



PHILOPTOCHOS CORNER

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

September 2016

"Let Today Be the Start of Something New!"

SEPTEMBER NEWS BRIEFS

Notes from National Philoptochos

The July 4th holiday celebrated not only our nation's independence, but it was also the setting for the 2016 National Philoptochos Biennial Convention in Nashville.

His Eminence Archbishop Demetrios asked us to reach out to the young women and engage them for they are our future.

Other Philoptochos chapters are involved in the following projects for their parishes:

- Presentation of a 40-day blessing gift such as crocheted Afghan blankets
- Making of the Memorial Koliva
- Loukoumades fundraiser
- Scarf project--proceeds from sale donated to area charities

One of the highlights of the convention was meeting women from other parishes and sharing/learning about the various projects in our parishes.

We look forward to seeing you at our Fall dinner meeting on September 14 and welcoming new Philoptochos members to our Good Samaritan chapter. Many fun events and projects are planned . . . so stay tuned!

~Vangie Kolokithas



UPCOMING ACTIVITIES

Wednesday, September 14, 6:30 p.m.

Dinner Meeting and Fall Wreath Demonstration
You'll have the opportunity to make your own wreath!

Sunday, October 2

October is Breast Cancer Awareness Month
Philoptochos will be hosting the coffee hour

Reminder—Bags due Oct. 1

Our heartfelt thanks to those who are putting the catheter bags together. Please remember to return them by October 1. We have extended the deadline seeing that summer was a busy time for all. You can give them to Joy or leave them in the Church Office for her. Again, we thank you so very much. Thank you, also, to Joy for coordinating this project.

LET'S GET 'CRAFTY'!

Pine Cone Zinnias

Create seasonal, beautiful centerpieces that require no water. You can also place them in a basket for a more natural look.

These pine cone zinnias are so easy to make and look amazing. The trick is to flip the cone over to paint the bottom in bright colors. Since we're moving into Fall, think orange, yellow, gold, burgundy. For winter, use white or pink with sparkles. It's a really fun activity to do with children.



Here are the supplies you will need:

- Pine cones
 - Acrylic craft paint including yellow for the centers
 - Paint brush
 - Optional—sparkles for winter months
 - Optional--white acrylic craft paint as the base coat
- Turn cones upside down and paint entire cone
- Use yellow paint for centers
- Air dry for 30-45 minutes
- If dipping, use tongs to avoid staining your hands

Suggestion: Before bringing pine cones into your house for crafts, remember to "bake the bugs" out of them first! Preheat the oven to 200 degrees and spread the pine cones on aluminum foil; bake for about 20-30 minutes. Let them cool completely before using them for crafts.

RECIPE OF THE MONTH



APPLE BUNDT CAKE

Whether it's served warm or cool, this apple cake is moist on the inside and has a beautifully browned crust. Add walnuts or pecans for an extra treat!

- 1-1/4 cup all-purpose flour
- 1 cup whole wheat flour
- 3/4 cup granulated sugar
- 1 cup light brown sugar
- 2 tsp. cinnamon
- 2 tsp. baking powder
- 1/2 tsp. baking soda
- 1/2 tsp salt (optional)
- 3/4 cup vegetable/canola oil
- 1 tsp. vanilla
- 3 eggs
- 2 cups finely chopped apples
- 1 cup chopped walnuts

Vanilla Glaze

- 1/2 cup confectioner's sugar
 - 1/4 tsp. vanilla
 - 2-3 tbsp. milk
- Place all ingredients except chopped apples and nuts in a large bowl; mix until well blended
- Stir in apples and nuts
- Pour into greased and floured 10" Bundt or tube pan
- Bake at 325 for 55-60 minutes until toothpick comes out clean
- Cool in pan for 15 minutes and turn out on plate to cool completely
- Drizzle with Vanilla Glaze and ENJOY!

FITNESS CORNER



WHY IS WALKING SO GOOD FOR EVERYONE?

Walking, fast or slow, is good exercise. It's free, enjoyable, and a part of everyday life. Walking makes you feel good about yourself.

At any pace

- Mental health benefits
- Helps to prevent diabetes and control weight
- Increases "good" cholesterol
- Benefits immune system
- Reduces risk factors for falls in the elderly
- Helps reduce progression of osteoarthritis and osteoporosis
- Improves muscle strength
- Gives you energy
- Helps manage stress
- Improves concentration

At "brisk" pace

- Improves functioning of heart and lungs
- Reduces blood pressure
- Helps to maintain a healthy weight
- Improves your mood
- Improves your balance and coordination

Before you begin your walking routine, remember to start out slowly. Most important, be sure to wear the proper fitting walking shoes with support to prevent foot injuries.

Let's take a look now at a special program offered every Saturday morning at Briarwood Mall by physicians from IHA. It's called "Walk with a Doc."

"WALK WITH A DOC"



**Briarwood Mall
Saturday mornings at 9 a.m.
Center Court near Starbucks**

Walking 30 minutes per day can produce big results, and it's simple to do. By attending "Walk with a Doc" on Saturday mornings, you will learn about health topics as you get a chance to talk to a healthcare provider and ask questions in a relaxed setting.

Although the physicians offer a three-mile walk, you can walk at any pace and any distance. You will see quarter-mile markers on the mall floor so you can keep track.

It's fun, free, and open to all ages. Registration is not required. Make it a point to start this Saturday!

For a schedule of topics/email reminders, go to: <http://www.ihacares.com/about-ih/news-blog>



MORE WAYS TO JUMP-START YOUR HEALTH

Drink sparkling water instead of soda



Freeze fruit such as grapes for a sweet, cold treat



Take your coffee black



Use smaller plates