

# St. Andrew's Signpost

**The Rev. Linda Mayer, Community Priest  
Linda Cox, Senior Warden  
Rudy Mayer, Junior Warden**

**May 2011**

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## Vestry News

The formation of a Worship Liturgy Committee is to decide what services will be held when Linda is not available, such as clergy conferences, winter, family, etc. Susan Fiala will meet with Linda to discuss best way to get feedback from congregation.

Since Linda Mayer is a non-stipendary priest the vestry voted to cover all her clergy expenses.

Welcome to new vestry members Joan Hazelton, Mike Clayton and Liz Perry.

Linda Cox was appointed Senior Warden, Rudy Mayer was elected Junior Warden, and Hannah Hubbard will continue as Clerk of the Vestry.

May 16,17,18 Linda Mayer will be at the clergy conference.

Rudy said Dirk of Cascade Weed and Pest Management will continue to spray for spiders, crabgrass etc.

Next meeting is May 12 at 4:30pm

## An Update: Lake Chelan Food Bank becomes Ecumenical

Our local Food Bank has a new advisory board that included representatives from six different churches in Chelan and Manson. Your vestry members recently voted to continue allowing the Food Bank to use the non-profit status of St. Andrew's Church and therefore the advisory board will continue to keep St. Andrew's updated on its operations. The new board members meet monthly at the Lutheran Church, have restructured financial processes, send out information to donors, and are developing a strategic plan for its future. The Food Bank even has a new post office box in Chelan which is **PO Box 2684**.

Recently board members Paul Palumbo, Virginia Scofield, Bill Parker, Jeanie Haskell and volunteer Mike Evans attended a Partner Agency Conference in Spokane entitled "Growing Healthy Communities". We learned about grant

writing, overseeing food safety, working with volunteers, and growing extra food for Food Bank users. We enjoyed an inspiring luncheon talk presented by Graham Kerr who some of us remember as "The Galloping Gourmet". Mr. Kerr's message was the importance of growing and eating food that brings new delight and does less harm to our bodies. He has a web site that provides examples of how to gradually increase portions of healthy food at mealtime – [grahamkerr.com](http://grahamkerr.com).

Following the Spokane Conference, the Advisory Board decided to get the word out to community gardeners to consider planting an extra row in their vegetable gardens this year to donate to the less fortunate. The Lake Chelan Food Bank would love to help you distribute it. The Food Bank's new location is on Highway 150 at Chelan Mini Storage. The large unit with all the windows is where the Food Bank is set up to take donations of food on Monday mornings between 8:30 and 10:00 am. If you have any other questions about Lake Chelan Food Bank, please call me.

Jeanie Haskell  
682-4448

**National Day of Prayer 1<sup>st</sup> Week in May**  
***Be a Part of the 6 pm Show on May 5 at Riverwalk Park***

Thursday, May 5 has been chosen as the National Day of Prayer for 2011. It's a day to commemorate our nation and hold it up for God's purposes and blessings. In that spirit, everyone who likes to sing is invited to meet at the Little Stone Church at 6:30 pm on Monday, May 2. There will be a choir practice at the Stone Church to learn the music for the Riverwalk Park extravaganza on May 5. Everyone in the community is invited. There will also be a Color Guard and a prayer service at Thursday's event.

***Praise the Lord with song and join other voices on Thursday May 5 at Riverwalk Park.***

***MAY HAPPY BIRTHDAYS***

John McLeod           3  
Dave Gellatly.....12  
Mike Clayton.....17  
Nyla Kamphaus.....20  
Fred Rarden.....31

***ANNIVERSARIES***

Jeannine & Bill Shaffer. .4  
Orlo and Bev Hill       24

**Please note...No ECW for the month of May**  
**Office hours; Thursday 8am to 4pm**  
**Friday 1pm to 5pm**

## **SPECIAL EVENTS AND THANK YOU**

On Sunday June 26<sup>th</sup>, the Baptism of John Michael Clayton  
The proud parents are Mike and April Clayton

Jack Reynolds will play his guitar during the May 22 service.

The flowers in the St. Andrew's gardens are beautiful!! The daffodils make you smile and forget the very long winter.

Thanks to the Altar Guild who did the extra duty of many changes in the sanctuary during Easter Week.

It is good to see John McLeod back in church. Keep getting better John.

The Diocesan Convention is the third week in October.

***Spring is Here!*** The bulbs are in full glory. The birds are chirping and make it nice to be outside. It is time to go out and see what winter has left you in your yard and also see what weeds are starting to come up.

That means it is time get tools out and see if there is rust, dirt on them, or they need sharpening. My clippers had some rust starting, so I got some steel wool and went to town on them. After they were all cleaned up I found they were sticking a little bit and needed to be protected with something. When I worked at the nursery I learned a little trick using Pam spray. Spray a little where the metal comes together, open it, and close it a couple of times until it works without sticking. Sewing machine oil will also work.

For those new gardeners, when you are buying clippers, buy some that will last. I use Florian fine nose pruners. They are a little pricey, but I have owned them for 12 years and have only had them sharpened once for all the years of heavy use. I have given them to friends and they love them too. They may run about \$25 but will clip anything under a half inch without any trouble. They work well as a fine cutter and are one of my favorite tools.

Here is a plant you don't hear much about, but if you have shade and are looking for something new it would be good to try. . It's official name is *Epimedium acuminatum*, also known as Chinese Fairy Wings, Barrenwort or Bishops Cap. I brought a couple when I came here from Seattle and they did very well. They have a delightful leaf that looks like a (fairy) wing, some of the leaves have color or veining to them. The flower is very different and they look like, as the name implies, a bishops cap. The plant grows from twelve to eighteen inches high and the flowers come in clusters that are about a half inch in size with clusters of ten to twelve. Another advantage of these plants is that deer and rabbits don't care for them at all.

[www.floriantools.com](http://www.floriantools.com)

[www.edelweissperennials.com](http://www.edelweissperennials.com)

Susan Fiala

Several of you asked me about a salad I made for our Annual Meeting in April. Pronounced "kin- wa", the main ingredient is similar to rice but comes from a grain-like crop grown for its edible seeds. It was first grown at high altitudes in the Andean region of South America. The Incan Indians considered the crop to be sacred but were forced by Spanish colonists to grow wheat instead.

### **Nutty Quinoa Salad**

1 C quinoa (found at Bear Foods)  
2 C water  
1/2 C. golden raisins  
1/4 C sesame oil  
3 scallions or green onions

1/2 C unsalted peanuts  
1/2 C mandarin oranges  
2 Tbsp. chopped fresh mint  
2 tsp grated orange zest

Bring quinoa and water to boil, reduce heat and simmer 10 min. Add raisins and cook until liquid evaporates (about 5 min.) Stir and refrigerate to cool. Combine with all other ingredients in large bowl, toss gently and serve.

***PS. I have extra seed packets for white cabbage, broccoli and kaigaro onions if you can find a place in your garden for them!!***  
*Submitted by your webmaster Jean Haskell*

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Another especially good salad served at the Annual Meeting.....

### **Marinated Chicken Rice Salad**

(serves about 15)

1 bottle Italian dressing (I use Bernstein's Cheese Fantastico)  
2 cups uncooked rice. Steam according to directions. Cool. In large bowl pour over the rice 1/3 of the Italian salad dressing and refrigerate overnite.  
3-4 cups cooked, diced chicken breast. Cool and marinate with 1/3 bottle of dressing overnite

In the morning add the following fresh, chopped veggies

1/2 cup chopped sweet onion	1 cup spinach
2 green onions	1 pack fresh mushrooms, quartered
1 sweet red pepper	2 T. fresh parsley
2 cups celery	

Additional option veggies may be added:

Zucchini  
Fresh oregano &/or basil  
Fresh peas or sugar snap peas  
Canned artichoke hearts

Pour remaining dressing all over and mix well. Refrigerate 2-3 hours

I found this basic recipe in the 1983 Wenatchee World cookbook, p 45 by Lynn Stover. I substituted fresh vegetable for the canned ones she listed.

*Submitted by Hannah Hubbard*

## CALENDAR FOR MAY 2011

**MAY 1 - - HOLY EUCHARIST – Rev. Linda Mayer**

**MAY 8 - HOLY EUCHARIST – Rev. Linda Mayer**

**JEANNETE CLARK - sermon**

***HAPPY MOTHER'S DAY Mothers, grandmothers and really great grandmothers.....***

**MAY 15 – HOLY EUCHARIST – REV. Linda Mayer**

**MAY 22 – HOLY EUCHARIST – REV. Linda Mayer**

**MAY 29 – HOLY EUCHARIST – REV. Linda Mayer**

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