

St. Nicholas Philoptochos

St. Nicholas Greek Orthodox Church
3109 Scio Church Road
Ann Arbor, Michigan 48103

PHILOPTOCHOS CORNER

Summer 2018



ANOTHER SUCCESSFUL YEAR!

It's hard to believe that another year has gone by!

We have accomplished so much during 2017-18, and it was the result of everyone coming together to support the numerous projects that Philoptochos had undertaken.

It is with your support that we are able to help so many people in our area. We couldn't have done it without you! Enjoy your summer and as the song goes, "See You in September!"

--Vangie

*Thank you for the way you are
Like angels from above
I thank you all for everything
For you are all a star!*



NEW COOKBOOK IN THE WORKS!

As announced at our June 13 meeting, we are planning a new cookbook ready in time for Christmas. Some family recipes from our earlier cookbook will be included along with new recipes as many of the dear ladies in our parish are no longer with us. We want to continue to honor their memory by including some of their recipes.

Our parish has evolved over the years and has become more ethnically diverse so we intend to create this cookbook with a multi-cultural flair reflective of our St. Nicholas community. So . . . start going through your recipe box and set aside a tried-and-true recipe to be included in our cookbook.

Our Cookbook Committee will be meeting over the summer to finalize plans, and we will continue to keep you informed.

SUMMER CALENDAR

Sunday, July 15
IOCC Coffee Hour

WISD/OZONE HOUSE
"EDUCATION PROJECT"
(see last page)



WHAT'S YOUR MUSIC PERSONALITY?

From upbeat songs to classical scores, your taste in music is correlated to certain personality traits

If you prefer . . .

JAZZ—You're an ambitious innovator! You appreciate the art of improvisation and are creative and adventurous. You're "jazzed" by novelty and inspired by the unexpected.

NEW AGE—You're a resilient nurturer! The relaxing harmonies of nature inspire you. New Age music is known to create a calmness.

CLASSICAL—You're a reflective smarty! Serene and thoughtful, you are able to generate ideas and tend to be detail-oriented and conscientious.



POP—You're an effervescent dynamo! You exude a joyous energy and an extroverted personality that makes everyone want to be around you.

COUNTRY—You're an empath! Country is a storyteller's genre—down-to-earth poetry put to music. Songs are of every life experience from love to loss and every other experience in between.

ROCK 'N ROLL—You're open-minded! Rock 'n roll is synonymous with cool. You tend to be laid back and comfortable with yourself and have eclectic tastes and are willing to experience new things.



SONGS FROM . . .

30'S and 40's
"Moonlight Serenade"
Glenn Miller
"Falling in Love Again"
Marlene Dietrich
"Over the Rainbow"
Judy Garland

50's and 60's
"Teenager in Love"
Dion and the Belmonts
"At the Hop"
Danny and the Juniors
"Where Did Our Love Go?"
The Supremes

70's and 80's
"Sweet Emotion"
Aerosmith
"Let's Stay Together"
Al Green
"Uptown Girl"
Billy Joel

90's and beyond . . .
"Keep the Faith"
Bon Jovi
"Candle in the Wind"
Elton John
"Rolling in the Deep"
Adele



NURTURE!!



Now that the hot summer days are here, we are very mindful to take care of our gardens and to be sure that they are "happy." After all, we want to enjoy them all season long whether they are vegetable gardens or gardens with plentiful flowers.

Have you taken the time to take care of yourself, too? Here are a few tips to keep you in tip-top shape so that you can be happy along with your garden.

- ❖ Buy yourself a bunch of fresh flowers and display them where you can see them often
- ❖ Go for a nice walk through a park
- ❖ Buy something special for yourself that doesn't cost more than you can afford at the time
- ❖ Read some positive and funny quotes
- ❖ Stay hydrated!
- ❖ Buy a coloring book and coloring pencils
- ❖ Do a jigsaw puzzle or work on a puzzle book
- ❖ Take a warm bath with some oils or bubble bath
- ❖ Read an inspirational book or listen to inspirational music
- ❖ Sit in the warm sunshine and read a good book or magazine
- ❖ Just sit and do nothing for at least 10 minutes (without thinking about all of the things that you should be doing!) It's delightful!

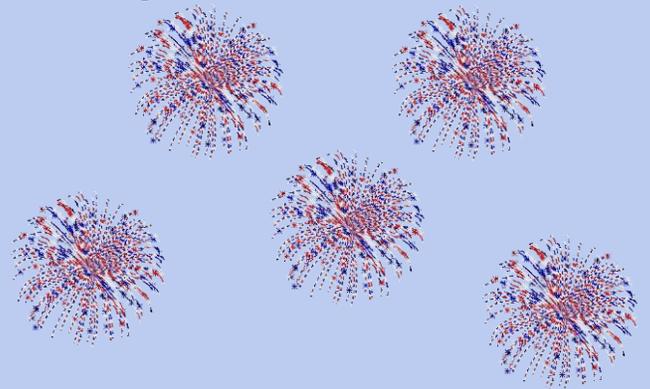


RECIPE OF THE MONTH

Watermelon Pizza



- 1/2 C fat-free Greek yogurt
 - 1/3 C CoolWhip
 - 1 tsp. sugar
 - 1/2 tsp. vanilla extract
 - Two 1-inch-thick round seedless watermelon slices cut from center of a large watermelon
 - 3/4 C sliced strawberries
 - 1/3 C blueberries and/or blackberries
 - Optional garnish—fresh mint
- Mix yogurt, Coolwhip, sugar, and vanilla
 - Spread over both watermelon slices, leaving 1/2-inch borders
 - Top with berries and slice into wedges



Happy 4th of July!

EDUCATION PROJECT

WHAT IS THE EDUCATION PROJECT? The Education Project works to ensure that students in homelessness and temporary living situations will enroll, regularly attend, and succeed in school. During the 2014-2015 school year, they served more than 1,300 students in Washtenaw County ages 0-21 from the 10 school districts and nine public school academies in the county. Every single school district in the county is working with students in temporary living situations. This year they are partnering with Ozone House.

Our Philoptochos is once again supporting “Education Project” as the students prepare for another school year. Throughout July and mid-August, we will be collecting items on their wish list shown below—primarily school supplies and personal hygiene items. There will be tubs placed outside of the social hall to hold contributions. People come and go during the summer and can donate items whenever they are able.

Hygiene Products

- Shampoo and Conditioner
- Men’s and Women’s Deodorant
- Toothbrushes and Toothpaste
- Tissues (small individual packages)
- Feminine Hygiene Products
- Soap (body wash or bar)
- Lotion
- Lip balm



NEW School Supplies

- Backpacks for all ages (especially those with laptop compartments for older students)
- Calculators and Scientific Calculators (gently used is acceptable)
- Drawstring bags
- Tab Dividers
- Colored Pencils
- Pencil Sharpeners
- Washable Markers
- Scissors (blunt & pointed)
- Pencil Bags
- Rulers



Other

- Gift cards in small denominations—Kroger, Meijer, Walmart, Target
- Food Gift Cards—small denomination for Subway, McDonald’s, Burger King, etc.
- Large sturdy Ziplock bags (used to transport items to students)
- Cash or check donations—to fulfill specific needs (checks made payable to “The Education Project”)

EDUCATION IS THE PASSPORT TO THE FUTURE!

