



News and Views



The official Newsletter of the

Coast Guard Spouses' Association of Southeastern Connecticut

USCGA-Chase Hall, PO Box A-25, 15 Mohegan Avenue, New London, CT. 06320

<http://www.cgspouses-sect.org> www.facebook.com/CGSACT

VOLUME 37, ISSUE 5

DECEMBER 2010

Hello,

Welcome to Winter! I love the decorations and lights that always go up at this time of year. Don't like the snow so much but it is pretty to look at out the window of my nice warm house =} The Holidays Season always make me think a little more about the people in my life. Thank you for being a part of that. I wish you all a peaceful yet jolly holiday season. For those awaiting orders I hope it is a speedy process and for those staying here I hope you will consider a position on our board next year. We are always looking for new ideas! MWR is hosting another great event for kids. This Friday from 6-8. Hope to see some of you there. The New Year is right around the corner please take some time to make sure your smoke detector batteries are fresh and your ready for whatever weather Connecticut is going to throw our way. Be Happy, Be Healthy, and have a wonderful rest of your year!

TRISH PRUETT
President

December Meeting

I would like to apologize for the confusion about the December meeting. Knowing I would be out of town I said no meeting until the first week of December....forgetting Wednesday was the first day of December. Our meeting will be Wednesday night December 8th. I hope you can make it. We seem to never have a good night for everyone to be there but we keep trying =}

Meetings

Our next meeting will be Thursday January 6th from 7 to 8 pm in Satterlee Hall Room 133. It is the room off to the left when you come in the double doors in the middle of the building from the back.

Lunch Bunch

No Lunch Bunch this month! Check back next month for a new and exciting place to try. If you have found a great place let us know and we can get it on the list.

Care Packages

We are in need of a few more people to do care packages in the new year! If you would like to help coordinate a package please let us know. It is a lot of fun and the folks on boat really appreciate all we do.

Holiday Party

This year we are changing things up a little for the Holiday Party. On Monday December 20th at 7:30 we will be having the Holiday Party at Birches Bar & Grill inside the Mohegan Sun. Birches remarkably imagined cuisine features a variety of salads, ...appetizers, and signature entrées including seafood stuffed mushrooms, cedar plank seafood dishes, and woodstone pies. The dress will be business casual and everyone is encouraged to bring an unmarked gift no more than \$15.00 to participate in the gift exchange. If you need to do a little Holiday Shopping Mohegan Sun has some great stores, or if gambling is more your style they have lots of that too. Hope to see you all there!!

Playgroup

There is a playgroup that meets every Thursday of this month. It will be held at the community center across from the Navy Lodge in Groton starting at 10am. The address is Proteus Ave, Groton, CT 06340. Please see the facebook page for any updates.

**Coast Guard Spouses' Association of Southeastern Connecticut
Monthly Meeting • November 3, 2010 • CG Academy, Satterlee Hall**

Present: Trish Pruett, Allison McSorley, Meredith Novak, Laura Egan

Call to Order: Trish Pruett called the meeting to order at 1910.

Report of the Recording Secretary: Laura Egan passed out copies of the minutes for October's meeting. Allison McSorley accepted the published minutes and Meredith Novak seconded the motion.

Report of the Treasurer: Christy Newell was unable to attend. Trish passed out copies of the Treasurer's Report. The banners were purchased for the CGSA and the expense is listed under club operating expenses. Over Parents' Weekend, Cadet Cakes earned \$817 and Ways and Means brought in \$1534.

Report of the Corresponding Secretary: Jennifer Calhoun was unable to attend.

Report of the Vice President: Alexis Plank was unable to attend.

Report of Standing Committees:

Hospitality, Luncheons & Socials

Hospitality: There is currently no chair for this committee. Raena Kempe has offered to take over for this committee. CGSA members in attendance agreed that she should take the position.

Sunshine: Allison McSorley had nothing to report.

Lunch Bunch: Sharnel Duarte was unable to attend. The next lunch bunch will be on November 19 at Niantic Diner.

Secret Pals: Nova Seals was unable to attend. Only 3 members signed up for this program therefore it is being put on hold.

Fundraising

Ways & Means: Pat Simpson was unable to attend.

Cadet Cakes: Allison informed us that in October 34 cakes that were baked. She also suggested that we start doing a few new cake flavors, including: strawberry, marble and spice/carrot cake.

Club Operations

Membership: Laura will be sending out an email request for members who have neglected to send in their membership forms. She will also send in the request to First Command for their annual donation to help publish the directory.

MWR: MWR hosted the Halloween party, which was well attended.

Newsletter: The deadline for the December newsletter is November 23.

Website: Laura will continue to update emails in conjunction with her duties as Membership chair.

Philanthropy

Care Packages: Meredith needs more volunteers starting in March. Allison and Jennifer Calhoun put together this month's care package with a stocking stuffer theme. Items in the package included: movies, beef jerky, ornaments with candy, air fresheners, magazines, and packets of Propel powdered sports drink.

New Business:

Holiday Party: This year's party will be discussed at the next monthly meeting.

Monthly Meeting: December 1

Adjournment: Trish adjourned the meeting at 2040.

*Respectfully Submitted, November 23, 2010
Laura Egan, Recording Secretary*

Happy Birthday from the CGASECT!

December 14 Sue Branagan

December 15 Andrea Krautler

December 23 Michelle Edwards

Need a Babysitter....

Shelby Shelton:

(269) 861-2203

Navy Wife, lives in Groton. .

Courtney LeBlanc

(860) 912-7904

Resume and a brief bio. On request

Haley Auger:

haley8989@hotmail.com

Prefers to be contacted via e-mail.

Nicole Johnson

850-509-448

Resume and a brief bio. On request

Please contact us at info@cgspouses-sect.org for more information on sitters.

Care Package for December

Are you ready for some football?!?! Hopefully the men aboard the BARANOF are ready for the big Sunday night game! This month's care package includes any and all things football related. Pat Simpson and Meredith Novak have boxed up the following items: popcorn, pretzels, peanuts, powdered sports drinks, magazines, a few football DVDs and a couple of other yet to be determined football themed items. If anyone would like to contribute something football related to the care package, please bring it to the Monthly Meeting on December 8th. We will ship the package the second week of December. Please remember that pork or pork-by-products are prohibited in care packages going to the Middle East. Also, chocolate or items that will melt are allowed. If you have any questions, please contact Meredith Novak at 507.271.1730 or meredith.e.novak@gmail.com

This is from a cooking blog called Brown Eyed Baker at www.browneyedbaker.com. She has a great link to 30 favorite cookies and recipes. Hope you find something you like!

Soft and Chewy Sugar Cookies

Yield: About 24 cookies

Prep Time: 15 minutes | Bake Time: 15-18 minutes

2 cups (10 ounces) all-purpose flour

$\frac{1}{2}$ teaspoon baking powder

$\frac{1}{2}$ teaspoon salt

16 tablespoons (2 sticks) unsalted butter, softened but still cool

1 cup (7 ounces) granulated sugar, plus $\frac{1}{2}$ cup for rolling dough

1 tablespoon light brown sugar

1 large egg

1 $\frac{1}{2}$ teaspoons vanilla extract

1. oven to 375 degrees F. Line 2 large baking sheets with parchment paper or spray them with nonstick cooking spray. Whisk the flour, baking powder, and salt together in a medium bowl; set aside.
2. Cream the butter, the 1 cup granulated sugar, and the brown sugar at medium speed until light and fluffy, about 3 minutes, scraping down the sides of the bowl with a rubber spatula as needed. Add the egg and vanilla; beat at medium speed until combined, about 30 seconds. Add the dry ingredients and beat at low speed until just combined, about 30 seconds, scraping down the bowl as needed.
3. Place the $\frac{1}{2}$ cup sugar for rolling in a shallow bowl. Fill a medium bowl halfway with cold tap water. Dip your hands in the water and shake off any excess (this will prevent the dough from sticking to your hands and ensure that the sugar sticks to the dough). Roll a heaping tablespoon of dough into a 1 $\frac{1}{2}$ -inch ball between moistened palms, roll the ball in the sugar, and then place it on the prepared baking sheet. Repeat with the remaining dough, moistening your hands as necessary and spacing the balls about 2 inches apart (you should be able to fit 12 cookies on each sheet). Butter the bottom of a drinking glass and then dip the bottom of the glass in the remaining sugar. Flatten the dough balls with the bottom of the glass until they are about $\frac{3}{4}$ inch thick, dipping the glass in sugar as necessary to prevent sticking (after every 2 or 3 cookies).
4. Bake until the cookies are golden brown around the edges and their center are just set and very lightly colored, 15 to 18 minutes, rotating the baking sheets front to back and top to bottom halfway through the baking time. Cool the cookies on the baking sheets about 3 minutes; using a wide metal spatula, transfer the cookies to a wire rack and cool to room temperature. Store in an airtight container at room temperature.
(Recipe from Baking Illustrated)

If you have a blog or recipe you'd like to share please email triciapruett@aol.com and we will get a few in the next newsletter!



Coast Guard Spouses' Association of Southeastern Connecticut

Membership Form 2010 - 2011

The US Coast Guard Spouses Association of Southeastern Connecticut strives to provide a friendly atmosphere that promotes the moral and welfare of our Coast Guard personnel and their families.

Membership entitles you to vote on CGSA of SECT related issues, receive e-mail updates, Facebook group website, attend meetings and events as desired.

If you would like to join, please complete this form and return it with your annual dues by October 1, 2010. The membership fee covers your dues for the club year, August 2010-June 2011. Make checks payable to: **CGSA of SE CT**. Please mail the membership form and payment to:

Coast Guard Spouses Association of SECT
ATTN: Membership
USCGA - Chase Hall
P.O. Box A-25, 15 Mohegan Avenue
New London, CT 06320

Membership Type (check one):

_____ **Regular \$25** [All spouses of CG Members & Public Health Service Workers (active, reserve, retired, deceased); CG Members (active, reserve, retired); Spouses of personnel of other services on active duty with the Coast Guard and any other person interested in the purpose of the club, including CGA faculty.]

_____ **Personal Business advertisement in directory and on website \$10** [In addition to Regular, Associate, or Honorary Membership, include business card for ad]

_____ **Honorary Free** [Spouses of former Admirals and Superintendents of CGA residing in CT; Current area Ombudsmen]

Please print the following information:

Please check here if you would **NOT** like your name to appear in the directory

Name _____ Birthday (month/day) _____

Spouse's Name _____ Duty Station _____ Rotation Year _____

Please check here if your spouse is retired

Address _____

City _____ State _____ Zipcode _____

Email address _____

How would you prefer to receive the association's monthly newsletter? Please check one: Mail Email (please be sure to include email address)

Phone number _____ Cell Phone Number (optional) _____

List child(ren) below. If child is interested in providing babysitting, they can be added to our Babysitter list.

Name(s) _____	Year of birth _____	Babysitter Y/N
_____	Year of birth _____	Babysitter Y/N
_____	Year of birth _____	Babysitter Y/N
_____	Year of birth _____	Babysitter Y/N

Please check any activity that you would be interested in. This list is subject to change.

- | | | |
|---|---|---------------------------------------|
| <input type="checkbox"/> Cadet Cakes Bake/Frost | <input type="checkbox"/> Secret Pals | <input type="checkbox"/> Ways & Means |
| <input type="checkbox"/> Crafts | <input type="checkbox"/> Sunshine Meals | <input type="checkbox"/> Bowling |
| <input type="checkbox"/> Hospitality, Luncheons, Socials | <input type="checkbox"/> International Dinner | <input type="checkbox"/> Lunch Bunch |
| <input type="checkbox"/> Care Packages to CG Cutters overseas | | |

Cadet Cakes is a major fundraising activity for the CGSA and we hope everyone might volunteer to bake/frost cakes. Please indicate month(s) you would be willing to bake/frost cakes: _____

2010-2011 Leadership Roster

Honorary President

Betsy Burhoe

Executive Board

President Patricia Pruett

Vice President Alexis Plank

Treasurer Christy Newell

Recording Secretary Laura Egan

Corresponding Secretary Jennifer Calhoun

Standing Committees

Awards & Scholarships Jill Billiau

Membership Laura Egan

News & Views Patricia Pruett

Sunshine Allison McSorley

Cadet Cakes Allison McSorley and Megan Bennett Hospitality

Ways & Means Pat Simpson and Reana Kampe

Parliamentarian volunteer needed

Special Committees

Babysitting Volunteer Needed

Bowling Janice Norton

Care Packages Meredith Novak

Family Support Fund Jill Billiau

Historian/Publicity Volunteer Needed

Lunch Bunch Sharnel Duarte

Retiree Rep. Sue Branagan

Secret Pals Nova Seals

MWR Representative Pat Simpson

OCS Representative Volunteer Needed

If you would like to help with any of the positions open please let us know !
We are always looking for new spouses and ideas.

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<http://www.cgspouses-sect.org>

First Class Postage

Be sure to add info@cgspouses-sect.org to your email address book to ensure that all CGSA emails and newsletters to straight to your inbox.

MARK YOUR CALENDAR!

Monthly Meeting	Dec 9th	7-8pm	Satterlee room 133
MWR Kids Party	Dec. 10th	6-8pm	Leamy Hall
Lunch Bunch	Check back next month!		
Holiday Party	Dec. 20th	7:30	Birches (Mohegan Sun)
Christmas	Dec. 25th		



