



Notes and Nibbles

MARCH 2024
NEWS NOTE

Ah, the quintessential St. Paddy's Day meal: Corned beef and cabbage. Well, some of you forego the cabbage part, understandable. What do you do with the leftovers? There are more options than just [Corned Beef Hash](#) (although that's a favorite of my husband's). If you are low-carb you can make [Reuben Wraps](#). If the cold weather is just not letting go, [Corned Beef Chowder](#) is an option. And who wouldn't think [Corned Beef Tacos](#) would be awesome on taco Tuesday? For this News and Note though, we're going to go with a traditional, delicious toasted Reuben Sandwich on rye.

FRUIT COCKTAIL:
Perhaps the most
disappointing of all
the cocktails

REUBEN SANDWICH



Ingredients:

- 1/2 lb corned beef
- 1/2 tsp olive oil
- 6 slices rye bread
- 2 Tbsp unsalted butter, room temp
- 1/2 cup sauerkraut, drained
- 6 slices Swiss cheese

Reuben Dressing-

- 1/4 cup mayo
- 1 1/2 tsp chili garlic sauce
- 1/2 tsp lemon juice
- 1 1/2 tsp creamy horseradish
- 1 garlic clove, minced
- 1/2 tsp Worcestershire sauce
- 1/2 Tbsp onion, finely grated
- 1/8 tsp paprika
- Salt and pepper, to taste

Instructions:

1. In a bowl combine all the ingredients for the Reuben Dressing, set aside.
2. In a skillet, over medium heat, add oil. Once hot, add the meat and cook just until heated.
3. Lightly butter one side of each slice of bread. Place the bread (butter side down) on a plate.
4. Add the toppings to each sandwich: Spread the dressing, top with the meat, cheese and sour kraut. Close bread slices to create a sandwich.
5. In a hot skillet, cook sandwiches over medium heat 4-6 minutes, flipping once. Cook until cheese melts and the bread is crispy.



The Legend of the Four Leaf Clover

Did you know that the chance of finding a four-leaf clover is 1 in 10,000? You're going to need your luck for that! The first literary reference to suggest their good fortune was made in 1620.

Hundreds of years ago in Ireland, the four-leaf clover became a symbol of luck with the four leaves representing faith, hope, love, and success (or luck). The Celtic priests, in the early days of Ireland, believed that when they carried a three-leaf clover or **shamrock**, they could see evil spirits coming and have a chance to escape in time.

Four-leaf clovers were Celtic charms, presumed to offer magical protection and ward off bad luck. Children in the Middle Ages believed if they carried a four-leaf clover, they would be able to see fairies.

A Few Gaelic Wishes



"Go gcuire Dia an t-adh ort."
May God put luck upon you.

"Stainte chugat."
Good health to you.

"Rath De ort."
The Grace of God on you.

Let me get this straight. Monday and Tuesday we are doing Spring. Wednesday is Winter, Thursday is fall then Friday is spring again?

Connection

Just a little reminder on the importance of connection. I had the opportunity last month to visit my sister in Alaska. I hadn't been "home" in probably about 9 years. While I REALLY miss Alaska, I miss my sis more (luckily she has been able to make it down here a little more frequently! ❤️) It was a short visit but such a rewarding, grounding, meaningful, fulfilling one. Reach out to those you love. Be supportive and gain support. Love and be loved. Share experiences, dreams, thoughts and ideas. Fill your heart so you can share it with someone else who comes along that may need it too. Don't take your relationships for granted. Love you sis!



Hobbies: Why You Need Them

(Or: Why your grandma wasn't just trying to get rid of you when she said "go find a hobby".)

A hobby is something you enjoy doing. It is an activity done regularly, in your leisure time, for pleasure or happiness. It is something you WANT to do not something you HAVE to do. For example, learning a new language for fun versus learning a new language because it will help you get a job.

You don't have to stick with one hobby. You can be a "serial hobbyist" or "hobby scanner". **Side note:** I am reading a very interesting book right now called "[Refuse to Choose](#)", by [Barbara Sher](#), that speaks to being a "scanner" in your career life. How it is okay and normal for people/scanners to move from career to career and that there is no shame in it. Some people simply cannot, and should not, commit to one single path. That is not how they are genetically wired. Even though they feel they need to because that is what generations ahead of them did. Hmm... sounds like that is a completely different article that will be for another time.

I'm a serial hobbyist with cyclical tendencies. I have many interests and new ideas pop up every day that I think would be fun to try (thank you Pinterest - or should I say curse you! LOL!) My list goes something like this: jewelry making, gardening, golf, crochet, golf, zentangle, tole painting, golf, crochet, tole painting, gardening, acrylic painting, archery, mandala dot painting, archery, acrylic painting, tole painting, archery, learning to speak Norwegian, tole painting (and I'm sure I probably forgot about a few that I tried out and that didn't stick). You get the picture. That is in addition to my staples of reading and cooking! Yes, many of these are not mutually exclusive. I can do many different things depending on the time of the year, what mood I'm in, if Hobby Lobby is having a sale...! Each of these interests and activities that I have engaged in have brought pleasure, happiness, fulfillment, and accomplishment to my life on my terms. How exciting is that! The point is you don't have to pick just one and become "great" at it. Although if that's your bag and makes you happy, do it! Since you embrace a hobby to have fun, do what you feel like doing in the moment. Then if you need a break or it's not doing it for you anymore, move on to trying something else! You can always go back and pick up that unfinished afghan, dust off the clubs and break out the paints again. You do you boo.

Just for fun: [A little hobby survey](#)

You can click the link above to access the survey digitally or go to:
<https://forms.gle/aq1xMPfwi1p2KUEW6>



Why is it so important that we have "hobbies"?

Let me count the ways:

- Stress relief
- Promote mindfulness
- Bring new challenges
- Gain confidence
- Creativity
- Health benefits
- Improve mental health
- Increase patience
- Perspective
- Enrichment
- And MANY more reasons

When people say
"How did you get
so crafty?"
I just tell them
it's because
I ate *Glue*
as a child.



JUNK

SOMETHING YOU
KEEP FOR YEARS
THEN THROW IT
AWAY TWO WEEKS
BEFORE YOU NEED IT.

Happening this month:

- March 10: Daylight Savings Switch
- March 17: St. Patrick's Day
- March 19: First Day of Spring
- March 24: Palm Sunday
- March 29: Good Friday
- March 31: Easter Sunday

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MARCH



I'm pretty sure my husband was in charge of assigning March holiday's and observances:

- 4: National Pound Cake Day
- 5: National Cheese Doodle Day
- 7: National Cereal Day, Flapjack Day
- 9: Get Over It Day
- 11: National Napping Day YES PLEASE!
- 14: National Pi Day
- 16: National Corn Dog Day
- 17: St. Patrick's Day
- 18: National Sloppy Joe Day, Awkward Moments Day
- 19: Laugh Day
- 20: National Ravioli Day
- 21: French Bread Day
- 22: National Goof Off Day
- 24: National Cocktail Day
- 26: National Spinach Day
- 28: National Black Forest Cake Day
- 31: Tater Day



Savage Chickens

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