

Greetings from Will & Lorraine,
Riley's Whitby Bull
2009 Newsletter #5
Some recipes, news & foods for thought! May 28, 2009
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"THAT COULD BE A FUN THING" The Bull's New Special Occasion "ORBS"

You may ask, "What is that **crazy woman** up to now?" It all started after the "**Aiken Paranormal Society**" showed us the **Orbs**. I began taking **Orb** pictures. The **Orbs** are always here, round, floating around. We like to think they are **Angels** and we feel protected while here or away. Last week **Lois Potter** and the gang were in for son **Clint's** birthday. As they enjoyed his Birthday Dinner I went outside to capture that evening's **Orbs**. They were beautiful. The wind was up and the sky glowing. Next day I sent them by e-mail to **Lois** and **Susan**. They sent them on to **Clint**. The first "**Special Occasion Orbs**" were born.

So come party at The Bull and we'll mark the occasion with "Your Special Orbs"

Now we know the skeptics will pooh pooh the existence of Orbs but as my Mom used to say, "It takes all kinds and there is no accounting for taste." No harm done.

TWO SPRINGS

Our late April trip to the **Hudson Valley** was excellent. It meant we had the pleasure of two springs. As we traveled up the coast the fading blooms of bulbs, red bud, forsythia and azaleas gave way to new budding flowers. The **New York** season is a good three weeks behind **South Carolina's**.

One of the most pleasant surprises was the condition of our old **Saint Mary's Church**. It is a beautiful church located in the city of **Newburgh**. A few years ago, like most downtown buildings, it was falling into ill repair. I was quite happy when we got to the church to find it freshly painted, planted, groomed and obviously well loved by the new parishioners. The pastor and city citizens fought the **Archdiocese of New York** with marches and demonstrations to keep the church from being consolidated with **Sacred Heart**. **Saint Mary's** congregation is vibrant, busy and very involved with local matters. It is wonderful.

The **Maher Girls** met up and caught up on news. We got together and did **Yobo** Memorial Lunch. We dropped in on **Aunt Bev** and **Uncle Bob** to reminisce, relive our childhoods and vent our spleens. (Where and why did the phrase "vent one's spleen" originate anyway?) Our visit with friend **Animal** was just what we needed for our **Hudson Valley Hicks Renewal**. We stood on the Bluff in front of our old apartment overlooking the Narrows, Bannerman's Island, West Point, Mount Beacon, Breakneck and Storm King. The magic of the **Hudson** is powerful and one must get back every once in a while to be refreshed. The magic of **Aiken** welcomed us home with opened arms. The magic of place is strong. One need only take a quiet moment to listen. The Universe is really a big gabby guts. Natter, natter, natter & natter.

A WORKING VACATION

Sister **Jo Jo** and Nephew **Steve** came for a visit. They prepared by collecting a bag of books in order to "porch". That's right you word smiths, porch is now a VERB. And we did a lot of porching while they were here. We porched with books. We porched with snacks. We did porch all hours of the day and into the night. **Steve** whittled cedar spoons, read lots of books and RELAXED. But most time was spent working on a family project of great import. The dividing of "The Pictures of a Few Lifetimes" was a long labor of love. **Joanne** and **I** were caught up in the images of the past and the wonderful memories relived. We danced and sang and told stories about each photo.

You can just imagine how long this process took. We were not satisfied to just toss pictures into the four bags (each with the name of a Sibling). No, we made hundreds of copies at **CVS**. When **Jo Jo** was not completely happy with the first attempt she went back and did it again. Whew. I was waiting on the **Woods** anniversary dinner while she did. All in all the project was a success. I have had possession of the "Archival" pictures for years. Now my sisters and brother have their own photos to have and hold and handle and ponder. It is very special to handle an old family image and remember times past and the feelings they spark. We do come from beautiful/quirky stock. I feel an hundred pounds lighter for sharing the photo portfolio.

We did take Orb readings at night and had fun discovering where the round things like to play. We did play lots and lots of **Euchre** and **Cribbage**. We had a **Friday Night "Deja Vu" Movie** night at **Ferd & Linda's** which lasted til 3:30am. Wandering the garden was a daily exercise. We had so much fun here we did not leave the Family Retreat Center except to do lunch at **Duke's BBQ** and dinner at **MI Rancho** (a couple times - we bad). We miss them already but are looking forward to July when **Jo Jo** returns with Sister **Sally Jane**, Niece **Annie** & Nephew **Jack**.

NATIONAL LEADERSHIP SUMMIT FUND RAISER

Some of you found out that our, Dylan Gunnels, has been selected to participate in the National Leadership Summit and have expressed interest in contributing to his trip to Washington DC. I spoke to him about it and.....well let him speak. Dylan writes:

This summer, from July 13-July 22, I will be attending the National Leadership Summit, sponsored by LeadAmerica, in Washington D.C. My selection was based on the following criteria, as stated in the letter of selection, "Your selection is in recognition of academic achievement, superior involvement in extracurricular activities, and leadership potential." I am overly excited about this trip and cannot wait to attend. Unfortunately, the cost to attend is \$2400. I have raised a total of \$1800 to date and need only \$600 more. That's where I was looking for some help. I know economic times are tough, but I was hoping that you could give any little amount to help me attend. Below is a link where you can directly donate to my trip. Thank you for your time and consideration.

<https://www.kintera.org/faf/donorReg/donorPledge.asp?ievent=305128&lis=0&kntae305128=C2D25A21EFC74B0DAB7908CFFA89E13D&supId=252866261>

Sincerely,
Dylan Gunnels

CONGRATULATIONS

George Alexander 20th Anniversary of his ordination in the **Anglican Church**. He was completely surprised on Sunday, May 17th by the "Post Service" coffee hour celebration. The biggest surprise was the whole congregation kept the secret. Whew, way to go what an accomplishment guys.

MOTHERS' DAY

Mothers' Day was lovely. We completely sold out of the Special Quiche Lorraine. I heard it was delicious but I'll have to take your word for it as there was none left.

Birthday Kids: **Clint Potter** & **Ivor Stoddard**

Anniversary Celebrants: The **Woods** for 7 years

Heartfelt Thanks to: Sister **Jo Jo** for collecting and transporting the stinky Skunk Cabbage which we transplanted out by the back barn. I use it in some of my herbal compounds. I realize it is not a big "money maker" and find it hard to get from my herbal supply houses. The transplant was successful and I am harvesting and drying the pungent leaves, friend **Julie Evonna** for hosting the great Drum Circle (my first) **Jo Jo, Linda** and I joined nine other women as we learned the basics of Community Drumming. We were soon tapping a terrific tattoo. What a great time. Afterward your hands tingle, your heart sings and a feeling of calm and well being pervades., **P.J. Foster** for purchasing the "Not Brown" Purse and **Nancy Tappe** for ordering a "Not Brown" Purse. Turns out the purse I thought as Brown is (by popular vote) Taupe & Grey. And me the colorist. I guess brown just is not much in my realm.

PIRATE EYE PATCHES

Ever wonder why pirates wear eye patches? No? Well I'm gonna tell you anyway. Picture yourself a free wheeling, full fledged, brawling buccaneer and you have to descend into the dark hold. Close your uncovered eye and flip up your eye patch and you are able to enter that dark hold without having to adjust to the dark. You will not be blinded and vulnerable to attack from any lurking cutthroat. I'd agree a great reason for a patch.

PECKING TOWHEE

We have solar-reflective film on the windows in the Yellow Dining Room. This cuts down on heat, cold and Ultraviolet rays attacks. It also has got a male **Towhee** pecking at his reflection. He and his mate have a nest in the bushes. This guy is a very conscientious protector. The **Towhee** is normally a bird rarely seen. They are shy and tend to stay near the ground. But for the past few weeks he has flown at the windows trying to scare that interloper. He is a beautiful bird. Black on bottom, dark orange crest with white stripes on his back and expressive orange eyes. Our old birdbath cracked and we placed four planter saucers on the ground near the old bath. Now the birds have a water spa. They hop from one to another, splash, fuss, shake and play Very entertaining show.

Recipes of the Day: A request from John Willis

1. Shrimp Fettuccini Alfredo #1 from [Cooks.com](#) Serves 2 to 4

Mis en Plac, Mis en Plac, Roux, Roux, Roux
Read the recipe and gather all ingredients and pans.

Ingredients:

- 1 tsp. salt
- 2 tsp. vegetable oil
- 2 tsp. butter
- 1 clove garlic, minced (or more if you like)
- small onion, chopped
- 1 lb. raw shelled, deveined shrimp
- 1 tsp. dry parsley
- 2 sticks (half pound) butter
- 1 pint lite cream (or half & half)
- 1/4 cup dry white wine
- 1 lemon, cut in half thru middle
- 12 ounces fresh pasta
- 1/2 lb. grated Parmesan cheese

PROCEED:

In a large pot start boiling water for pasta. Add salt and oil to water. While the water heats, put 2 tsp. butter in a large skillet. Turn on LOW and heat until it melts. Add garlic and onion. When garlic & onion tender, add the shrimp. Toss often.

Meanwhile, in a medium saucepan over very LOW heat add 2 sticks butter. When melted add cream or half & half and stir. Bring to simmer.

When shrimp starts turning pink add white wine and squeeze lemon over shrimp. Toss and cook for 1 minute. Do not overcook. Cover and remove from heat. Add pasta to boiling water.

Add Parmesan to melted butter and cream. Stir often while pasta cooks. (Fresh pasta should not take more than 3 minutes to cook. Follow package directions.)

Add more Parmesan for a thicker sauce, less for thinner. Drain pasta and return to large pot. Add shrimp & sauce. Toss thoroughly. Transfer to serving dish and sprinkle parsley over top. Serve with a tossed salad and Italian bread.

2. Broccoli Shrimp Fettuccini Alfredo #2 from tasteofhome.com Serves 4

An interesting variation

Ingredients:

1 lb. fettuccini

1 lb. raw shelled, deveined shrimp

3 cloves garlic, minced

½ cup (4 ounces) butter, cubed

1 package (8 ounces) cream cheese, cubed

1 cup milk

½ cup Parmesan cheese

6 cups frozen broccoli florets

½ tsp. salt

Dash pepper

PROCEED:

Cook fettuccini according to package directions. Meanwhile, in a large skillet, saute shrimp & garlic in butter until shrimp turn pink. Remove and keep warm. In the same skillet, combine the cream cheese, milk and Parmesan; cook and stir until cheeses are melted and mixture is smooth. Place 1 inch of water in a saucepan; add broccoli. Bring to a boil. Cover and reduce heat and simmer 6-8 minutes. Drain. Stir broccoli, shrimp, salt & pepper into cheese sauce; cook til heated through. Drain fettuccini; top with shrimp mixture. Serve.

3. Strawberry Cheezecake Requested by Barbara Mutch Yield one 9 or 10 inch cake

This I bake in a spring form pan. You may also use a regular tall round baked **IN** a hot water bath.

Ingredients:

2 cups graham cracker crumbs

1 tablespoon melted butter

4 packages cream cheese (2 pounds)

1 pint strawberries

½ cup sugar

1 ½ cups sugar

¼ tsp. salt

½ tsp. vanilla extract

2 drops red food coloring (optional)

4 large eggs

PROCEED:

Preheat oven to 250 degrees.

Mix graham cracker crumbs and melted butter. Press into cake pan. Bake for 12 - 15 minutes.

Remove to rack and cool.

Wash strawberries, remove green stem and chop into a stainless bowl. Add ½ cup sugar. Toss well. In a small saucepan heat strawberries over low heat. Cook for 20 minutes. Remove from heat and mash with a potato masher. Let cool on a rack.

Using the paddle attachment of your mixer beat the cream cheese til smooth. Scrape down often. While the cream cheese smooths mix the salt and vanilla with the 1 ½ cups sugar. Add the flavored sugar 1/4 cup at a time scraping often. Add cooled strawberries gradually and mix til is incorporated.

Add eggs ONE AT A TIME mixing between each addition. Scrape the sides. Add red food coloring if you want.

Place a pan of HOT water on the bottom oven shelf. Put cake batter into cake pan and place cake on top shelf. (If you are using a regular closed pan place it IN the hot water bath that comes halfway up the sides.)

Give the cake 1 ½ hours. Check and give it more time as needed 20 minutes at a time. You can turn off the oven when the top is high and the cake just begins to pull away from the sides. Turn off the oven and leave the cake in the oven with the door closed for 30 minutes. After 30 minutes crack the door to finish cooling.

Talk about a big gabby guts I guess I natter, natter, natter & natter too.

That's all for 2009 Newsletter #5

**Talk to you next time.
Peace & Love**