

Our speaker for the February 3rd meeting will be Mickey Paige, CVCC “Great Expectations” coach. He will discuss programs at Central Virginia Community College intended to assist children who have been in foster care.



Mickey Paige with Students from CVCC

•• *Upcoming Events* ••

Regular Club Lunch Meeting

February 3, 2017 at Noon
 Phase 2, 4009 Murray Place

Next Club Meeting

February 20, 2017

February Board Meeting

February 28, 2017 at 5:30 p.m.
 The Bedford Library
 Community Room in Forest

•• *February Birthdays* ••

Marsha Bryant 2/14
 Jon Rosin 2/18
 Phil Brown 2/29



A big welcome to our newest Exchange Club member, Harry Hughes. Harry is sponsored by Phil Brown.

A Note from our President...

President Couch would like to remind members about the Club's meeting cancellation policy. If the Lynchburg City Schools are closed due to inclement weather on a Friday when a meeting is scheduled, the meeting is also canceled.

The Club still has a large quantity of maple syrup on hand. The one-pint bottles are \$8 and the half-pint bottles are \$5. Try it in this recipe for *Glazed Ham*:

- | | |
|------------------------|----------------------|
| ¾ cup maple syrup | 1 tbs. Dijon mustard |
| ½ cup orange marmalade | 1 tsp. black pepper |
| 2 tbs. butter | ¼ tsp. cinnamon |

Combine all of the ingredients in a small saucepan. Cook over medium heat, stirring occasionally, until mixture is thick, syrupy, and reduced to 1 cup, 5-10 minutes. Bake your ham as you normally would, increasing your oven temperature to 350° (if necessary) toward the end of cooking. Brush ham with glaze several times while it finishes cooking, and once more after removing it from the oven. Makes enough glaze for a 7-10 pound ham.