



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

PHILOPTOCHOS CORNER

September 2017



SEPTEMBER NEWS BRIEFS

We hope everyone enjoyed a wonderful summer and enjoyed doing the things that you like to do.

PHILOPTOCHOS 2017-2019

As we begin our new ecclesiastical year, we would like to announce our newly elected Philoptochos Officers and Board Members for 2017-19.

Officers

President	Vangie Kolokithas
Vice President	Elaine Karam
First Vice President of Membership	Joy Melzian
Secretary	Theanne Ballios
Corresponding Secretary	Mary Price
Treasurer	Clevie Daniels

Board Members

Artemis Alex	Carolyn Roopas
Cerene Boudrie	Katerina Roumanis
Carol Chaconas	Vicky Roumanis
Tasia Goffas	Christina Vlahopoulos
Presvytera Eva Paul	Margaret Yates
Tula Prokos	

From Vangie . . . We look forward to seeing you at our Fall meeting on September 13 and welcoming new Philoptochos members to our Good Samaritan chapter. Many fun events and projects for this year are planned . . . so stay tuned!

HELPING HOUSTON FAMILIES

In the true meaning of “Philoptochos”, our national chapters—including our Ann Arbor Good Samaritan chapter—will be collecting the following items to send to those families who have been displaced as a result of the tragic hurricane. Please consider donating items from the following list and bring them to our September meeting.

- Hand sanitizer
- Baby wipes
- Wipes
- Diapers
- Soap
- Shampoo
- Toothbrushes
- Toothpaste
- Men’s deodorant
- Feminine hygiene products
- Underwear/undershirts
- Socks

RECIPE OF THE MONTH



APPLE CRISP

Whether it's served warm or cool, apple crisp has a beautifully browned crust. Add pecans for added flavor. Even tastier with ice cream!

- 4 cups apples, peeled and sliced
- Chopped pecans (optional)
- 1 tsp. cinnamon
- 1/4 tsp. salt
- 1/4 cup water

- ¾ cup flour
- 1 cup sugar
- 1/3 cup butter, melted

- Preheat oven to 350
- Place apples in a 9"x9" baking dish
- Sprinkle apples with cinnamon and salt
- Add water
- In a bowl, mix together flour, sugar, butter, and crumble over the apples
- Bake for 40 minutes or until apples are soft

- A scoop of ice cream tops it off!

ENJOY!



UPCOMING ACTIVITIES

Wednesday, September 13

7:00 p.m.

Monthly meeting



Saturday, September 23

Luncheon and Fashion Show

starting at 11 a.m.

Sts. Constantine and Helen, Westland

Cost is \$30/person

Tickets can be purchased from Vangie

Fashion Show presented by

Clothing Cove of Milford

Sunday, October 8

Philoptochos Coffee Hour

Remember to wear red since October is

Breast Cancer Awareness Month

Wednesday, October 11

7:00 p.m.

Monthly meeting

Saturday, December 2

St. Nicholas Dance

Polo Fields Golf and Country Club

Ann Arbor

More info to follow

BOOK OF THE MONTH



CAMINO ISLAND

by John Grisham

Bruce Cable owns a popular bookstore in the sleepy resort town of Santa Rosa on Camino Island in Florida. He makes his real money, though, as a prominent dealer in rare books. Very few people know that he occasionally dabbles in the black market of stolen books and manuscripts.

A generous offer of money convinces a laid-off teacher to go undercover and infiltrate Bruce Cable's circle of literary friends, ideally getting close enough to him to learn his secrets.



PAUL HAS GRADUATED!

Paul, the young man in Mexico whom we have been sponsoring for many years, has now graduated and we are pleased that we were able to contribute to his success.

"Great things are done by a series of small things brought together."



HEALTHY TIPS

EXERCISING THROUGH HOUSEHOLD CHORES

Sometimes we need motivation for doing household chores. But wait! There is something! Perhaps there is a reason they call it house**work**. Serious calories can be burned during a cleaning session.

According to a British study, housework can provide a better workout than spending an hour a week at the gym. In a study of 3,000 people, an average of 50,261 calories are burned off each year doing household chores. Many women find that cleaning their homes is "mentally therapeutic" as it demonstrates a sense of accomplishment.

Shown below are calories burned per 30 min.

➤ Grocery shopping	122
➤ Light gardening/yard work	118
➤ Mopping	132
➤ Vacuuming	150
➤ General house cleaning	86
➤ Wash windows inside/out	150
➤ Rake the yard	150
➤ Wash the car-	150

--wellnesswatchersmd.com

LEAN MEAT LOWDOWN

Beef gets a bad rap and sometimes for good reason. Here's how to have your sirloin and enjoy it, too! Choice and select cuts typically have less fat than prime cuts although they may not be quite as tender.

Opt for one of these leaner cuts of beef:

- ❖ Eye of round roast and steak
- ❖ Sirloin (tip side and top steak)
- ❖ Top round roast and steak
- ❖ Bottom round roast and steak
- ❖ Filet mignon
- ❖ Flank steak