:	THE ANSWER TO THE	S PUZZLE IS A DESSERT			
	Contestants g	quess letters			
	ANSWER: LEMON	MERINGUE PIE			
4	&	(contestants)			
BILL:	THE CLUE FOR THIS I	PUZZLE IS "MOVIES"			
	Contestants g				
ANSV	VER: CHARLIE AND TH	HE CHOCOLATE FACTORY			
	•				
5	&	(contestants)			
BILL:	YOUR CLUE TO THIS	ANSWER IS LITERATURE			
	Contestants g	uess letters			
	ANSWER: "GREEN				

BILL SEBASTIAN: SINGS FIRST FOUR LINES OF "HEY GOOD LOOKIN":

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TEAM GAME, INVOLVING FOOD AND STRAWS!

GERVAIS BROTHERS

VOLUNTEERS

MARSHMALLOWS & STRAWS

PRIZES OF CANDIES FOR ALL PLAYERS!

LINK COOPER: THINK ABOUT THIS...

MALL FOOD COURTS ARE PLACES WHERE YOU CAN
SIT AND JUDGE OTHER PEOPLE FOR THEIR EATING
CHOICES!

NOW, WILL EVERYONE FROM EKONK JOIN ME AT
THE FRONT OF THE HALL AND WE WILL ALL SING
THE COMPLETE SONG, "HEY GOOD LOOKIN"

THAT ENDS THE PROGRAM!

# **TEAM GAME**

FOR THIS GAME TWO TEAMS ARE REQUIRED—JUST MAKE SURE THE SAME NUMBER OF PEOPLE ARE ON BOTH TEAMS.

EACH TEAM MEMBER IS PROVIDED WITH A STURDY, STRAIGHT STRAW (NO BENDS)

EACH TEAM GETS TWO PAPER PLATES, ONE EACH ON TABLES PLACED ABOUT FIVE FEET APART

EACH TEAM HAS HALF OF A BAG OF LARGE MARSHMALLOWS PLACED ON THEIR PLATE

OBJECT: USE THE STRAW IN YOUR MOUTH AND BY SUCKING IN—CARRY YOUR MARSHMALLOW TO THE PLATE AT THE OTHER END.

THE FIRST TEAM TO TRANSPORT ALL OF THEIR MARSHMALLOWS TO THE OTHER END WINS.

IF A TEAM MEMBER DROPS A MARSHMALLOW, THE MARSHMALLOW IS RETURNED BACK TO THE ORIGINAL PLATE AND MUST BE SUCCESSFULLY TRANSPORTED TO THE OTHER PLATE!

PRIZES: CANDY BARS TO THE WINNERS!

# 3rd Place North Haven Grange Emily Alexander, Lecturer

"What's Cooking"

Mother's Kitchen

Mother's Kitchen is a cozy place So full of warmth and cheer, It's no wo der that the family Always likes to gather here.

On the stove a kettle's simmering. A lilting gay refrain, And the oven helds some goodies Mother's baked for us again.

Her gayly colored curtains And clock upon the wall, The pantry with its store of food Gives happiness to all. And sort of seems to smile.

I guess because her busy hands care for it all the while.

The kitchen is a special world We always like to share Because it's full of Mother's Love And we find comfort there.

Everything is bright and shining

### KITCHEN TIPS

Substitute Club Soda for milk in pancakes to make them lighter and fluffier.

Keep a slice of white bread in the cookie jar to keep the cookies soft.

Add a pinch of salt to bacon when frying it to prevent it from curling.

Dust the baking pan with cocoa or raw sugar instead of flour when making a chocolate cake.

Add a pinch of baking powder when mashing potatoes to make them fluffier.

## **GOOD EATS**

Some cravings...

Chocolate, teas, seaweed, chips, truffles, ketchup.

Putting foods on DO NOT EAT LIST makes you crave them even more.

Diners demand....

Meat in season from small farms.

Put name of farms on the menu.

Workplace Cafes...

Labeling dishes with colors based on nutritional levels

An average person eats 193 meals at a restaurant annually

31 pounds of fresh and processed tomatoes are eaten by an adult annually.

### **FARMER'S STRIKE**

I wonder what it would be like, if all the farmers went on strike And just refused to plant a seed, or prune a tree or pull a weed. If staid old steadfast farmer Brown, would dress all up and to to town. To loaf around and shoot the breeze, or sleep beneath the maple tree. And what would tiny bbies do, umnder their coverlets of blue, If Mr. Grey just turned his cows out in the pasture field to browse. And went on strike for better pay, or shorter hours for his workday. (That really lasts from sun to sun and yet his work is never done)? And what would hungry people eat, if prairie farmers grew no wheat, And raised no hogs or lamb or beef and just went living on relief. Starvation, ruin and disgrace, would stare the whole world in the face. I know that's what it would be like, If FARMERS REALLY WENT ON STRIKE.

## NOT A FARMER

City Lady: Look at that bunch of cows. Farmer: That's not a bunch it's a herd.....

City Lady: Heard of what? Farmer: Herd of cows.

City Lady: Sure I've heard of cows.

Farmer: No! A cow herd.

City Lady: Why should I care what a cow heard. I've got no secrets from a cow.

### RECIPE FOR A HAPPY HOME

Begin with 1 cup kindness. Mix it with 1 cup joy. Blend thoroughly with patience. Add a generous amount of acceptance and flavor with Thanksgiving. Stir in forgiveness as needed. Sprinkle with a smile. Add a dash of humor. Serve with a large portion of love.

### RIB TICKLERS

My Mom is serious about going green ... She's stocking up on broccoli. Lima beans, peas, and Brussel sprouts.

What would you get if you crossed a camel with a cow? Ans. A Lumpy milk shake.

What's a polar bears favorite cereal?
Ans. Ice Krispies

Why did the Bacon laugh?

Ans. Because the egg had a funny yoke.

Why are potatoes good detectives?

Ans. Because they keep their eyes peeled.

Why do people work as bakers?

Ans. Because they knead the dough

What cake shows age?
Ans. Birthday cake.

What cake does a rat like.

Ans. Cheese cake

What cake will go to heaven?
Ans. An angel cake

What turns without stirring?
Ans. Milk

What's the best way to raise strawberries? ANs. With a spoon.

# CLOSING PRAYER - THANKS FOR THE FOOD

We thank Thee for food and remember the hungry.
We thank Thee for Health and remember the sick.
We thank Thee for friends and remember the friendless.
We thank Thee for our freedom and remember the enslaved.
May these remembrances stir us to service
That Thy gifts to us may be used for others.
And, we thank Thee Lord for this food today.

Amen