

Notes and Nibbles



I had a brilliant idea the other night to go retro and break out the fondue pots for a 70's throw back night. Then my daughter, who is apparently not my daughter, squishes up her face and says "is that some sort of melted cheese thing? Cause gross, barf!" Wait, what? How do you not like fondue! Everything is better with cheese! Anyway, to her point, there are other ways to fondue out there besides cheese. We also love to heat up seasoned broth recipes and cook thinly sliced meats and seafood in them (originally this was a hot oil fondue but after experiencing the hazy air and clean up that goes along with that, as an adult I fully opted for the less exciting yet still delicious safer and less messy version). Really, there are some fun fondue recipes out there from cheese, to broth, to chocolate. So get your bell bottomed bad self to the grocery store and get some melting cheese! Let's get festive with some fondue!



Classic Swiss Fondue

Ingredients:

- 1 garlic clove, halved
- 1 C dry white wine
- 1 tsp lemon juice
- 8 oz shredded Gruyere Cheese
- 8 oz shredded Emmentaler cheese
- 2 tsp cornstarch
- 2 Tbsp kirsch
- Dash white pepper
- Pinch grated nutmeg



Directions:

1. Rub inside of fondue pot with garlic clove
2. Pour in wine and lemon juice; cook over medium heat until bubbly. Turn heat to low and gradually stir in cheeses with a wooden spoon.
3. In a small bowl blend cornstarch with kirsch. Blend into cheese and continue to cook, stirring 2 to 3 minutes or until mixture is thick and smooth. Do not allow fondue to boil. Season with white pepper and nutmeg. Serve with bread cubes, sausage and vegetables.

To Serve:

Serve with cubed French bread, rye bread, apples, peppers, potatoes, cauliflower, broccoli, cooked sausages, mushrooms



I didn't know what to cook for dinner. So I opened some wine, and now I don't care. A lesson for us all I think.



I have a lot to be thankful for but I'm going to give a special shoutout to elastic.

Pass the Ambrosia Salad Please

So the whole fondue thing got me thinking about different foods that we grew up with, foods that our parents raved about, etc. Which of these "iconic" foods through the generations/decades do you remember showing up on your dinner table, potlucks and festive occasions? Some are still around in some form or fashion and some, thankfully, we just don't see much anymore.

1960's

- Brandy Old Fashioned
- Stuffed Cherry Tomatoes
- Amish Jello salad
- Wedge Salad
- Meatloaf
- Waldorf Salad
- Sour Cream Cucumbers
- Steak Diane

1970's

- Fondue
- Cowboy Stew
- Layered Lettuce Salad
- Hawaiian Meatballs
- Quiche
- Chicken A la King
- Three Bean Salad
- Jello Cubes
- Cheeseburger Mac

1980's

- Pizza Rolls
- Swiss Steak
- Chicken Ramen salad
- Spinach Dip
- Chocolate Kahlua Cake
- Herbed Rice Pilaf
- Swedish Meatballs
- Peanut Butter Kisses

1990's

- Asian Chicken Salad
- Pomegranate Cosmo
- Chocolate Lava Cake
- Glazed Donut holes
- Veggie Bean Burgers (barf)
- Cheese Stuffed Crust Pizza
- Focaccia Bread

2000's

- Handi Snacks (because we couldn't be bothered to put what we already had in pantry/fridge in a container and stick it in the lunch box)
- Yogurt flavored anything
- Cupcakes of all varieties
- Avocado Toast
- Unicorn Cakes
- Cold-brew Coffee
- Kale Chips
- Macarons
- Smoothie Bowls
- Burrito Bowls
- General Tso's Cauliflower
- Charcuterie Boards

For recipes and to read the full source article on these memberberry items that graced many a table visit:

<https://www.tasteofhome.com/collection/vintage-recipes-from-every-decade/>

Gen What? No, Gen Y

Each generation weaves its own unique thread. From the stoic resilience of the Greatest Generation to the tech-savvy ingenuity of Generation Alpha, each cohort brings its own distinct values, experiences, and perspectives. What are these defining traits? Let's explore.

The Greatest Generation (1901-1927)

Shaped by the Great Depression and World War II, the Greatest Generation embodies unparalleled resilience. They weathered economic hardship and global conflict with stoic determination, fostering a strong sense of duty and sacrifice. Raised in an era of scarcity, they developed a relentless work ethic characterized by diligence, thriftiness, and perseverance. Their commitment to hard work laid the foundation for post-war prosperity and economic growth. Rooted in traditional values of family, community, and patriotism, the Greatest Generation cherishes loyalty, honor, and duty. They value simplicity, humility, and selflessness, embodying a sense of collective responsibility and solidarity.

The Silent Generation (1928-1945)

Coming of age during a period of rapid social change and technological advancement, the Silent Generation learned to adapt and thrive in an ever-evolving world. They embraced innovation while preserving traditional values and cultural norms. Shaped by the aftermath of World War II, the Silent Generation values civic duty, civic engagement, and social responsibility. They prioritize community involvement, activism, and public service as a means to enact positive change. With a strong emphasis on stability and security, the Silent Generation values financial prudence, homeownership, and retirement planning. They prioritize stability in relationships, careers, and lifestyles, seeking a sense of security amidst societal upheaval.

Baby Boomers (1946-1964)

Born in the post-war era of economic prosperity and cultural optimism, Baby Boomers exude a sense of boundless optimism and idealism. They believe in the power of collective action and social progress to create a better world for future generations. As the first generation to come of age during the countercultural movements of the 1960s and 1970s, Baby Boomers embrace individualism, self-expression, and personal fulfillment. They prioritize autonomy, freedom, and authenticity in both their personal and professional lives. While known for their strong work ethic and career ambition, Baby Boomers also value work-life balance, leisure, and quality time with family and friends. They seek fulfillment beyond the confines of the workplace, prioritizing holistic well-being and life satisfaction.

Generation X (1965-1980)

Growing up in an era of rapid technological advancement and socio-economic change, Generation X values independence, self-reliance, and adaptability. They are comfortable navigating ambiguity and uncertainty, embracing change as an opportunity for growth and innovation. Dubbed the "latchkey generation," Generation X developed a healthy skepticism towards authority, institutions, and conventional wisdom. They value critical thinking, autonomy, and authenticity, questioning the status quo and challenging prevailing norms. Striving to strike a balance between work and personal life, Generation X values flexibility, autonomy, and work-life integration. They prioritize efficiency, effectiveness, and results, seeking fulfillment in both professional achievements and personal relationships.

Millennials (1981-1996)

Coming of age in the digital era, Millennials are inherently tech-savvy, embracing technology as an integral part of their daily lives. They are early adopters of social media, mobile devices, and digital platforms, leveraging technology to connect, collaborate, and innovate. With a strong sense of social justice and environmental responsibility, Millennials prioritize ethical consumption, sustainability, and social impact. They advocate for diversity, inclusion, and equality, leveraging their collective voice to drive positive change in society. Rejecting the traditional 9-to-5 work model, Millennials value work-life integration, flexibility, and autonomy. They prioritize meaningful work, personal fulfillment, and holistic well-being, seeking careers that align with their values and aspirations.

Generation Z (1997-2012)

Born into a world of smartphones, social media, and instant connectivity, Generation Z is the first truly digital-native generation. They are fluent in digital technology, adept at multitasking, and consume information in bite-sized, multimedia formats. It may not be a surprise that members of this generation are avid readers. What might be less obvious is they actually prefer the printed book to e-books. With a penchant for innovation and entrepreneurship, Generation Z values autonomy, creativity, and self-expression. They are natural-born problem solvers, leveraging technology to launch startups, pursue passion projects, and create alternative career paths. Empowered by social media and digital advocacy, Generation Z is passionate about social justice, environmental sustainability, and human rights. They use their digital platforms to amplify marginalized voices, raise awareness about pressing issues, and mobilize collective action.

Generation Alpha (2013-2024)

Growing up in an era of immersive technology, Generation Alpha embraces tech-integrated learning, interactive experiences, and digital literacy. They are fluent in augmented reality, virtual reality, and artificial intelligence, shaping the future of education and innovation. With a global mindset and interconnected worldview, Generation Alpha values diversity, multiculturalism, and global citizenship. They are comfortable navigating diverse cultures, languages, and perspectives, fostering a sense of unity and solidarity across borders. Raised in an era of climate crisis and environmental degradation, Generation Alpha is passionate about sustainability, conservation, and eco-conscious living. They advocate for renewable energy, zero-waste initiatives, and environmental stewardship, driving positive change for future generations.

Where do you fall in the tapestry of generations? Do you agree with the descriptors? What resonates with you and will this short explanation help you understand and communicate with other generations in your household better?



Generational Threads

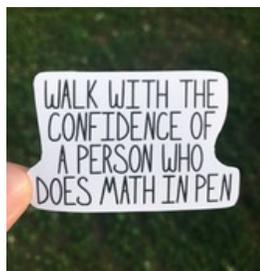
We all may think our generation is the greatest. But there is so much to learn from those that come before us and also those that come after. As a girl I was always fascinated by my Grandma Helen's tole paintings. I thought they were so beautiful and intricate and I was so in awe of her talents (and she had many!). I guess maybe a penchant for some hobbies and interests can run in the genes? In addition to my sense of humor, I picked up from my grandmother a love of baking (as anyone who is on the recipient end of our Christmas cookie platters can attest), as well as a talent for tole painting. I was lucky enough to inherit a number of her patterns and as you can see I've had fun with trying to replicate them (with my own little personal flare of course!). Tole painting is such a relaxing, fulfilling outlet for me and along with a sense of accomplishment, I hope in some way I am making Grandma Helen smile.



A, B, & C
Painted by
Helen Wolf



Shoutout to my dad for turning beautiful wood plates for me to paint on!



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Life is better when you cry a little, laugh a lot, and are **thankful** for everything you've got.





ACROSS

- 1) Petty quarrel
- 5) Throw, as mud
- 10) Tooth point
- 14) Korea's continent
- 15) Tea sweetener
- 16) Sui of fashion
- 17) Muslim palace area open only during the third month?
- 19) Stick around
- 20) Pale-looking
- 21) It often follows a noun
- 22) Irritates
- 23) Take steps
- 24) "Lenore" poet
- 26) Golfer Palmer, to pals
- 28) Musical group doing parody songs?
- 32) Stymie
- 35) Apollo org.
- 36) Prefix with "life" or "wife"
- 37) Jockey's handful
- 38) High peak
- 39) Fancy party
- 40) Busts and such
- 41) Barnyard bundle
- 43) Comments in parentheses
- 45) Potato in a still-life painting?
- 48) "All ___ in favor ..."
- 49) According to
- 50) One walking on foot, for short
- 53) Chicago mayor Emanuel
- 54) Pitching whizzes
- 57) Ballerina's rail
- 59) Arizona's ___ Fria National Monument
- 60) Look from a mesmerized cinema patron?
- 62) Mannerly guy
- 63) Flabbergast
- 64) Aroma
- 65) Regarding
- 66) Comic strip segment
- 67) Apt word spelled by the added letters of 17-, 28-, 45- and 60-Across

DOWN

- 1) Outback Bowl city
- 2) Sci-fi's Asimov
- 3) Winning position
- 4) Almanac tidbit
- 5) "Zip your lip!"
- 6) Bakery units
- 7) Regarding
- 8) At no time, to poets
- 9) Duffels carried to workouts, say
- 10) Place for high rollers
- 11) In need of clipping, as hedges
- 12) Rattler hazard
- 13) Ponies up
- 18) Really keyed up
- 25) Stable morsel
- 27) HDTV brand
- 28) Bronze-hued
- 29) Coastal arm
- 30) Catch a few Zs
- 31) Uplifting poems
- 32) Fairway hazard
- 33) Legacies
- 34) Unjustified persecution
- 38) Bristol brew
- 39) Pine relative
- 41) One of Greyhound's fleet
- 42) Guide for a walking tour
- 43) "Honest" U.S. prez
- 44) Croats' neighbors
- 46) Part of BLT
- 47) Expand, as a business
- 50) Madrid museum
- 51) Typo, for one
- 52) Name on a tractor
- 53) Shankar song, often
- 55) Very deep sleep
- 56) "___ Almighty" (2007 movie)
- 58) Quark's place
- 61) Wiggly fish

ADDED BONUS

By Frank Longo

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