



Thunderbird West Congregational News

Meet the Early Family



I would like to introduce you to the Early family. I am Vicki Early; I have been married to my husband Joe for 23 years. We have 4 children. Mariah 22 and Leah 21 are living and going to college in Iowa. The younger 2 girls you see around church are Rebecca 16 and Kaitlyn 12. Joe and I moved to Arizona in summer of 2010. Joe works for Amazon.com and I am employed by the Dysart School System. I also enjoy doing respite care for special needs individuals. Rebecca is a junior at Valley Vista; she is involved in softball and DECA. Kaitlyn is in 7th grade at Kingswood. Kaitlyn plays softball and is a pitcher for her team. She plays for no limits; check out the board for time and places. She also plays trumpet and plays piano. We all enjoy bowling. Our family was in video of the flood of 2008 in Iowa. I was an opening speaker, the girls running around are our girls, and the house the people are working on is Joe's sister's house that was ruined in the flooded. Joe and Uncle Cal are the people who are working in the house on the video.

Editor's note: Vicki has a copy of the DVD

Worship Commission

The Worship Commission has been diligently working to prepare for the holidays. New guidelines have been distributed to the presiders/preparers to help make the services more manageable to those participating in the services.

Christmas will fall on Sunday this year. The Worship Commission is planning a Candle Light Service on Saturday, December 24 at 4:00 p.m. There will not be a service on Christmas Day, Sunday, December 25. This will allow our families and friends to attend service on Saturday and then enjoy family celebrations on both Christmas Eve and Christmas morning.

We know this is going to be very busy two months and we will need many people to help prepare or participate in the services. Thank you for all your past support and your continued participation in the Worship Services.

Vicki Alexander

Pastor's Corner

Very often we want people to be different than they are. We try to help each other grow in Christ to experience the personal relationship with Jesus and each other as members of his church. Ultimately, we can't force anyone to change, and we shouldn't want to. What we need to do is create a positive and safe atmosphere where we can learn. Each person needs to learn their own lessons and if we try to force ours on them, it can cause resentment. Love and accept your brothers and sisters where they are and allow them to grow at their own pace.

As you read this newsletter, we will be well into a busy fall and holiday season. The hot days of summer have passed, and many of us have begun shifting into a higher gear taking on new projects. If you are young and still in school, you have been bearing down on classes and making early preparations for the holidays. I became fatigued when I witnessed my kids help prepare their children for their return to school. I was reminded once again how life changes so quickly for all of us. There is, with the constant barrage of information to which most of us are exposed every day, coupled with a little bit of this seasonal self-acceleration, a chance we will begin to sense a feeling of anxiety creeping upon us. We make attempts to find ways to lessen these pressures to keep fear and anxiety at bay. It may be exercise, prayer and meditation, eating healthier or eliminating caffeine. Because of our associations with each other, we know that the holidays that fall within the months of November, December and January are difficult for many. We understand that we are a support group and understand that it's not a matter of when something will happen that will cause us to need support, but when something will happen.

Being Christians, and members of a church family, we talk a lot about being discerning and spiritual persons. This being true, we all should strive to be comfortable living in the role of spiritual leaders. This helps soften the effect of the potential harshness of this holiday period. We are reminded of how much we have to be thankful for and that it's okay to celebrate those things. At the same time, we all are sensitive of the pain or joy others are feeling. It can be at this point that our sense of connection and empathy for each other becomes our guide. I feel that this will help us look for what I think the most important object of our attention should be. That would be the presence of the living God, Jesus Christ in our midst. I hope and pray that all will have a fun, safe and peaceful Thanksgiving and Christmas holidays.

Mike Alexander

Pastor:

Mike Alexander
623-556-5084

Counselors:

Dan Edwards
623-975-2450
Scott Sloan
623-561-0135

Sustained Duties

**Financial/Book Steward
& Recorder**
Carrol McCans
623-975-8317

Historian:

Ruth Anderson
623-975-2924

Congregation Secretary

Eldora Engebretson
623-566-9299

Commissioners:

Christian Education:
Mike Alexander
623-556-5084

Facilities &

Communication:
Newsletter & Website
Eldora Engebretson
623-566-9299
Bulletins
Madelyn Edwards
623-975-2450

Fellowship:

Suellen Dolson
623-977-1717

Leadership & Outreach:

Bob Ballew
623-584-9835

Pastoral Care:

Diane Sloan
623-561-0135
Lee Swick
623-825-2508

Special Events:

Dan Edwards
623-975-2450

Webmaster:

Paris Featherstone
623-299-4214

Worship:

Mike Alexander
623-556-5084

Youth:

Donna Greenwalt
602-536-3204

Thunderbird West (TBW) Congregation Facilities Committee

Goal: Proactively maintain and improve the TBW facility and grounds.

The committee will be meeting to put plans together for a work day. We need to take inventory of all the items owned by the congregation as well as those on loan from members of the congregation. There are also class rooms that need painting and other tasks to tackle to keep our building in good shape. The plan is to schedule this sometime in January.

Eldora Engebretson

Prayers for Lew Howard & Family, Cedar Rapids congregation

Shirley Howard passed away Sunday, October 2nd at 10:29 pm. She was in hospice care and had been lovingly taken care of by the staff as well as by Lew and their daughter, Cyndy. The celebration-of-life service for Shirley Howard will be held at the Cedar Rapids congregation on October 15. The visitation will be at 10 am and the service will be at 10:30 am with a light meal following. We invite all of you to attend and share in the remembrance of Shirley's life and accomplishments. Come prepared to share, briefly, your story of what she meant to you, or your testimony of how her life touched yours. Please remember Lew, Cyndy, Kate, her daughter, along with other family members, in your prayers. Shirley will be missed by many of us, but we believe she now knows what we simply believe--that life continues. Cards can be sent to: 4520 Tama St SE Apt 4, Cedar Rapids, IA 52403

I know many from TBW remember Lew and Shirley very well and thank you Vicki Early for sharing this article.

Pastoral Care Note

I remember when I was a young girl my mom would take her four girls to the Wednesday night prayer service. I remember all of the testimonies. They would share their pain and suffering, their joys and triumphs over life's struggles and blessings. It made a big impact on me. I grew up knowing that God blesses his children through the love and commitment of friends. The Thunderbird congregation has compassionate friends who are involved in the life of each other. Some might not be so lucky to feel connected.

It is important to challenge our self to get to know each other better and commit ourselves to relationships. My challenge to each of us is to

Take one night a week for relationship building; make your own Wednesday night a mission of Love and following Christ example.

Who is new in our Church family? Who needs a friend? Who is sick? What neighbor should I try to befriend? Who should I forgive?

Diane Sloan

Youth Activities

Craft and Bake Sale – Dec 10th 8am – 2pm

Live Nativity – Dec 10th 4pm – 8pm

This is the 10th year for the craft and bake sale. It continues to be a great success. Anyone who wishes to donate please see me so I have an idea of what items will be there.

This is the 3rd year for the Nativity; so many positive things have been said the last two years that I am excited to once again have this wonderful outreach. There are many areas that need assistance with this project, so please do not be shy in offering your talent where needed and where you are able to.

There are 5 eligible youth for Spec in 2012 and hopefully they all will be able to go. The cost is about \$1,000.00 per participant and the Mission Center hosts two large fundraisers each year to offset the cost, leaving about \$400.00 for each of our youth to be able to go.

Rebecca Early
Crystal Fairley
Josh Galvin
Grant Morris
Evan Sloan

We have several youth also who are old enough for the summer camps and want to encourage as much participation in this also.

The Mission Center is doing a youth retreat over the New Year holiday and I will be attending as the nurse for the weekend. If memory serves me correctly, this will be for all ages, junior thru senior high. As this gets a bit closer I will be in touch with all youth who wish to go and it would be great to have all our youth attend.

I am planning to do one other fundraiser with/for the youth to help with the costs sometime in the spring.

The youth have done a several service projects, windows, car wash, and front door painting, and I plan to schedule a couple more over the spring.

Thanks to all in our wonderful congregation for your continued support of our young members.

Donna Greenwalt



Josh Greenwalt & Evan Sloan

**Thunderbird West Congregation
Building Fund
Statement of Support, Revenue & Expenditures
For the Year Ending December 31, 2010**

	<u>Building Checking Acct</u>	<u>WC Investment Pool B</u>
SUPPORT AND REVENUE		
SUPPORT		
Building Funds	\$ 9,648.00	
REVENUE		
Interest/ Earnings		\$ 575.06
Total Support and Revenue	<u>\$ 9,648.00</u>	<u>\$ 575.06</u>
EXPENDITURES		
Children's Play Area Turf	\$ 1,701.63	
Concrete Ramp	\$ 6,213.42	
Total Expenditures	<u>\$ 7,915.05</u>	<u>\$ -</u>
Support & Revenue less Expenditures	\$ 1,732.95	\$ 575.06
Building Fund 01/01/2010	\$ 10,860.37	\$ 26,896.03
Building Fund 12/31/2010	<u>\$ 12,593.32</u>	<u>\$ 27,471.09</u>

2010 AUDITORS' REPORT

TO: Members of the Arizona Thunderbird West Congregation
Community of Christ

FROM: Arizona Thunderbird West Congregation Auditors:
Max Lauderman
Judy Bradish *Judy Bradish*

RE: 2010 Review of Arizona Thunderbird West Support, Revenue and
Expenditures Reports

DATE: May 19, 2011

In accordance with our elected offices, we have completed our review of the accompanying cash-basis Support, Revenue and Expenditures Reports for the year ending December 31, 2010 for the operating and building funds. This was not an audit performed in accordance with generally accepted auditing standards; however, the procedures which were performed were in accordance with the Audit Procedures of the Arizona Mission Center of the Community of Christ.

**Thunderbird West Congregation
Operating Fund
Statement of Support, Revenue & Expenditures
For the Year Ending December 31, 2010**

	<u>Operating Checking Acct</u>	<u>WC Investment Pool A</u>
SUPPORT AND REVENUE		
SUPPORT		
Congregation Ministries	\$ 36,341.03	
Christian Education	\$ 240.00	
Fellowship	\$ 258.00	
Graceland Matching Funds refund	\$ 1,000.00	
Herald in Every Home	\$ 259.99	
Outreach	\$ 77.50	
Youth Ministries	\$ 1,304.00	
REVENUE		
Building Use	\$ 400.00	
Library Book Sale	\$ 20.30	
Interest/ Earnings	\$ 0.52	\$ 10,025.96
Total Support and Revenue	<u>\$ 39,901.34</u>	<u>\$ 10,025.96</u>
EXPENDITURES		
Arizona Mission Center	\$ 3,000.00	
Administration (Pastor's Expenditures)	\$ 203.81	
Building Insurance	\$ 3,463.00	
Child Care	\$ 258.00	
Christian Education	\$ 1,431.43	
Church Cleaning	\$ 4,365.00	
Communications	\$ 1,059.10	
Congregation Financial Officer	\$ 390.43	
Custodial & Cleaning Supplies	\$ 77.95	
Fellowship	\$ 375.14	
Graceland Matching Fund	\$ 500.00	
Leadership	\$ 261.28	
Maintenance/ Upkeep	\$ 5,965.40	
Minor Equipment	\$ 176.52	
Outreach	\$ 269.61	
Paper Products	\$ 177.09	
Pastoral Care	\$ 329.06	
Piano/ Organ		
Herald Magazine	\$ 1,496.17	
Utilities	\$ 9,097.05	
Worship	\$ 139.57	
Yard & Weed	\$ 5,625.00	
Youth Ministries	\$ 750.00	
Total Expenditures	<u>\$ 39,410.61</u>	<u>\$ -</u>
Support & Revenue less Expenditures	\$ 490.73	\$ 10,025.96
Operating Fund 01/01/2010	<u>\$ 10,807.86</u>	<u>\$ 73,634.58</u>
Operating Fund 12/31/2010	<u>\$ 11,298.59</u>	<u>\$ 83,660.54</u>

**Thunderbird West Congregation
Operating Fund
Statement of Support, Revenue & Expenditures
For the Year Ending December 31, 2010**

	Actual	Budget	Variance
SUPPORT AND REVENUE			
SUPPORT			
Congregation Ministries	\$ 36,341.03	\$ 44,080.00	\$ (7,738.97)
Christian Education	\$ 240.00		\$ 240.00
Fellowship	\$ 258.00		\$ 258.00
Graceland Matching Funds refund	\$ 1,000.00		\$ 1,000.00
Herald in Every Home	\$ 259.99		\$ 259.99
Outreach	\$ 77.50		\$ 77.50
Youth Ministries	\$ 1,304.00		\$ 1,304.00
REVENUE			
Building Use	\$ 400.00		\$ 400.00
Library Book Sale	\$ 20.30		\$ 20.30
Interest/ Earnings	\$ 0.52		\$ 0.52
Total Support and Revenue	\$ 39,901.34	\$ 44,080.00	\$ (4,178.66)
EXPENDITURES			
Arizona Mission Center	\$ 3,000.00	\$ 3,000.00	\$ -
Administration (Pastor's Expenditures)	\$ 203.81	\$ 300.00	\$ (96.19)
Building Insurance	\$ 3,463.00	\$ 4,400.00	\$ (937.00)
Child Care	\$ 258.00	\$ 260.00	\$ (2.00)
Christian Education	\$ 1,431.43	\$ 500.00	\$ 931.43
Church Cleaning	\$ 4,365.00	\$ 4,300.00	\$ 65.00
Communications	\$ 1,059.10	\$ 1,800.00	\$ (740.90)
Congregation Financial Officer	\$ 390.43	\$ 500.00	\$ (109.57)
Custodial & Cleaning Supplies	\$ 77.95	\$ 150.00	\$ (72.05)
Fellowship	\$ 375.14	\$ 600.00	\$ (224.86)
Graceland Matching Fund	\$ 500.00	\$ 1,000.00	\$ (500.00)
Leadership	\$ 261.28	\$ 500.00	\$ (238.72)
Maintenance/ Upkeep	\$ 5,965.40	\$ 5,600.00	\$ 365.40
Minor Equipment	\$ 176.52	\$ 1,720.00	\$ (1,543.48)
Outreach	\$ 269.61	\$ 200.00	\$ 69.61
Paper Products	\$ 177.09	\$ 400.00	\$ (222.91)
Pastoral Care	\$ 329.06	\$ 600.00	\$ (270.94)
Piano/ Organ		\$ 400.00	\$ (400.00)
Herald Magazine	\$ 1,496.17	\$ 1,600.00	\$ (103.83)
Utilities	\$ 9,097.05	\$ 8,000.00	\$ 1,097.05
Worship	\$ 139.57	\$ 550.00	\$ (410.43)
Yard & Weed	\$ 5,625.00	\$ 6,050.00	\$ (425.00)
Youth Ministries	\$ 750.00	\$ 1,650.00	\$ (900.00)
Total Expenditures	\$ 39,410.61	\$ 44,080.00	\$ (4,669.39)
SUPPORT & REVENUE LESS	\$ 490.73	\$ -	\$ 490.73
EXPENDITURES			

The Holiday Season

Well the holiday season has officially begun. Last Monday the Halloween rest stop was successfully produced by those willing souls who take and donate their time to help others and make all of the little (and big) ghost and goblins, princesses, pirates and unusual costumed children (or adults) happy. Under the direction of Kyle and Carla Brittan the rest stop was another big success with the neighborhood. Estimated counts at this time are 75-80 children and 50 adults that came and spent time with us. Cookies, candy, drinks and all kinds of other treats including free pictures were given to all. Thank you to all of those who donated time or treats.

The shoebox collection is this week on November 6 at the church. As of this writing we have 18 boxes collected and are looking forward to more. We will deliver the shoeboxes to the collection site on November 13 between 9 and 10 am. Please have your boxes this week November 6 so we can make any necessary last minute adjustments to them. I thank you all in advance for accepting and participating in the challenge that I gave you on January 2 of this year.

The Thanksgiving dinner is fast approaching and we look forward to another meal together. Please keep in mind as you plan your family dinners with relatives and friends that there may be some in our congregation that do not have families or someone to spend the holidays with. Think about them and give them an invite to your holiday meal.

The Living Nativity / Craft and Bake Sale are scheduled for Saturday December 10 this year. There has been a sign up board in the Fellowship hall for the past several weeks and there are not too many names on it yet. I know we all wait until the last minute to commit to these tasks figuring out if you are even going to be in town that week. I ask you to please sign your name up for something. The needed rolls are on the board and all you have to do is place your name in the desired slot. (Carla Brittan at the rest stop stated that "It takes so many people to do these events, and all the help is so much appreciated to the ones who are coordinating the events, one or two people cannot do it all"). From past experience these are really fun events to participate in. You can sign up for just an hour or all night.

We have Angel tree that will be coming soon in December and the Soup and Pie will be in January.

I wish you all a very happy holiday season and hope that Christ will direct you lives daily and through this season that were are about to enter.

Scott Sloan

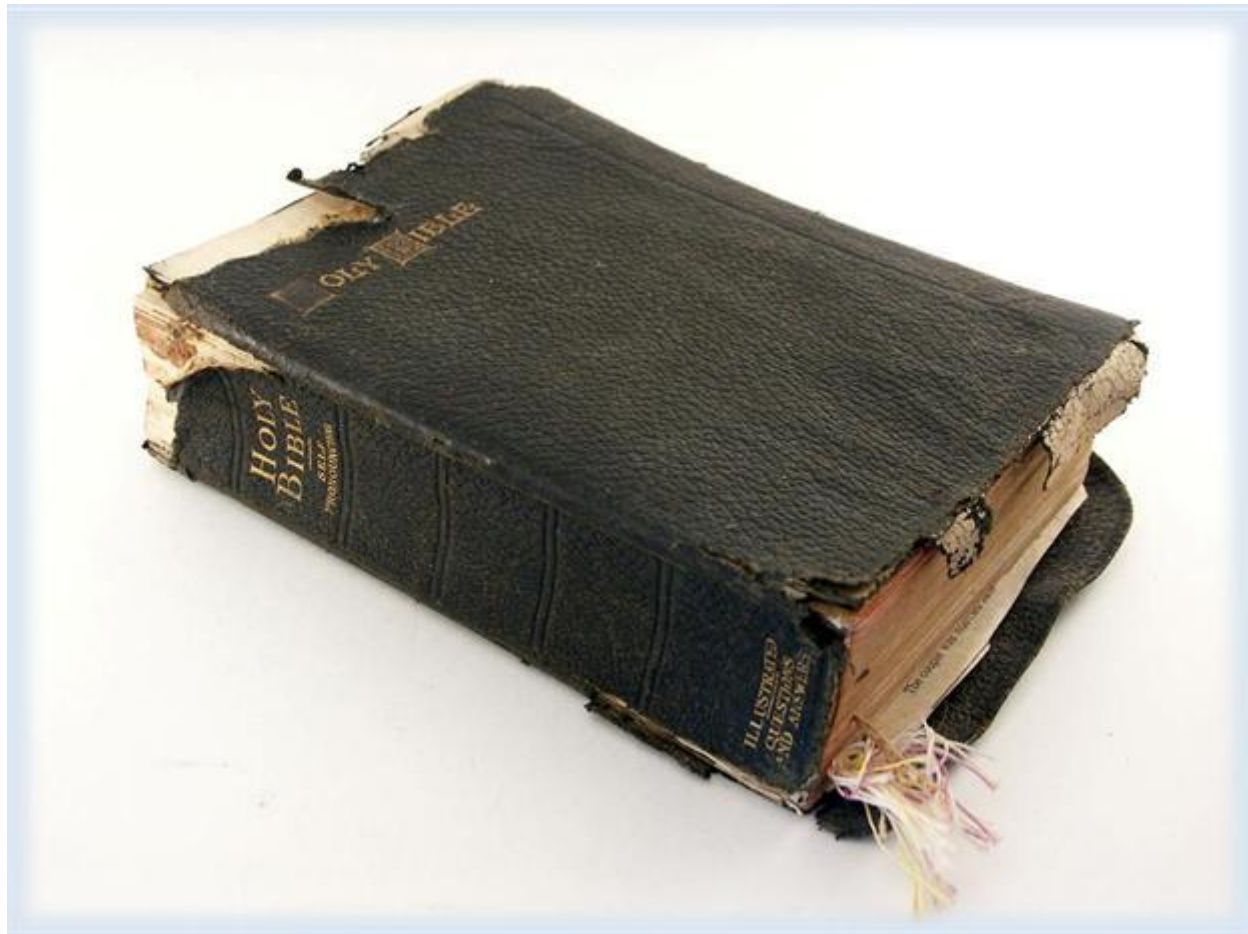
Each of us is a limited edition, special & unique in our ways. We brighten the universe for a planetary moment, enlightening the world with rare & precious gifts. Wrapped in brilliance—a splash of magnificent glory released in slow motion. We are passion lit from within, a living journey seeking & giving light

Cheryl Gholar

***Do not ask the Lord to guide your footsteps
if you are not willing to move your feet.***

This makes me want to leave a Bible lay open in my house all the time! Ruth Graham did.

Did you know that when you carry the Bible, Satan has a headache; when you open it, he collapses; when he sees you reading it, he loses his strength; AND when you stand on the Word of God, Satan can't hurt you?



God Bless You

Too often we underestimate the power of touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.

Leo Bascaglia

Donkey in a Well



One day a farmer's donkey fell down into a well. The animal cried piteously for hours as the farmer tried to figure out what to do. Finally, he decided the animal was old, and the well needed to be covered up anyway; it just wasn't worth it to retrieve the donkey.

He invited all his neighbors to come over and help him. They all grabbed a shovel and began to shovel dirt into the well. At first, the donkey realized what was happening and cried horribly. Then, to everyone's amazement he quieted down.

A few shovel loads later, the farmer finally looked down the well. He was astonished at what he saw. With each shovel of dirt that hit his back, the donkey was doing something amazing. He would shake it off and take a step up.

As the farmer's neighbors continued to shovel dirt on top of the animal, he would shake it off and take a step up. Pretty soon, everyone was amazed as the donkey stepped up over the edge of the well and happily trotted off!

MORAL:

Life is going to shovel dirt on you, all kinds of dirt. The trick to getting out of the well is to shake it off and take a step up. Each of our troubles is a steppingstone. We can get out of the deepest wells just by not stopping, never giving up! Shake it off and take a step up.

World Community Day

For all interested women: An invitation to World Community Day Nov. 4th – NW Unit Church Women United

Let's all get together to celebrate World Community Day on Friday morning, November 4th. The message will be "Living Our Faith, Unlocking Action". Attached is a print-out with the details for you to share with others in your church who do not have e-mail and/or have not attended any of our four previous celebrations because I don't have any way of contacting them except through you. The Hostess Church is Sun City Christian Disciples Church, 9745 W. Palmeras with women from neighboring St. Elizabeth Seton Catholic Church assisting in the program. Sign-In and Refreshments begin at 9:30 AM with the Program at 10:00. God bless you till we meet again - Kathie Mittelsteadt, Facilitator NW Unit of Church Women United

If anyone is interested in carpooling please call Lea at 623-825-2508

Lea Swick

Leadership Contact Information

AZ Mission Center Contacts

Scott Murphy, Apostle
Western USA Mission Field
515.240.7420
smurphy@cofchrist.org

Dave Nii, Apostolic Assistant
Western USA Mission Field
303.870.2589
dnii@cofchrist.org

Mike Hoffman
Mission Center President
Cell: 480.280.8555
mhoffman@cofchrist.org

Diana Hansen
Mission Center Financial Officer
520.991.4708
diana@thetucsonhansens.com

A Little Known Story of 9-11 from Wilma Miller

During a visit with a fellow chaplain, who happened to be assigned to the Pentagon, I had a chance to hear a first-hand account of an incident that happened right after Flight 77 hit the Pentagon.. The chaplain told me what happened at a daycare center near where the impact occurred.

This daycare had many children, including infants who were in heavy cribs. The daycare supervisor, looking at all the children they needed to evacuate, was in a panic over what they could do. There were many children, mostly toddlers, as well as the infants that would need to be taken out with the cribs. There was no time to try to bundle them into carriers and strollers.

Just then a young Marine came running into the center and asked what they needed. After hearing what the center director was trying to do, he ran back out into the hallway and disappeared. The director thought, 'Well, here we are-on our own.' About 2 minutes later, that Marine returned with 40 other Marines in tow. Each of them grabbed a crib with a child, and the rest started gathering up toddlers. The director and her staff then helped them take all the children out of the center and down toward the park near the Potomac and the Pentagon.

Once they got about 3/4 of a mile outside the building, the Marines stopped in the park, and then did a fabulous thing - they formed a circle with the cribs, which were quite sturdy and heavy, like the covered wagons in the Old West. Inside this circle of cribs, they put the toddlers, to keep them from wandering off. Outside this circle were the 40 Marines, forming a perimeter around the children and waiting for instructions. There they remained until the parents could be notified and come get their children.

The chaplain then said, "I don't think any of us saw nor heard of this on any of the news stories of the day. It was an incredible story of our men there. There wasn't a dry eye in the room. The thought of those Marines and what they did and how fast they reacted; could we expect any less from them? It was one of the most touching stories from the Pentagon." Remember Ronald Reagan's great compliment: "Most of us wonder if our lives made any difference. Marines don't have that problem."

God Bless the USA , our troops, and you.

Please pray for our men and women who have served and are currently serving our country and pray for those who have given the ultimate sacrifice for freedom.



Remember Veterans Day 11 November

Some of Our Congregation



Diane Sloan surrounded with love



Katherine Ramey, Donna Hill & Genie Perigo



Guess Who? See back page

November/December Schedule**November****6 - "Keep Awake!"**

Communion Service

P/P Howard Baldwin
 Speaker Mike Alexander
 Pianist Heather Featherstone
 Deaconing Vicki Alexander
 PA Eldora Engebretson
 Greeters Sharon Davids
 Hall Monitor John Walton
 Nursery

13 - "Encourage One Another"

P/P Connie Denton & Heather Featherstone
 Speaker Music Service
 Pianist Ruth Anderson
 Deaconing Evan Sloan
 PA Grant Morris
 Greeters Lee & Clyde Swick
 Hall Monitor Dena Perrine
 Nursery Diane Sloan

20 - "When Did We See your?" - Thanksgiving

P/P Carol Nicholls
 Speaker Carol Nicholls & Youth
 Pianist Beth Richardson
 Deaconing Judy Bradish
 PA Tom Bradish
 Greeters Alyce & Sigurd Wingard
 Hall Monitor Larry Richardson
 Nursery No Nursery

27 - "God is the Potter, We are the Clay"**Budget Bus Meeting**

P/P Lee Swick
 Speaker Beth Richardson
 Pianist Heather Featherstone
 Deaconing Josh Greenwalt
 PA Kyle Brittan
 Greeter Bonnie & Ron League
 Hall Monitor Carla Brittan
 Nursery Crystal Fairley

Abbreviations:

PA: Sound System P/P: Planner/Presider
 TBA: To Be Announced

December**4 "The Glory of the Lord Shall Be Revealed"****(Hope) Communion Service**

P/P Sharon Davids
 Speaker Chuck Lundeen
 Pianist Brenda Jones
 Deaconing Judy Bradish & Kyle Brittan
 PA Tom Bradish
 Greeters Dean & Leonard Speer
 Hall Monitor Chuck Denton
 Nursery Rebecca Early

11 - "The Lord has Done Great Things" (Joy)

P/P Mike Alexander
 Speaker Diana Hanson
 Pianist Heather Featherstone
 Deaconing Evan Sloan
 PA Kyle Brittan
 Greeters Dennis & Lois Nelson
 Hall Monitor Leah Krueger
 Nursery Diane Sloan

18 - "He Will Be Called the Son of God" (Love)

P/P Bob Ballew
 Speaker Lois Nelson
 Pianist Beth Richardson
 Deaconing Josh Greenwalt
 PA Grant Morris
 Greeters Awilda & Ken Thomas
 Hall Monitor Alyce Wingard
 Nursery Crystal Fairley

Sat 24 - 4:00 PM Christmas Eve "A Child is Born"

P/P Worship Commission
 Speaker Candle Light Service
 Pianist Vicki Alexander
 Deaconing Ken & Awilda Thomas
 PA Eldora Engebretson
 Greeters
 Hall Monitor
 Nursery

Schedulers

Worship Mike Alexander
 Piano/Organ Heather Featherstone
 Choir, Solos & Choral Groups Connie Denton
 Deaconing & PA Eldora Engebretson
 Greeters Irene Clark
 Hall Monitor Judi Walton
 Nursery Diane Sloan

Raspberry Sauce

1 - 10 oz. pkg. frozen raspberries
1-1/2 tsp. cornstarch
1 Tbl. sugar
1 Tbl. cold water

Thaw frozen berries; press through sieve. Mix cornstarch and sugar with 1 tablespoon cold water; add 1 cup raspberry juice. Cook, stirring constantly, until sauce is smooth and thickened. Reduce heat and simmer 10 minutes longer. Chill. Makes 1 cup sauce.

Basic White Sauce (FAT FREE)

2 cups skim milk
3 Tbls flour
1 packet Butter Buds (not diluted)
Fresh ground pepper

Combine milk, flour and Butter Buds in small sauce pan. Heat, stirring constantly until thickened

Season with pepper and lite salt

1 mg. cholesterol 0.1 gram fat
1/4 cup = 35 calories

Guess who from page 10 - Judi Walton



Thunderbird West
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Glendale, Arizona 85306
602-439-2228