

## NEWSLETTER NOVEMBER 2009

### BRITISH AMERICAN CONNEXION

President : Vincent Wallace

V. President: Ian Cairns

Treasurer : Derek Johnson

Secretary : Jean Wallace

Well folks the holiday season is almost upon us and it seems like a good time to send out some news to members.

Since the last issue of the Newsletter the Committee welcomes the following new members to our club:

Jeff and Tracy Goodacre  
Ted and Sue LaPorte  
Bethanne Mann and Moray McIvor  
Paul and Louise Mathis

Since then Bethanne and Moray have celebrated their wedding and we wish them every happiness in the years to come.

Thanksgiving is just a hop and a skip away and we hope you will be spending it with family and friends.

We found a new venue for our club meetings and we thank the sub-committee for all their hard work in securing it. Judi and Doug Matthews and Derek and Brenda Thorne. Sooooo..... Don't forget that our next meeting will be in the Holiday Inn on Rte 44 on the Monday before Thanksgiving at 7:00pm until 9:00pm. We look forward to seeing you all there.

The annual Christmas Dinner is on Friday, 11<sup>th</sup> December, the cost is \$25 per person so please make sure to give Derek your check at the November meeting as he must cut a Club check to pay the Citrus Hills Golf & Country Club on the night of the event. A gift exchange (\$10 - \$15) will take place during the evening. Everyone should have received their gift exchange names at the October meeting. Also, a Holiday Basket of British Foods will go to the

lucky member who receives the winning ticket for the door prize.

As you all know a new President and Treasurer were voted in at the last meeting in October. Judi Matthews will take over the responsibility of President and Doug Matthews will be the new treasurer. Vince will step down as President and will take over as Vice President but only for one year. Jean Wallace will remain as Secretary. We hope everyone will support all of them in the oncoming year.

The November trip to the Tampa Hard Rock Casino was very poorly attended. Of the 14 people who signed up only three (3) turned up. One of them won \$40(guess who), one of them didn't gamble and Judi lost her shirt but we made sure she was properly covered on the way home. The three of us had a really good time and also enjoyed a very nice lunch.

The committee would like to thank all members who have hosted coffee mornings/afternoons and the ones who have supported them. Also thanks to our members who have donated goodies for the meetings. And, last but not least, thanks to our Sunshine Lady – Mary Meyer – for religiously sending cards for birthdays and illnesses.

#### BIRTHDAY WISHES

Congratulations to the following:

November:  
Bob McGill.

## December

Bethanne McIvor  
Louise Mathis

### NATURE NOTES by Brian Pasby

The leaves of broad-leaved plants are thin, delicate structures which cannot survive the cold dry air of a northern winter. So, in the Fall, they change color and drop off the tree.

Conifer leaves have a much smaller surface area and are much tougher, so they are evergreen. That is, they don't lose all their leaves at one time.

Before leaf drop the tree reclaims important chemicals such as chlorophyll. When the green chlorophyll leaves, the yellow photosynthetic carotenoid pigments which are there all the time, are revealed.

The big question, at least for botanists, is why leaves produce the beautiful bright red anthocyanin pigments.

It is suggested, that after the chlorophyll has gone, these pigments protect the biochemistry of the leaf from the often bright sunlight at this time of year, so that useful chemical recovery can continue.

It costs the plant to synthesise these substances so they must have a purpose, but I am not convinced by this explanation.

The only really nice bright colors we get down here are the reds of poison ivy and virginia creeper.

Two questions:

Why are carrots so rich in carotenoid pigments? They grow underground and don't carry out photosynthesis.

Why do swamp cypresses, which are conifers, lose their leaves?

BP.

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## RECIPE OF THE MONTH

### Broccoli quiche

½ cup Bisquick  
1 cup cooked broccoli (drained and chopped)  
½ cup cheese (grated)  
½ cup oil  
½ cup milk  
1 tsp garlic powder  
4 eggs  
Italian Bread Crumbs

Mix all the wet ingredients first then add all the rest except the bread crumbs. Grease dish and add enough bread crumbs to cover bottom of dish. Pour mixture into dish and bake at 350deg For 40minutes.

### NEXT MEETING

Monday, November 23<sup>rd</sup> at 7:00pm in the Holiday Inn Express at 903 East Gulf to Lake. (About 2 miles west of Lowes)

### CALENDAR OF EVENTS

Christmas Party - December 11<sup>th</sup> in the Citrus County Golf & Country Club at 6:00pm.