

# NOISES FROM THE CENTER

Vol. 3, No 12

What's happenin' at the Senior Center

December 2014

Article by Charlie Farrow

## Sally Hungerford's Coffee Bread —The Recipe

6 cups of flour  
1 cup of milk  
½ cup of sugar  
1 tsp of salt  
¼ cup butter or margarine  
2 pks dry yeast  
3 eggs beaten  
Makes two breads  
Scald milk and butter.

Put eggs in a cup and warm in water bath. Place sugar and salt in mixing bowl. Add eggs and milk mixture. In a small bowl, combine yeast, 1 tbl of sugar, and ¼ cup of warm water. When 6 times in size, add this to the mixing bowl. Slowly add 3½ cups of flour. Stir in remaining flour slowly, you may not use the full 6 cups, until stiff batter formed. Knead on a floured surface and place in greased bowl, warm place, until doubled. Back to the floured surface. Roll into a rectangle. Cover with desired filling and roll jellyroll style, or, having scored the edges, braid the bread. In a parchment-lined 9X13 pan, allow to double in size and bake at 350 degrees until light brown, about 25-30 minutes. Depending on the filling, you may want to drizzle with confectioner's sugar and decorate with cherries and nuts.

But there's so much more to this story.

Sally started making this bread 60 years ago when she won first place state-wide for entering a cinnamon braid coffee cake at the Haddam Neck Fair. Since then she has baked 100's, and the recipe has evolved. This year alone she will use more than ½ pound of yeast and 30 pounds of flour.

She uses the best ingredients.



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preferring organic eggs, treating everything gently, keeping everything warm, even flouring the scissors before scoring the dough. And, in her small kitchen, she cleans up after every step.

Sally has sold lots of the breads and fills dozens of orders for customized versions in the course of a year. She is also generous and gives many away to her church, the Senior Center, and local non-profits. I first tried one when Sally gave her Meals-on-Wheels volunteers a bread at Christmas. Debby was the driver, but I got the bread. It was just like the stollens my grandmother baked for the Holidays.

Producing the breads is a process that crescendos. Begin sterilizing the tools, beating the eggs, turning the milk and butter into a golden liquid, and proofing the yeast.

The Oster mixer, equipped with dough hooks, combines the liquid and dry ingredients. This is work and Sally proceeds carefully. The dough is wet and hangs like taffy from the hooks. The last cups of flour are added slowly with a wooden spoon. The smell of yeast fills the kitchen.

When the pale dough is turned onto the floured board, she seems to be fluffing a down pillow, gently forward, back, sideways.

Now comes the waiting, sometimes up to 2 hours, as the dough, covered by a coarse cotton cloth, warmed by the light in her oven, rises.

Back on the floured board, Sally divides the dough. The first one is prepared as a jellvroll. The filling is

Solo almond paste she gets in bulk from the Internet. The second will be braided and must be assembled in its parchment-lined pan because its cream cheese/Solo pineapple filling makes it too heavy to handle.

Back they go into the oven, covered, to double again.

Special note on braiding. Sally cuts 4 slits on both sides about a third of the way into the dough rectangle. Down the center she spreads a mixture of cream cheese, lemon juice, sugar, and vanilla, topped with the pineapple. Then she brings each leaf over the top to form the braid. The breads can be stuffed with whatever sweet combination your heart desires.

Now it is baking time. After 15 minutes, Sally checks to make sure they don't overcook. At 20 minutes, she covers one with a piece of foil to protect it. They are done at 30 minutes. She pronounces them "nicely brown."

The smell is unbelievable. For those who love baked goods, this is heaven.

Now the breads have to cool. Sally doesn't want the topping to melt and drip over the edges. Her topping for the braided bread is confectioner's sugar, butter, and vanilla. She adds a bit of milk to get the right consistency, then paints the bread with a spoon and spatula. She is as careful as Jacques Pepin putting the finishing touches on his fanciest dessert. She adds a bit of almond paste to the topping for the jellyroll one, scatters some cherries and runs a spine of chopped walnuts across the top.

Sally started baking at 9 am. It is now 4 pm. Today's concert is over. The conductor has finished the symphony. I leave with the cream cheese/pineapple bread and freeze it for a party we're soon to have with family.



## December Birthdays

- 2nd Russell Bilodeau  
Judy Grohbrugge
- 3rd David MacFarlane  
Marie Miller
- 4th Fay Fort
- 6th Gloria Sikorski  
Lois Tsohis
- 8th Barbara Boluck  
William LaSalle
- 10th Lottie Golet  
Janice Hofbauer
- 12th Dave Miller
- 13th Mary Augustiny  
Joseph Zeleznicky
- 14th David Van Cedarfield  
Carl Dill
- 15th Marie McCain  
Robert Northan
- 17th Dave Balcom  
Carol Clulow  
Georgiana Costa  
Yvonne Strang  
Gloria Trotochaud
- 18th Rosalie Agosta  
Walter Dixon
- 19th Theresa Kromish
- 21st Pat Burke
- 22nd Donald Francis  
David Hurlbut
- 23rd Catherine Hunt
- 25th Dale Arseneault
- 29th Mary Ellen Klinck  
Aileen LaChance
- 30th Marie Moreno
- 31st Mary Ann Bennett



*Birthday Joke* for the month:  
When is a birthday cake like a  
golf ball? When it's been sliced!

### **BIRTHDAY ALERT:**

We will not be showing a movie  
this month.



## Christmas Carol Sing

*"Here We Come A-Caroling....."* A group from the Senior Center will *go-a-caroling* on **Sunday, December 14**. We don't have a sleigh, but we do have a bus. It will depart the Center at 2:30 pm. We will travel to the homes of our residents who are "shut-ins" and also visit Chestelm as well as Oak Grove. Refreshments will be served afterwards at the Senior Center. Let us know if you would like to join in the merriment. No singing ability required!



## Shopping Schedule

Fee: \$3.00. If desired, the bus will stop at the East Haddam Food Bank.

### Tuesday, December 9:

Willimantic: Price Rite, Ocean State

### Tuesday, December 23:

Old Saybrook: Walmart, Stop & Shop, Ocean State

## Lunch at Windham Tech ....Again

The November luncheon at the *Uncommon Kitchen* (the Culinary Arts Program at Windham Technical High School in Willimantic) was super-fan-tastic! Therefore, we are doing it again! **Thursday, December 11**. The menu: steak & shrimp. Sign-up & pay by December 8. Bus departs 10:15 <sup>am</sup>. Bus: \$5.00. Lunch: \$15.00.



## Mah Jongg

Is anyone interested in learning to play Mah Jongg? Similar to the Western card game Rummy, Mah Jongg is a game of skill, strategy, and calculation that involves a degree of chance. The game is played with a set of 144 tiles based on Chinese characters and symbols. We are planning a beginner class after the first of the year if there is enough interest. Call the Center for details!

Currently, the Mah Jongg group meets Tuesdays at the Center.

### **Senior Services Coordinator:**

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Café Manager: Peg Ziobron

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### **Center Hours**

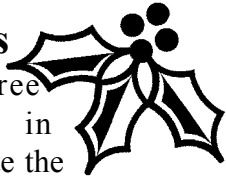
**8 <sup>am</sup> - 3 <sup>pm</sup> weekdays**



## November Donations

Anonymous: coffee  
 Anonymous: paper goods  
 Barbara Boluck: coffee  
 Rita Gallagher: knitted items  
 Betty/Bud Haines: yarn,  
 medical equipment  
 Trudy/Peter Novak: coffee & cups  
 Susan Pagnano: quilting materials  
 Sharon Quackenbush:  
 medical equipment  
 Ginny Turner: yarn  
**Jansky Rubbish Removal:**  
**since 1973!**

## Holiday Happenings



We have three special luncheons in December to celebrate the season. Please sign up in advance.

**Monday, December 8:** Holiday Pot Luck Luncheon, noon time, free. We will provide the main course (meat of some kind) and dessert. You provide the fixings: appetizer, hot dish, or salad. We are not fussy! Entertainment will be provided by the Middle School Choir. 50 & over welcome.

**Wednesday, December 17:** See the enclosed menu: Chicken Kiev. Our food services provider is celebrating the holidays with a special luncheon. \$2.00 for seniors 60 and older.

**Wednesday, December 31:** Time to ring in the New Year! Our party will be at noon time. 50 & over are invited. Chef Brad will serve up his special pasta and salad. We ask that everyone bring an appetizer or a dessert. Also: bring \$5.00 because we have once again invited T-Bone (A.K.A. Tom Stankus) to entertain us. He thrilled us during the April Daffodil Festival. We so enjoyed his music, sense of humor, and story-telling, that we asked him to entertain us again! T-Bone's music selections are from the 1930s through the 1970s.



The Medicare Open Enrollment period is ending on December 4. **Wednesday, December 3rd** is the last counseling session scheduled at the Senior Center. Our counselors have been able to save some of our seniors hundreds of dollars a year; see if they can do the same for you!

There are still appointment times available. Please call to sign up for your private consultation. This service is provided free of charge.

## Funds for Fuel

The Ham & Bean fundraiser was a gastronomic success..... and, a financial one. The Senior Center donated all the proceeds - \$500 - to the East Haddam/Moodus Fuel Bank. We have many to thank.

Dinner was provided by Vijay & Bhavna of *The Luncheonette*, Suzanne & Bob Bostelman, Doris Brown, Sandra Parmenter, and Joan Sikorski. Nancy Smith assisted in the kitchen. Sandy Parmenter, Alice Sabo, and Ellie Breinan served and cleared. Desserts were provided by the Senior Center volunteers. A super BIG thanks to all the residents who attended the feast and supported our Fuel Bank. It is supposed to be a cold winter!

## SNAP/Food Stamps

Victoria Perleche, an Outreach Specialist with SNAP (Supplemental Nutrition Assistance Program, formerly known as the Food Stamps Program) will be at the Senior Center, **Monday, December 15, from 10<sup>am</sup> to 2<sup>pm</sup>**. This program assists individuals and families with financial assistance to purchase food. If you are interested in information about participating in this program, call the Senior Center for details (documentation that will be needed) and to sign up for an individual consultation. Must be a resident of Connecticut.



Please sign up for all events!  
 Stop in or call.

Casino Trip: Wed, Dec 3  
 Medicare Open Enrollment:  
 Wed, Dec 3, 9-2  
 Holiday Pot Luck Lunch:  
 Mon, Dec 8, noon  
 Shopping & Food Bank:  
 Tues, Dec 9  
 Cora: Massage Appointments:  
 Wed, Dec 10  
 Windham Tech Luncheon:  
 Thurs, Dec 11, 10:15  
 Christmas Carol Sing:  
 Sun, Dec 14, 2:30  
 SNAP/Food Stamps signup:  
 Mon, Dec 15, 10:00  
 Red Hats Trip: Wed, Dec 17  
 Special Christmas Lunch:  
 Wed, Dec 17, noon  
 BINGO: Thurs, Dec 18, 1:00  
 Shopping & Food Bank:  
 Tues, Dec 23  
 New Year's Luncheon:  
 Wed, Dec 31, noon

## Cora is Coming Back!

Cora, Massage Therapist extraordinaire, has the touch of an angel..... after your massage, you feel as light as air!

Call to schedule an appointment on **Wednesday, December 10: 9:30 am – 2:30 pm**. 30 minutes for \$25. Wear loose, comfortable clothing. You will feel good and a massage is good for you!

## Chess

Do you play chess? Would you like to learn how to play chess? Would you like to teach us how to play? If you answer "yes" to any of these questions, please call the Center.



## Cancellations & Closures

December is upon us, a busy time of year for many. So..... for the month of December, the Executive Committee meeting and the Senior Club meeting will be canceled.

**Please make a note of our holiday hours:** Wednesday, the 24th: close at noon time. **Closed Christmas Day.** Friday, the 26th: open the usual, 8 am – 3 pm. Thursday, **January 1: closed.** Friday, January 2: open 8 am – 3 pm.

### Wish

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A BIG thank you for all the donations. For December, we would like Poinsettias and Christmas/Holiday decorations to help make the Center festive – new or “gently loved”. Thank you!

## Dancing Fever Continues...

If it weren't for Mimi (Perotti), the closest we would be to dancing is watching it on television! We had five lessons; in between those lessons we were coached by Sophie Blaschik, our own “Dancing Queen”.

On Sunday, November 23, we boarded our bus for a road trip to the *Cadillac Ranch* (Southington) to try our moves in the “big leagues” and WE WERE FANTASTIC! Join us in January when we do it all over again. Stay tuned for details!

## November Fair - AWESOME!

The annual “*Holiday Bake, Craft, & White Elephant Sale*” (November 22<sup>nd</sup>) was awesomely awesome!

Good news: the *Holiday Tea Cup Auction* continues! Come on down, purchase tickets, and have a jolly good time choosing your “potential” prizes: afghans; accessories; baskets of snacks, hair products, cosmetics, & perfume; bird houses & feeders; decorations; dog items; gift certificates & cash; etc., etc. Wonderful gift ideas!

**Prizes will be drawn December 8<sup>th</sup> during the Holiday Pot Luck Luncheon!**



The winner for *October* is Jan Balcom. Three cheers and a pumpkin! Jan's prize is a \$10.00 Gift Certificate to *Dunkin'*

*Donuts.*

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