

# Glen's Place

Information and Inspiration | A Monthly Newsletter from Glen's Place

Glen's Place

Volume 1

Issue 4

June 2007

## In This Issue

- A Note from Glen
- Quotable Quotes
- Fun Facts and Trivia
- Father's Day
- Summer Solstice
- The Versatile Lemon
- How to Stretch Your Travel Dollars
- Brain Teaser
- The Wine Corner
- Recipe of the Month
- A Final Word

## A Note from Glen

The mailing list for this newsletter continues to grow. Thanks for your interest and your positive comments.

Summer is here and it's time to enjoy the outdoors. A weekend breakfast on the patio is a favorite at our house. In the Recipe of the Month section of this newsletter, I have included a breakfast recipe to enjoy with your friends or family.

## Quotable Quotes

I haven't failed; I've found 10,000 ways that don't work.  
~ Thomas Edison

It's kind of fun to do the impossible. ~ Walt Disney

## Fun Facts and Trivia

The biggest butterfly in the world is the Queen Alexandra's Birdwing. It lives in Papua New Guinea, and has a wingspan greater than 11 inches.

The world's smallest butterfly is the Pygmy Blue. Its wingspan ranges between three-eighths to one-half inch in length.

## Father's Day



Contrary to popular belief, Father's Day was not created by the good folks at Hallmark so they could sell more cards! Here is the real story behind this day.

The idea for creating a day for children to honor their fathers began in Spokane, Washington. A woman by the name of Sonora Smart Dodd organized the first Father's Day celebration on June 19, which was her father's birthday. She thought of the idea while listening to a Mother's Day sermon in 1909.

Having been raised by her father, William Jackson Smart, after her mother died, Sonora wanted her father to know how special he was to her. It was her father that made all the parental sacrifices and was, in the eyes of his daughter, a courageous, selfless, and loving man. Sonora's father was born in June, so she chose to hold the first Father's Day celebration in Spokane, Washington on June 19, 1910. The event was officially supported by the mayor of Spokane and the governor of Washington.

In 1926, a National Father's Day Committee was formed in New York City. Father's Day was recognized by a Joint Resolution of Congress in 1956. Then, in 1966 President Lyndon Johnson proclaimed Father's Day to be an official national holiday. In 1972, President Richard Nixon established a permanent national observance of Father's Day to be held on the third Sunday of June. So Father's Day was born in memory and gratitude by a daughter who thought that her father and all good fathers should be honored with a special day just like we honor our mothers on Mother's Day.

## Summer Solstice



Summer is coming! Summer Solstice is the time of year when, in the northern hemisphere, daytime hours are at a maximum and nighttime hours are at a minimum. It is officially the first day of summer, and this year it occurs June 21.

The earth spins around its axis, an imaginary line going right through the planet between the north and south poles. The axis is tilted somewhat off the plane of the earth's revolution around the sun. The tilt of the axis is 23.5 degrees. Thanks to this tilt, we enjoy the four seasons. Without the tilt of the earth on its axis, we would have no seasons!

For several months of the year, one half of the earth receives more direct rays of the sun than the other half. On June 21, there are 24 hours of daylight north of the Arctic Circle and 24 hours of darkness south of the Antarctic Circle. The sun's rays are directly overhead along the Tropic of Cancer.

## The Versatile Lemon

There is much more to a lemon than just its juice. Here are some of the many uses for lemons:



Try squeezing a wedge of fresh lemon on salads, steamed vegetables, soups, and stews in place of salt.



Add the grated zest of fresh lemon to recipes for added intensity in cakes and cookies.



Before throwing out a lemon, rub it on your fingernails to whiten and strengthen them.



Rub hands with a lemon wedge to remove fish, onion, and garlic odors.



Lemon juice can be used to dissolve soap scum and hard water deposits.



Put some fresh lemons in a bowl to add fragrance and color to a room.



Add a slice or two of fresh lemon to a glass of water. It has visual appeal and makes the water taste and smell better.



Cut a lemon in half and sprinkle baking soda on the cut section, then use the lemon to scrub dishes, and stains.

## How to Stretch Your Travel Dollars



No matter what your travel plans are this summer, it pays to plan ahead. You should start this planning the day you decide to go on the trip. If you wait until the last minute, you will miss out on the best deals.

Here are some tips for saving money on your travel.

- **Airfares** – A good place to start is by searching on sites like Travelocity or Expedia. Once you find a good rate, go to that airline's website, and search for the same flight. In most cases, the best fares can be found on the airline's site.
- **Hotels** – Plan the timing of your trip according to the place you are going to visit. If it's a big city, rates may be better on weekends when business travelers aren't staying there. In resort areas, rates may be better during the week when people are at work. You may also want to find out if the hotel has a free continental, or full, breakfast and internet access.
- **Rental Car** – When you make a reservation for a car, don't forget to ask about discounts. Many rental car companies give discounts to members of AAA or AARP. Some even provide discounts to people who hold certain credit cards. You might also consider renting from a company located just outside the airport. They provide free shuttle service and in most cases save you the airport surcharge.
- **Attractions** – If you plan to visit a theme park, try to find out about any specials that are offered. Sometimes a park will partner with the Chamber of Commerce, tourist groups, or hotel associations. And, don't forget to look for special deals printed on the back of soda cans or grocery bags.

Adapted from ARA Content

Americans—who on average get fewer vacation days than workers in other countries—lose more of the time-off they're entitled to simply because they don't take it.

According to the U.S. Bureau of Labor and Statistics, approximately 574 million vacation days go unused by American workers each year.

## Brain Teaser

The man who invented it doesn't want it. The man who bought it doesn't need it. The man who needs it doesn't know it. What is it?

*Answer at the bottom of the last page.*

## Tips and Techniques

**Clarifying butter** is a process used to separate the milk solids from the butterfat in butter. You've probably experienced putting whole butter into a hot pan - it quickly turns brown. That browning is the milk solids cooking, because they just can't tolerate higher heats.

You can get the butter taste without the browning by clarifying the butter. To do this, slowly melt whole butter over low heat. Eventually you will see three layers form. The top layer is foamy and made up of water and milk. Skim it off and discard it. The deep yellow middle layer is the butterfat. Pour this off into a container. This is the clarified butter you want to use for sautéing. Discard the milk solids that are left in the bottom.

### Kitchen Tips

✓ When butter or margarine is called for in a recipe, use it in stick form. Do not use whipped butter or margarine. The whipped form has air whipped into it to make it softer and more spreadable. When measured tablespoon for tablespoon, the whipped form is actually less in weight than the stick form so it would not be an exact substitute

✓ To quickly soften a stick of butter without melting it, cover it with a thoroughly heated bowl.

## The Wine Corner



Even though more than half of the world's total Syrah acreage is planted in France, it is also a successful grape in Australia (called Shiraz), South Africa, and California. Introduced in 1971, Syrah is a fairly new variety in California. Acreage planted to Syrah has grown from less than 100 acres to over 12,700 vineyard acres in California since 1984.

Although Syrah grapes bud fairly late, they ripen in mid-season. Syrah grapes are intense, thick-skinned, and deep violet, almost black in color. They have a "chewy" texture and richness. Aromas tend to be more spicy than fruity.

Syrah is particularly good with red meats such as grilled steaks, but is also good with spicy sausages, or glazed lamb chops. If you haven't already, you should try one soon!.

## Recipe of the Month

The most popular pages on the Glen's Place website are the Breakfast Recipe pages. Even though there are many delicious recipes there, here is a perfect recipe for that "breakfast on the patio" this summer. Why not just invite your friends over, have a Bloody Mary, and enjoy? Glen's special Bloody Mary recipe can be found at [www.glensplace.com/cocktails.html](http://www.glensplace.com/cocktails.html).

### Country Breakfast Casserole

1 pound or more Ore-Ida® frozen potatoes O'Brien  
1/2 cup chopped onion  
2 tablespoons chopped green (or red) bell pepper  
2 tablespoons butter  
1 pound cooked sausage, cubed ham, or crumbled bacon  
8 eggs  
1/2 cup milk  
Grated cheddar cheese

Remove potatoes from freezer. Sauté onion and green pepper in butter. Add potatoes and meat. Cook and stir until potatoes are separated, and mix well. Place mixture in 9 x 13-inch buttered baking dish. (May be made the night before to this point, covered and refrigerated.) Beat eggs slightly with milk and pour into the baking dish, stirring gently to moisten potatoes. Sprinkle cheese on top. Bake at 350 degrees for about 45 minutes, or until done. Serves 8.

## Words to Live By

Nothing in the world can take the place of persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. Persistence and determination are omnipotent. The slogan 'press on' has solved, and always will solve the problems of the human race. ~ Calvin Coolidge

## A Final Word

Your comments and suggestions are always welcome. If you have something to share, send it along to [glendal@glensplace.com](mailto:glendal@glensplace.com).

Until next time, remember: Worrying about something that may never happen is like paying interest on money that you may never borrow.

**Answer to Brain Teaser:** A coffin