

HBC Women's Friendship for the Heart



1 Peter 1:25

September 2019



My name is Patti Kolek and I am a retired nurse. I worked for 40+ years in hospitals, mainly in the Cardiology field. My husband of 49 years and I are originally from Wisconsin where we still have family. We have lived in El Paso,

TX; Hazelwood, MO; Huntsville, AL; and now in O'Fallon. We have two sons, one daughter(-in-law), and two wonderful grandchildren who live in the Kansas City area.

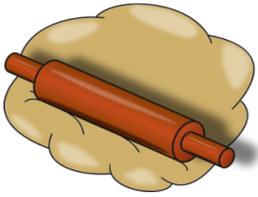


I am a Master Gardener and love all things growing, sometimes even weeds. I also have been active on my HOA Boards, both in AL and here. One thing I can't abide is trash, so I always take a plastic bag with me on walks and bike rides to pick up trash along the roadways. I coordinate the Pieper Road AAS for Hope, so if anyone wants to volunteer, let me know!

I have been blessed to be a Christian as long as I can remember. My grandparents and my mother were early Christian influences in my life. WMBI from Moody Bible Institute was always on the radio at home. I have a core group of cherished Christian friends from our Hazelwood days that are still meeting for weekly Bible Study now for 40 years.

There have been many trials and tribulations over the years, but I am blessed that the Lord has seen me through, giving me greater faith in, and love for my Lord. I look back on my life and now can see where His hand was always guiding me through those storms and understand that "All things work together for good for those that love the Lord and who have been called according to His purpose". Romans 8:28





From the kitchen of
Patti Kolek

Buttermilk Pancakes

A Family Favorite recipe

- 1 egg
- 1 TBS sugar
- 1 cup buttermilk
- 1 tsp baking powder
- 2 TBS vegetable oil
- 1/2 tsp baking soda
- 1 cup flour

Blend egg, milk, and oil. Add dry ingredients to the liquids, beating with a rotary beater until flour is moistened. Pour batter onto greased, hot griddle. Add nuts or blueberries if desired.



McAllisters

8670 Veterans Memorial Parkway

O Fallon, MO

September 5th @ noon



Sept 8th - Lauren King

Sept 11th - Lori Biernbaum

Sept 15th - Rosetta Swick

Sept 21 - Relda Ferguson

Sept 28th - Stephanie Slusher

SEPTEMBER GARDEN SNIP-ITS BY PATTI KOLEK



Fall is a good time to plant trees and shrubs to allow their roots to grow during the cool weather without having to put out the energy to develop leaves and flowers. Dig the hole three times the diameter of the root ball, but not any deeper. Put a 1-2 inch layer of mulch on top and be sure to water well at planting and then every week when rainfall is not adequate. Be sure to take into consideration the mature size of the tree/shrub in determining where to plant it!

Cool season vegetables like carrots, lettuce, broccoli, spinach, and beets should be planted now. Herbs can be dug up from the garden and placed in pots for growing indoors this winter.

Irises can be divided and transplanted now. Spring flowering bulbs, such as daffodils, can be planted now, but wait until next month to plant tulips.

This is the time of year to take care of bluegrass/fescue lawns. Core-aerating, reseeding, and fertilization is best done in September and October for these cool season grasses.



CRAFTS BY LISA GERINGER

EASY TISSUE PAPER FLOWER

Tissue Paper Flowers are simple, quick, and inexpensive. They are a thoughtful handmade gift that is easy to customize, looks beautiful, and can last a long time. You can whip up a dozen flowers in about an hour. It's a perfect gift or decoration.

To get started you'll probably have most of these items already laying around your house, if not you can find everything you need at your local \$1 Store or Craft Store. This is what you need to make one dozen tissue paper flowers. One piece of tissue paper makes one flower. It's easiest to make the flowers in multiples of three. Adjust what you need based on how many flowers you want to make.

You'll Need:

12 Sheets of Tissue Paper (20"x26" or 20"x30")
12 Pipe Cleaners or other Flexible Wire
Scissors
A Vase

Optional:

Ribbon to decorate the Vase
Scotch Tape to attach the Ribbon to the Vase
A Ruler or Measuring Tapes

STEP 1: Prep your Paper

Lay three sheets of unfolded tissue paper down on a flat surface. Stacking them on top of each other.

Step 2: Fold Your Paper

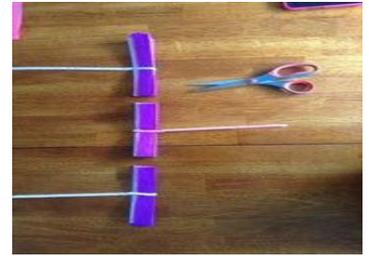
Place the tissue paper stack in front of you portrait style. Take the bottom edge and fold in over one inch. Then flip it over and fold it back on the other side. Continue folding your way up the paper one inch at a time.



When you are done folding your tissue paper stack should look like an accordion.

Step 3: Make Your Flowers

Fold that accordion in half and fold an inch and a half of a pipe cleaner around it. Then twist the pipe cleaner together to secure the flower to the stem.



Take two more pipe cleaners and attach them the same way, on each side, about 6-7 inches away from the center. The paper color at the top of the pipe cleaner will be your center color and the color at the base of the stem will be your bottom color. By placing the pipe cleaners in different directions you'll get opposite color combinations for your flowers. If you position your pipe cleaners all in the same direction your flowers will all be identical.

Cut the paper into three equal sized pieces (about 6-7 inches long), the pipe cleaners should be in the center of each of the pieces. Adjust your pipe cleaners if necessary.

Cut rounded edges on each end of your three flowers. You'll probably need to trim the outer edges a bit more than the inner edges to even them out. Catch paper trimmings in the bottom of the vase for decorative confetti.

This is a great stopping point, if you want to prep all your tissue paper up to this point in advance. After this point your tissue paper flowers will take up more space and be more fragile.

Step 4: Fluff and Finish your Flowers!

While holding your stem (pipe cleaner), gently open up the flower accordion and begin pulling the top layer straight up all the way around the flower. Be careful not to rip the delicate paper. You usually can't tell if it's been ripped.

Separate the other two layers by pulling the middle layer straight up toward the top layer, while pulling the bottom layer straight down.

Finally, flip the flower upside down and gently run your fingers from the center stem to the edge applying gentle pressure, pressing the bottom layer down toward the middle layer.

Step 5: Arrange Your Flowers!

For the first layer slightly bend your flower stems into the vase so your flowers are facing outward. Do the same with the second layer. For the top slide one to three more flowers on to the top. Adjust your flowers as necessary until you are happy with your arrangement(s).

*If using ribbon to decorate your vase, cut a strip of ribbon and use double sided scotch tape to secure it to the vase.

Have fun making your flowers! Play with different color combinations. Reds and pinks are great!

HAITI LADIES MEETING

September 9th
Grace Hauling
1210 Grand Industrial Dr
O'Fallon, MO
6:30 pm

This month they are helping Hands of Faith Ministry who is sponsoring a school in Northwest Haiti. They are asking for new or gently used backpacks and shoes for girls and boys size 5T to 10 Youth.



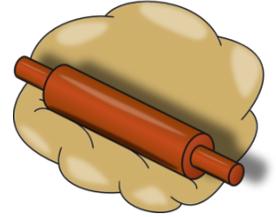
Awana Carnival is September 4th from 6 pm to 8 pm. This will kick off the beginning of our Awana Program. If you are interested in helping please see Jason or Lauren King.

Women's Ministry Team

Newsletter Compiled by:
Jill Johnson and Kim Derrington
Shower Committee Coordinator:
Lauren King

Food Ministry Coordinator: Teresa Frey
Hope Bible Church: 636-240-4460
Friendship of the Heart can be viewed on
HBC website: hopebiblechurch.com

From the Kitchen of
Jill Johnson



Taffy Apple Pizza

- 1- 18 oz refrigerated sugar cookie dough
- 1/2 t. Vanilla
- 1- 8 oz cream cheese, softened
- 1/2 c. packed brown sugar
- 1/4 c. peanut butter
- 3 granny smith apples, peeled, cored and sliced
- 1/4 c. caramel ice cream topping
- 1/2 c. peanuts, chopped
- Lemon juice

Preheat oven to 350 deg
Shape cookie dough into a ball, place on center of baking stone, or a lightly greased cookie sheet, flatten or roll out to about 1/4 in thick.
Bake 16-18 minutes until lightly golden.
Remove from oven and cool completely.
Combine cream cheese, brown sugar, peanut butter, and vanilla, mix well. Spread onto cooled cookie. Sprinkle apples with a little lemon juice, toss to distribute, then arrange evenly over cream cheese mixture. Drizzle caramel topping over apples, then sprinkle with nuts. Refrigerate until ready to use.

