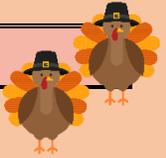


# PHILOPTOCHOS CORNER

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

November 2016

*"Let Today Be the Start of Something New!"*



## HAPPY THANKSGIVING!



*"The thankful receiver  
bears a plentiful harvest."*

*--William Blake*

### DATES TO REMEMBER!



**Wednesday, December 14, 6 p.m.**  
Christmas Dinner at Mediterraneo

**2017**

**Saturday, January 21, 1 p.m.**  
Philoptochos Membership Tea

## NOVEMBER NEWS BRIEFS

Just a reminder . . .

- ◆ November meeting—November 9, 7 p.m.



- ◆ Remember to order your *Christmas wreaths and poinsettias* by November 15 with pickup on December 4 after The Divine Liturgy. Order forms are on the table in the hallway and in your October newsletter



- ◆ Holiday Bake Sale pickup is on Friday, November 18, from 12 noon-7 p.m.

## BREAST CANCER AWARENESS

October was Breast Cancer Awareness Month, and our ladies enjoyed a most informative presentation by Dr. Sophia Roumanis, Medical Director, Breast Cancer Care Center, Beaumont Hospital. Dr. Sophia answered many of the ladies' questions including mammography, frequency of screenings, and family history.

Her positive outlook along with the new treatment options now available was most welcomed by all.

Vangie presented Dr. Sophia with a bouquet of Fall flowers in appreciation for her joining us and sharing valuable health information.



*"A smile is the light in your window that tells others that there is a caring, sharing person inside."*



## RECIPE OF THE MONTH

### Pecan Pumpkin Crunch

For variety at Thanksgiving, try this easy-to-make dessert.



- 1/2 stick unsalted butter, room temperature
  - One 15-oz. can pumpkin
  - 1 cup whipping cream or heavy cream
  - 4 eggs
  - 1/2 cup sugar
  - 1/2 cup light brown sugar, divided
  - 1/2 tsp. ginger
  - 1/2 tsp. nutmeg
  - 1/2 tsp. cinnamon, divided
  - 1-1/2 cups roughly chopped pecans
  - 1/4 cup flour
- Combine pumpkin, cream, eggs, sugar, 1/4 cup brown sugar, ginger, nutmeg, 1/4 tsp. cinnamon in large bowl
- Whisk until fully combined and pour into greased 8x8" square pan
- Cut butter into small pieces and put in medium bowl; stir in pecans, flour, and remaining 1/4 cup brown sugar, and cinnamon until it holds together but still crumbles
- Sprinkle over pumpkin mixture and bake at 350 for 45 min-1 hr. or until edges are puffed and filling is set in the center
- Remove to rack and cool to room temperature
- Serve with whipped cream or ice cream

**ENJOY!**

## DE-STRESSING DURING THE HOLIDAYS



Yes, the holidays can be hectic, but there are ways that you can prevent some of that stress . . . and the key is the proper diet.

- ◆ Stress can cause you to grab food—and it's likely you'll grab the wrong kind. For many, stress spikes appetite. Almost 40% of American report eating too much or the wrong foods as a means of dealing with their anxiety according to the American Psychological Association.
- ◆ Comfort foods are usually unhealthy foods—cookies, cake, ice cream, chips, mac and cheese. They're rich in fat and sugar which send pleasure signals to the brain. How? By boosting levels of the hormone serotonin which has a calming effect.

Did you know that there are foods that can help with stress? Let's take a look . . .

- **Green leafy veggies.** Think spinach, Swiss chard, mustard greens, dandelions, romaine lettuce which help your body manufacture neurotransmitters (like serotonin) that help regulate mood.
- **Turkey.** The key ingredient is an amino acid your body needs to convert into—again—serotonin. A turkey and cucumber sandwich on whole-grain bread gives you a filling, balanced meal.
- **Yogurt.** An unhealthy gut flora can hurt your brain health and lead to anxiety. Research has shown that changes in gut bacteria can lower anxiety levels in mice. Your intestines house most of the body's serotonin so it's easy to see the connection between fermented foods (sauerkraut, pickles, kefir, etc.) and yogurt that contains a probiotic (*Lactobacillus rhamnosus*) which can lower a stress-induced hormone that can help ease stress.
- **Blueberries.** CNN reports that the antioxidants and phytonutrients in these berries can help “improve your body's response to stress and fight stress-related free radicals.” 
- **Dark chocolate.** This tasty treat has been shown to reduce stress hormones, and its antioxidants can relax the walls of your blood vessels. This can help to lower blood pressure and enhance circulation.
- **Warm Milk.** A warm cup of milk is not just an old wives' tale. It's high in Vitamin D which is a nutrient associated with happiness.
- **Salmon.** Thank the Omega-3 fats in salmon for influencing your mood. The Omega-3 fatty acids have an anti-inflammatory properties that may help fight off the negative effects of stress hormones on your body.

## MODERN THANKSGIVING

In the 19<sup>th</sup> century, the modern Thanksgiving holiday started to take shape.

It wasn't until 1863, when President Abraham Lincoln declared two national Thanksgivings—one in August to commemorate the Battle of Gettysburg and the other in November to give thanks for "general blessings."

Although prayers and thanks were probably offered at the 1621 harvests gathering, the first recorded religious Thanksgiving Day in Plymouth, MA happened two years later in 1623. On this occasion the colonists gave thanks to God for rain after a two-month drought.

--kids.nationalgeographic.com

### **Saints Cosmas and Damianos Patron Saints of the Greek Orthodox Ladies Philoptochos Society**

These Saints were from Asia Minor. After the death of their father, their Christ-loving mother Theodota reared them in piety and in all manner of virtue and had them instructed in every science—especially that of medicine.

This became their vocation, and they went about healing every illness and malady, bestowing healing freely on both men and beasts alike; because of this, they are called "Unmercenaries."

And thus, having completed the course of their life, they reposed in peace.

*"Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your requests be known to God. —Philippians 4.6*

## DID YOU KNOW THAT. . .

- ❖ Unless you mix your food with saliva, you can't taste it
- ❖ The most commonly used letter is "E"
- ❖ The three most common languages in the world are Mandarin Chinese, Spanish, and English
- ❖ Spiders are arachnids and not insects
- ❖ Honey is the only natural food that never spoils
- ❖ M&M's are initials for its inventors—Mars and Murrie
- ❖ The longest street in the world is Yonge Street in Toronto measuring 1,178 miles
- ❖ The Grand Canyon can hold 900 trillion footballs
- ❖ "Bookkeeper" and "Bookkeeping" are the only words in the English language with three consecutive double letters
- ❖ The National Turkey Federation estimates that 45 million turkeys—one-fifth of the annual total of 235 million consumed in the United States—are eaten at Thanksgiving

