

EFFORTS



Emphysema Foundation For Our Right To Survive

Emphysema Takes Your Breath Away

Special Edition June 2008

GARY A. BAIN

After a long battle with COPD, Gary Bain, 68, peacefully "left this earth" on April 30th to rejoin his beloved wife, Harriet. After being diagnosed, our dad decided he would proactively battle this disease by dedicating his life to helping others learn to live with it and started EFFORTS (Emphysema Foundation For Our Right to Survive), an online support group. The website contains a wealth of information for patients, doctors, government officials, and caregivers and currently has over 2300 members worldwide. Gary proudly served in the U.S. Marine corps from 1957 to 1963 and fought in the Korean War. Gary lost his parents, Alvie and Maxine, when he was just 14. His wife of 43 years, Harriet Ann, also preceded him in death. He is survived by his sister Phyllis Johnson of Indianapolis and her husband, Dave, and their children. He is also survived by his children, Cathy Lovins and husband Steve, Debbie Snodell and husband Robert, Mike Bain and wife Tina, and Michelle Sullivan; his grandchildren, Angie, Derek, Krista, Audrey, Tiffany, Sara, Stacy, Jeremy, Sean, and great-grandchild Hope, all of Missouri. We all have a lot to learn from Gary with his sense of humor, kindhearted spirit and positive outlook on life, even though he had so many life challenges. We cannot express the extent of how he will be missed. Even to his last day he shared smiles with everyone. If you would like to help in continuing Gary's legacy, contributions can be made to EFFORTS at www.emphysema.net.

Published in the Kansas City Star on 5/2/2008.

This Special Edition of the EFFORTS Newsletter is dedicated to the memory of Gary Bain, Founder, CEO, Janitor, Dad, Grandpa, Patient Advocate, Friend. For those of us who remember the beginning and have seen the growth, and for those of us who are new to EFFORTS, this will give some insight; some memories of where we came from and how special Gary Bain was.

In the beginning when the membership numbered in the forties, as our advocacy came into fruition, we set aside Sundays as a day of banter and fun and it became Funday. Many cyber trips were made, many front porches were sat and rocked on, many friendships forged and many tears shed as members passed on to the Big Front Porch above.

Following are some of the growth spurts of EFFORTS, along with some snippets from some of our past members, taken from Fundays past.

I hope you approve, Gary. This is for you.

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From the Alpha1.org site:

Gary and his EFFORTS

When Gary Bain was first diagnosed with emphysema in 1986, his doctor told him he had about six years to live. Bain couldn't believe his ears. "Why does a doctor first tell you how long you have to live? I didn't like that idea."

Bain does not have Alpha-1, but that story will sound familiar to many lung-affected Alphas who have been given the same kind of shocking prognosis. Then he did something that Alphas, too, have often had to do: He went to a few different doctors and did his homework to find out as much as he could about his disease. He got involved with his local support group.

Then in 1998, Bain and two of his fellow emphysema-afflicted friends broke away from the traditional support system and created the online group EFFORTS: Emphysema Foundation For Our Right To Survive. (These days, COPD (for Chronic Obstructive Pulmonary Disease) is the popular umbrella term used to describe emphysema, chronic bronchitis and other lung conditions.)

"We started by word of mouth, about two years for the group to really EFFORTS has proliferated into a hand at running the organization (all

EFFORTS is based on the internet. COPD, and can share their affects them. All of the facts on the members; Bain says respiratory site for their patients.



identifying ourselves," Bain says. It took get off the ground, he said. Today, membership of 2,600, many of whom take are volunteers). And it's still growing.

Members can receive emails and news on experiences online with how the disease EFFORTS website are written by its therapists often get information from the

Another thing that the organization helps its members with is providing information on the latest drugs available for COPD treatment. For example, EFFORTS developed contacts with German pharmaceutical companies and helped some members obtain the drug Spiriva before it was released in the United States.

Bain says the motive behind EFFORTS was an influx of unanswered questions. Now, thanks to the organization, he says, there are more answers. "I think it's great for any patient because the more you know, the better you're armed. Once you learn to relate to the problem, you can learn out to control it."

Bain is 67 now, 21 years after his doctor told him he only had six to live.

So what are his tips for battling COPD? "The secret is a good attitude, learning as much as you can and pulmonary rehab, if at all possible. Start walking and exercising and keep your muscles strong, so they don't require as much oxygen."

EFFORTS is not an Alpha-1 site, but it contains lots of valuable information for lung-affected Alphas. Visit it at www.emphysema.net.

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Welcome to EFFORTS and Congratulations !

You have found the most energetic and comprehensive Emphysema organization on the web. EFFORTS is a non-profit organization that actually works to promote research for emphysema and related lung diseases. It also provides a very vital support mailing list and educational resources for members.

Please join us.

Be an activist in managing your own disease, and join the
EFFORTS to promote that vital medical research.

If we don't do this, who will?

From 1999 - Website Main Page



COPD Patients Rally at U.S. Capitol to Raise Awareness for America's Fourth Leading Killer Disease

WASHINGTON, May 6 /PRNewswire/ -- EFFORTS (Emphysema Foundation For Our Right To Survive), the largest patient organization in the United States working to raise awareness for Chronic Obstructive Pulmonary Disease, or COPD, took their message to Congress today during a rally held at the United States Capitol building.

COPD is an umbrella term for two respiratory diseases -- chronic bronchitis and emphysema -- and is caused primarily by smoking (90 percent of cases). There are more than 30 million Americans who suffer from COPD, but only 16 million have been diagnosed with the respiratory disease.

COPD is the only one of the top 10 causes of death on the rise, with 110,000 Americans dying each year, and is estimated to become the third leading cause of death in the United States by 2020.

More than 30 members of where a large contingent from Capitol. "It is crucial that we do deadly disease and help those United States Senator Joseph way in reducing smoking."

Common symptoms of breath after mild exertion and may become noticeable to smokers

To help smokers or former COPD, a simple, non-invasive lung test was conducted with a measuring lung function and

"We want people to know live with this disease," said Gary awareness of COPD is the first step cure."

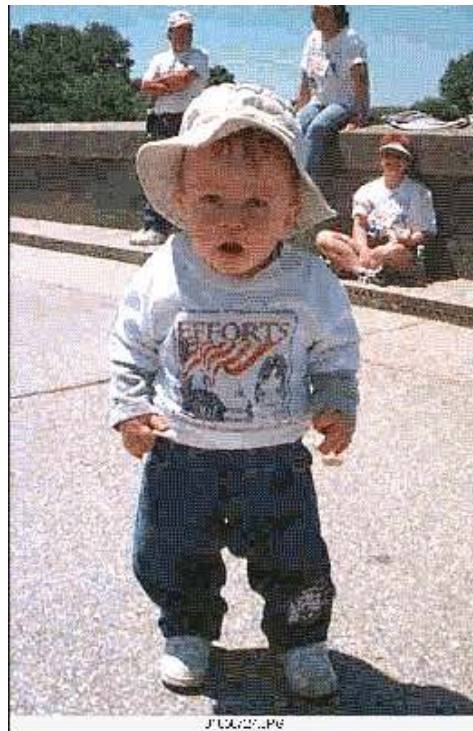
Guest speakers from health Association for Respiratory Care

attended the rally to support the call to Congress for recognition of the country's fourth leading killer disease.

This is the third year EFFORTS has held the rally in Washington. The organization hopes to grow to more than five million over the next three years.

"COPD dictates a change in lifestyle, but with help patients can learn to live a productive life," Bain said. "Our organization provides information and patient support through our Web site, which can be found at <http://web.archive.org/web/20050210171225/http://www.emphysema.net/>"

EFFORTS is an Internet-based, non-profit organization dedicated to the support of individuals with COPD. The organization works to raise awareness and research dollars for the disease by working with appropriate health, medical and research professionals as well as political leaders.



Congress were represented at the rally, EFFORTS gathered on the west lawn of the everything we can to stop the spread of this patients who are currently suffering," said Lieberman (D-CT). "We have come a long

COPD include chronic cough, shortness of excess mucus production. These symptoms or former smokers in their mid-forties. smokers interested in learning if they have function test was provided at the rally. The spirometer, the most accurate tool for detecting COPD.

what COPD is and what it is like to actually Bain, president of EFFORTS. "Raising in getting more research dollars to find a

organizations such as the American and the American Cancer Society also

For the past three years, we have been going, on our own, to the Capitol Building in Washington, D. C., in EFFORTS to bring about awareness about Emphysema and other lung diseases. We put up tents on the lawn and had a blast together, meeting and talking with the folks that visited us and asked questions.

This year (2004) represents the culmination of what many of us have been working for. This time we are joining other groups that are working on COPD Awareness, one of the original goals of EFFORTS and the reason for our 3 previous treks to Washington to ask for such recognition of our disease. This will be to celebrate World COPD Month for which we are attempting to have our politicians write into law, as November 20th. This also is the month we have chosen to have World COPD Awareness Day.

As you should be aware, we are also writing our political representatives to ask them to co-sponsor legislation to make November Annual COPD Awareness month, see <http://www.emphysema.net/awareness3.html>

Here are the details for the combined conferences of several patient and provider groups for the event.

November 14th & 15th, 2003, will be the first National COPD Conference to be held in the United States, in Washington D.C.. We, as patients, have been asked to attend and participate in planning a future course of action to decrease the deaths and increase diagnosis and public awareness of COPD/Emphysema. The countries leading pulmonologists, federal and world health officials, and many public health and patient organizations will be attending. Our hopes for this conference are that a national policy will be formulated to increase research, diagnosis, and public awareness of this disease.



rear: Mary Ellen Owens, Jerry Shelor, Ken Scott, Susan Hurd, Harold Owens, Mike Parker, Pam DeNardo, Ron Cook, Bunny Music, Dr. Claude Lenfant, Leo Vielhaber;
Left to right front: Linda Watson, Carrie Shelor, Carolyn Swayze, Edna Fiore, Kathleen Lukas, Lois Dickson, Pat Crowe, Sylvia Patterson, Jeanette Vielhaber

EFFORTS Group Taken at COPD Coalition Conference Washington DC, November 2003



WHO ARE WE?

The people of EFFORTS are Tall, Short, Skinny, Fat. We are young and we are old. We come in all colors, races, and religion. We are educated and uneducated. We come from all professions and jobs. We are civilian and Military. We are Americans and citizens of other countries. We have all types of personalities. Some of us are pretty tough and others of us are very fragile. After all, we are human.

We have learned that none of these things have anything to do with how we feel for one another. All of a sudden it just doesn't matter if you have a Lincoln or ride the bus. Your color, your accent, your language all of the things that many people judge others by just don't matter. Why? Because we are human.

We Laugh together. We cry together. We hurt for one another as well as our care givers. We learn from each other and we teach each other. We irritate others from time to time just like anyone would if they spend as much time together as we do. Since we are all humans, we sometimes hurt our brothers and sisters. Sometimes on purpose because we are hurting, but most of the time because we don't watch what we are saying. After all, we are human.

We are learning to understand that tomorrow, one or more of us may not be here. We don't want it to be us, but we don't want it to be any of our brothers or sisters. Sure we are selfish, but after all, we are human.

Why are we the way we are? Why do so many things that are important to the rest of the world seem so meaningless to us? It's very simple, we have a common enemy and we have a common goal. The eradication of Emphysema and other related lung diseases. We are all in the same boat. And we are all human.

With God's help, one day these diseases will no longer exist and we can continue on through life, just being human.

Written by member, John Strong on February 20, 1999.



Reminiscing

These recipes and memories were gathered mostly in the summer of 1998, when Funday was first established. We had many parties and outings and were a pretty wild bunch. That explains some of the wilder recipes~!

Those days are gone, but not forgotten.

©EFFORTS February 2001

HOT TODDY

Kathy - How's this?

1½ oz. Southern Comfort

5 oz. boiling water

1 tbsp. sugar

3 whole cloves

cinnamon stick

Combine in a heated mug.

Garnish with a lemon slice and sprinkle with nutmeg.

JoAn;! Thith vas berry gude. Tank u frum ed and meeee.

Peom:

Starkle starkle little twink

who the heck I are you think?

I am not under the alkafluence of inkohol

like many tinkle pink I am.....

Kathy/Va.....I think

JJ

Gary L. Making coffee over a campfire brought back a happy memory for me. Our fishing Buddies came to go fishing one Fall afternoon-- our power was off -- We made coffee in a coffee can on a fire outside. Didn't have tin cups either, but the best coffee ever. Try it sometime. 3 LB. coffee can, add coffee and water, let almost boil ... enjoy.

Myrl

LAST GASP RECIPE

Prepare 1 pound elbow macaroni (works best taste-wise because shape captures the juices; but bow tie pasta or others are fine if you want a little more classy look). Cook al dente or to taste.

Add: Mayo (NOT Miracle Whip) to taste (add spoonfuls slowly as you assemble the salad, as the juices added will dilute it nicely, so you don't have to get TOO much fat in there; unless, of course, you want it)
Pickle juice

Olive juice
 Caper juice
 Sliced/diced green onions (regular or red onions too if you want)
 Sliced/diced celery (the crunch is great)
 Sliced/diced dill pickles (Polish or kosher)
 Sliced/diced red or green peppers if you like
 Garlic powder
 Chopped fresh dill and parsley
 Paprika (helps add color as well as taste)
 Capers (be gentle and add them slowly--a few can go a long way)
 Green olives (with pimentos, for color) (it's easiest to buy jar of jumbled
 up Spanish olives so you don't have to chop)
 Salt & coarse black pepper to taste

Add whatever amounts of everything you like, and don't hesitate to experiment with other spices that are simpatico with dill. This comes out different every time you make it, depending on your mood.

True story: Last Christmas Eve we held a buffet dinner party for about 45 people (groan--what got into us to put on something like that, I will never know--burst of holiday enthusiasm, I guess). I made tons of this stuff (3 or 4 pounds of cooked elbow macaroni and pounds more of celery and onions and other ingredients) but was sure it would languish uneaten for a week. There were lots of fancier foods on the table, but every last morsel of the macaroni salad was gone early on (the only food item to disappear), with everyone smacking their lips over it. Very rewarding!
 Lisa Nielson

I live in Winston-Salem, NC.....part of which is Old Salem, a very old colonial settlement. Moravians were in the area of Salem around 1750 and the town of Salem was actually settled in 1772 by the Moravians. Salem was a religious community, and highly self sustaining. They made their own candles, pottery, ironware, shoes, etc, even in the very early days of the settlement. They even had their own book binders. And they had a most wonderful bakery called Winklers. One of their most famous bakery items, for 200 years has been the Moravian Sugar Cake. You just have to taste this. It is a flat cake (like a coffee cake), with wonderful topping of cinnamon, sugar and butter. So good with a cup of coffee. Just so happens I have the recipe. And If you would like to see some of the wonderful colonial buildings in Old Salem, go

here.....

<http://www.geocities.com/SoHo/Museum/7151/index.html>
 Brenda Hoilman, North Carolina

PIG LICKING CAKE

Combine box of yellow cake mix, 3/4 cup of oil, 4 large eggs and a 9 oz. can of mandarin oranges, juice and all. Beat on medium 4 minutes. Bake at 350. Let cool. Combine reg. size cool whip, 15 oz can of crushed Pineapple and small box of vanilla instant pudding. (I used French Vanilla pudding). If you use sugar free pudding, use the large box. Frost. Eat

This cake disappears in record time.

Barbara Phinney in San Diego

I use to make peanut butter fudge all the time till I got sick. You cannot tell anyone how to make the fudge just tell them what goes in it. Just like making biscuits you just have to keep making it till you get it right.

JIM- Ohio

People in my part of the USA had candy makings--Everybody took whatever they wanted to make and stirred and tested away. I remember the fudge was made with peanut butter--Guess that was before chips. John makes it now in the Microwave. Can't tell the difference.
 Myrl

MICROWAVE PEANUT BUTTER FUDGE

3 cups peanut butter chips
 14 oz,can sweetened condensed milk
 1/4 cup oleo_or butter

Mix in microwave safe lg.bowl. Microwave 50% until chips are melted—3 to 5—mins. stirring 1 or 2 times. Stir in 1 cup pecans or walnuts. Pour into well greased 8x8 inch baking dish.

Refrigerate until set

Myrl

Hi Myrl, I hope your fudge recipe is as good as the tomato gravy. Gary enjoyed it very much and told me to be sure and thank you..... Jan Costilow, Kentucky

Hi All -If you want to try, here is the old fashioned peanut butter fudge recipe.

8 cups sugar
 8 cups water
 1 stick butter
 2 tablespoons karo syrup
 2 teaspoons vanilla flavor

2 tablespoons peanut butter
Boil sugar & water until it turns into syrup. While stirring, add butter till it melts then add all the rest of the items. Keep stirring till it gets thick and cool. Pour onto a buttered platter. Put in refig for 20 minutes then cut. You may have make it a few times to catch on how it turns out. It's one of those that you need to see how it is made first, like biscuits. Jim Watson

There you are Jim, nice to see you!
Brenda, I'm "hooked" on this thing to the people—the silly stuff and the medical advice. I'm a little worried about Gary.—are you SURE Harriet was on the cannula accidentally? Better watch it.

If you don't like chocolate, try a little Cheese Cake.
John makes in 8 minutes. Myrl

My hang up for years has been Candy Corn. All sugar and Corn syrup. Gary in Florida

Hey Gary, Did you know they have candy corn just about for every holiday now.....I get it for Easter, Christmas, Halloween.....so on and so on.....I can eat it by the bucketfuls. LOL Kathy, Virginia

We had my Mother- in-law till 9 years ago. That's how long since I've had that homemade butter. Gary in Florida.

Now you're Cooking Gary. My grandmother put the cream in a crock, churned an' smushed the butter out. Took it out with a slotted spoon, washed it in cold water, worked out the milk and water with a wood paddle, put the butter in wood molds —and oh boy!! That butter on a hot biscuit and a little mixed in sugar cane molasses. Honey, you ain't eat 'till you have a plate full of that. Myrl

OK, I am into my Old family recipies. :-) In this recipie, does anyone have any idea what "2-1/2 S.A." B.P or" 2 D.A." B.P is? I assume Baking Powder. But what is S.A. or D.A? Note that the quantity is different.....

I think.....S A.....is single acting....and DA is double acting....Patti

Thanks, Patti, Now for another question. My can of Baking Powder (Calumet) doesn't have either of those

types of words -- single or double. So How do I figure?
Marlene

I can't swear to it, but could that possibly mean "sprinkle" or "dash" ? ~Shelly Trussell~ :o)

For Larry Whiddon from Myrl:
3 c.flour --1T salt--5 T water--1 1/4 c shortening --1 egg, well beaten --1 T white vinegarcut shortening into flour and salt (plain flour) beat egg, add water, mix, add vinegar, mix. Pour into flour mixture at once. Blend until flour is moistened, handle as little as possible. Can refrigerate unused portion up to 2 weeks. Don't forget - PLAIN flour.

It's a pie crust, silly. I forgot to name it. I'm sick and tired from all this work and have 84 still unread. You two ok? Myrl

My wagon broke down yesterday and had to go to the Blacksmith. For all who ask what the flour, salt, vinegar etc. was--It's dough for pie crust. It makes 4. Myrl

Flatten chicken to make 4 breasts. Place chicken in an 11 by 7 inch glass dish. Marinate 30 minutes in a mixture of bourbon, brown sugar soy sauce, lime juice, nutmeg, red pepper and ginger. In a medium skillet, heat oil and saute chicken until golden.
Serves 2. Gary in Florida

Sounds delish, but you forgot the last cooking instruction. Aren't you supposed to DRINK the marinade while you're sauteing the chicken? - Joan

When you get ready to fix the chicken, you buy a new bottle of Bourbon, that way you don't have to drink the marinade! Gary

MICKEY'S CHICKEN

This is not a recipe just a different way of doing things. I was told to try this about 5 years ago and it sounds totally disgusting but tastes great. It works on chicken best but works good on any meat you are going to batter and fry. Now get your best disgusted looking face ready.

Very complicated so follow closely..... for fried chicken you cut and wash the chicken and then rub a lot of plain yellow mustard generously all over all pieces and then put in a bowl and cover with plastic wrap and let sit overnight in the fridge. Just season and

batter like you normally do and fry. Do not rinse the mustard off of the meat.

You are in for a treat but forget about telling anyone about this because they will make the same face you are making now but it sure brings compliments from company. Enjoy! Mickey

Yikes! Mickey - I hope you meant "bowl" and not "bowel!" JJ

20 EASY STEPS FOR BAKING A TURKEY

- Step 1 : Go buy a turkey.
- Step 2 : Take a drink of whiskey.
- Step 3 : Put turkey in the oven.
- Step 4 : Take another two drinks of whiskey.
- Step 5 : Set the degree at 375 ovens.
- Step 6 : Take three more whiskeys of drink.
- Step 7 : Turn oven the on.
- Step 8 : Take four whisks of drinkey.
- Step 9 : Turk the bastey.
- Step 10 : Whiskey a another bottle of get.
- Step 11 : Stick a turkey in the thermometer.
- Step 12 : Glass yourself another pour of whiskey.
- Step 13 : Bake the whiskey for four hours.
- Step 14 : Take the oven out of the turkey.
- Step 15 : Take the oven out of the turkey.
- Step 16 : Floor the turkey up off of the pick
- Step 17 : Turk the carvey.
- Step 18 : Get yourself another scottle of botch.
- Step 19 : Tet the sable and pour yourself a glass of turkey
- Step 20: Bless the saying, pass and eat out
Mickey Wagner, Texas

No, I am NOT saying you ladies do not know how to cook! JIM, Ohio

While FUNDAY usually takes it's own lead and runs with it, any suggestions as to what to do with leftover Turkey and stuff might be appreciated. Gary B.

Funday Theme -- What to do w/leftover Turkey.... Hmmmmm..... Well, I really like the thought of the circulating trash but, I'm afraid that my thrifty side just won't let me do it. So, may I suggest the freezer for a week or two? That way, when you serve sliced Turkey in gravy, over stuffing, everyone will say again how good it is. Marlene, Virginia

Ken - With the Thanksgiving holiday about a month away, I thought I'd share this wonderful turkey stuffing recipe with you.

- 1 Turkey
- 4 Cups bread crumbs
- 1 onion, chopped
- 1 Cup uncooked popcorn

Mix all ingredients well and stuff the turkey. Bake four hours in 350 degree oven. After four hours, get the hell out of the kitchen because the popcorn will blow the arse right off the turkey. Joan, NJ

I liked your recipe for turkey. HaHa I think I will try it on my dog first. Why waste a good turkey.

Wilma,
You've managed to do it again!!!! I want my starter! Oh, how I love Amish Friendship Bread. I don't think there is a more wonderful bread, anywhere. But, to get that starter..... :-(
Marlene, Virginia

For those who were looking for the starter for the friendship bread - here is a recipe that was given to me by our school librarian who was raised in Lancaster, PA. The starter is called 'Herman.'

Does anyone have a batter for fish that uses beer.....like "Captain D'S"?? I used to have one , but I lost it. Patti

Sorry I have no super duper batter recipes. The only two I use are:

- Beat several eggs seasoned with salt & pepper
- Mix flour with salt & pepper

What ever I am going to batter goes in the eggs and then in the flour, back in the eggs and then in the flour and the hot grease.

For the other one I just omit the egg mixture and sometimes I have to dampen the meat with water or sometimes I use Southern Comfort and then into the flour and then the hot grease. Mickey

Hey Mickey _I just love it when my chickens are comfortable! Joan

And just remember Joan when your chickens are comfortable you will be too :-)) Mick

Boy, first Kathy with her Southern Comfort, and now Patti with her beer _ you southern gals just cain't hold onto your likker!!!! Patti _ Here's a beer batter recipe for you: JJ

I don't know about batter for fish but I use a can of beer over a ham, bake it in the oven and it makes the best gravy. Dark and tasty. Maybe you dip them in beer and then flour batter. Just substitute beer for eggs or mix the eggs with beer instead of milk.

Barbara, San Diego CA

Barbara, Re the beer over ham, I do that with Coke. That is good as well.

Lorie in the UP of Michigan

Darla, John has made the Cracker Jacks every Christmas since the grandkids were little... They're better than the bought ones. He puts Love in his. Myrl

Thanks, for the recipe .. I can't tell how well that was timed. My husband hauls grain off and on during slow times around the farm and bad times which this is. Anyway last week he hauled 60,000 lbs plus of popcorn to a processor from a grower. Some of the popcorn was from last years crop and had weevil in it. The bug is gone, but the center of the kernel is gone and the corn won't pop. Anyway, we ended up with about 200 bushes of popcorn, part old part new. It was going to be sold for feed and the man he hauled for told him to keep what he wanted. Since he knew where the good corn was basically, we now have lots of 5 gal buckets full of popcorn. Guess who was looking for a recipe for Carmel Corn. I used to have one similar to the one you sent. I obviously will be using this recipe. Guess I'll be the popcorn maker from now on. Nancy from MO

Yeah, I got a bread maker. Inherited my Mama's. It's a Hand and Elbow Grease brand--lots better than these new gadgets. Always make bread when in a snit--take it out on the dough and poof---Snit gone..... Myrl

Please don't leave me out if you are passing out Corn Meal Mush!!!My Mother raised all 9 of us kids on that stuff!! If there was any leftover, she would fry it in bacon drippings the next morning! I haven't had any of

that stuff in years!!! Breathe well, and have a nice holiday. Frances Garner

Gosh Frances....They even sell it at the store now.... I manage to have it every weekend. Last Sunday we talked about "fried green maters" and Mush and I ended up having them for supper...Mmmmm Good!! Yeller is best though! Gary, Missouri

My hubby just got home with some armidilla , still haven't figured away to cook one a them things anybody got some recipes? Would be greatly appreciated. Pat in Texas

Sure, just like we do possum Starve it for 2 days, then feed it a big pan of cooked rice. After it eats all the rice, knock it in the head and bake in the oven. Stuffed Armadillo. Gary in FL.

TENNESSEE OPOSSUM

1 C salt,
1 Tbsp melted butter,
1 lg. onion chopped,
2 C. bread crumbs, 1/4 tsp. red pepper,
1 hard boiled egg.
dash of Worcestershire.

I Tennessee Opossum
After 'possum has been dressed, wash thoroughly in and outside with hot water (no soap) Cool with cold water to which salt has been added. Pour over possum and soak overnight. Drain in morning and rinse with boiling water. Mix remaining stuff plus chopped liver. Stuff opossum, fasten with skewers, place in roasting pan with a cup of water. Bake in 350 oven till tender, basting often. Serve with baked sweet taters.

Can use a coon if you can't find possum.-----This is a family recipe from 8 or 10 generations ago. I've heard it's delicious. Myrl, Tennessee

Since you are an Honest ole Boy and hungry, I'll cook up some peas, okra , and peach cobbler-- How about some golden brown young Ground Hog baked. Had one in the drive way all week, eating acorns.. Hugs, Myrl

CARP

How to properly prepare CARP
Take a 1-3 pound CARP, Clean and scale completely.

Carefully turn tail up and nail tail to proper size board.
(Can use garage door if available)
Make sure board is turned toward sun for a least 3-4
hours in heat of day to allow the juices and drainage to
leave the fish.

After a minimum of 2 hours in direct heat, carefully
remove the fish from the board and very carefully wrap
it in current newspaper or aluminum foil.

Throw away the carp and eat the board, it is better.
Gary- Missouri

HEADCHEESE

1 hog's head
1 hog's tongue
salt pepper and sage

Clean and scrape hogs head and wash thoroughly.
Wash and trim tongue. Cover head and tongue with
slightly salted water and simmer until meat falls from
bone. Drain and shred and season. Pack tightly in
weighted bowl. Let stand 3 days in fridge. Slice and eat
or throw to the dog - whichever seems right to you.

Kay Trudo

FRIED BRAINS

1pound brains 2 tbsp. flour salt and pepper 2 tbs oil
Precook brains, roll in flour, season and brown in oil
Kay Trudo

Now you have hit on my absolute favorite!!!! Served
with Scrambled eggs and toast !!!

I must correct the recipe though... you must first soak
them in salt water and then de-vein them... Gary B.

Fried Brains....yuk Shirley of Indiana

I am from Indianapolis originally and we all eat fried
Brains, scrambled eggs and fried corn meal mush. :>)
- Gary

Years ago, there used to be a place in St. Louis that
specialized in brain sandwiches and boy they were
delicious. My mother used to also fix brains and
scrambled eggs. I always thought they were very good.
Remember the movie, "Giant", where they had the steer
head set up on the table and the skull was the container
and they just went by and dipped the brains out? - Gil

Had brains and eggs a few nights ago. Good Gary, but a
little dab will do 'ya—Filling - Myrl

Bob, Did you really want the recipe for Mountain
Oysters? You asked for it! Elinore, NYC

MOUNTAIN OYSTERS

flour
salt
pepper
paprika
garlic
cayenne
Mountain Oysters

Season the flour with the salt, pepper, paprika, garlic,
and cayenne. If the mountain oysters are large, cut them
into bite sized chunks. Dust the mountain oysters in the
flour and saute in a pan of hot oil or deep fry. They
should be tender on the inside and crisp on the outside.
Serve with horseradish sauce or cocktail sauce.

Mountain Oysters, also known as prairie oysters, are
that part of the male animal which is removed in his
youth that he may thereby be more tractable and less,
uh, masculine. They are considered to be quite a
delicacy. Some butcher shops sell bull testicles

I do believe they are selling these at Wendy's and
calling them Chicken Nuggets! - Brenda

Let's see, last week we had some pretty good recipes.
This week we have worms, mountain oysters, boards of
carp, and crabs..WOW what a diverse group. If we
weren't sick before we will be after we prepare this
week's menu items (and don't forget the milk from de
udder end of de cow). Bon Appetite!

Jacqueline Dehart

DougI believe your poem on SPAM is a fitting
ending for a day of trying to gross each other out with
some of the most outlandish, imaginative, and
sometimes (I believe) fictitious recipes. However, if
anyone wants an expert in harvesting mountain oysters,
sweet breads and products by other names for this
delicacy I have been there, done that. I was a farm kid
and was required as a student in vocational agriculture
to perform this harvesting operation and have the
animal survive. I passed the course. Don't call me
except for advice I no longer work on a farm or do
surgery on livestock..... Ken Jolly

SCRAPPLE

First the history:
Scrapple is a medieval dish, a sort of a pot pudding that
evolved... In Westphalia and northern Holland, the

region where Philadelphia scrapple evolved, was thickened with blood and buckwheat flour. In Philadelphia, unfortunately, blood had a commercial value in the processing of sugar and was far too valuable for the likes of scrapple. The buckwheat was cut in half with cornmeal, allowing even less ground meat per pound of scrapple than its European counterpart. It was no longer in the haute cuisine category.

Scrapple was eaten in connection with butchering day festivities, it was therefore a cold weather dish made from October to March. Although it is available now all year round, it was never then considered a hot weather food. The following is Elizabeth Nicholson's recipe and probably dates from the 18th century:

"Take a pig's haslet and as much offal lean and fat pork as you wish, to make scrapple; boil them well together in a small quantity of water until they are tender; chop them fine, after taking them out of the liquor; season, as sausage; then skim off the fat that has risen where the meat has boiled, to make all soft, throw away the rest of the water, and put this altogether in the pot; thicken it with ½ buckwheat and ½ Indian. Let it boil up, then pour out in pans to cool. Slice and fry it in sausage-fat, after the sausage is done."

From What I want to Know; or the Hints on the Daily Duties of a Housekeeper by Willis P. Hazard, 1856

Note: a pig's haslet is the heart, the liver and other edible viscera of the animal. I had always thought that scrapple was made of the meat of the head of the pig. Of course this would be considered offal meat: the jaw and face meat (not the brains).

The seasoning used were sage, salt, pepper, and cloves. Here is an up-do-date adaptation of Elizabeth's Nicholson's recipe.

3 lbs of fatty pork
3 qts. water
1½ cups of buckwheat flour
1½ cups of cornmeal flour 2 tsp salt
1½ tsp. fresh ground pepper
1½ tbs. ground sage
¼ tsp ground cloves
Simmer the meat in the water about 4 hrs until tender. Strain and reduce broth until it is about two quarts. Grind the cooked meat and fat in a meat grinder and add it to the broth. Add the cornmeal, the buckwheat and the seasonings and simmer until thick. Stir often to keep it smooth. Add water if necessary. When it has the

consistency of mashed potatoes, pour batter into six inch bread pans. Allow to stand until cool, and then refrigerate overnight.

As a child we would often have scrapple on Sunday morning with eggs or pancakes. It is especially good when it is fried crisp, and is mixed with a little egg yolk or syrup (not both!)
Marlene - Virginia

TEXAS FRIED RATTLESNAKE

1 2 - 3 ft rattlesnake (for best results catch live and then prepare)

Salt to taste

Pepper to taste

Chili powder to taste

Cayenne to taste

Flour

egg

VERY IMPORTANT; capture/kill a rattlesnake without making him strike. (When agitated, a rattler will bite himself first to spoil the meat). Once killed, cut off head and tail (save rattlers if you want). Destroy head - remember it is still deadly. Skin and gut. Rinse in cold water.

Cut into 1 _ 2" sections. Dip in egg; then flour, salt, pepper, cayenne, chili powder mixture; back in egg, back in flour mixture. Fry in hot grease 'til done. Serve with a big ole pot of day old pintos, onion, Mexican cornbread and Tabasco. UMMM good! So good, it'll make your tongue slap your jaw.

Note: Some stores have canned rattlesnake. But I prefer fresh-just tastes better to me.

Doug Beach, Texas

NATURAL TREAT

1½ lb Earthworms

½ lg Onion, chopped

¼ c Chicken bouillon

1 c Sour Cream

3 Tb Butter

½ c Mushrooms (optional)

Whole wheat flour

Thoroughly wash and purge the earthworms before using them. To purge, boil the worms three times and then bake them in the oven at 350 degrees for 15 minutes.

Coat the worms with flour and brown them in butter. Add salt to taste. Add bouillon and simmer for thirty minutes, stirring occasionally. Saute onions and mushrooms separately in butter. Add both to the

earthworms. Stir in sour cream. Serve over rice or chow mein noodles.
4 servings Doug Beach

FRIED COW'S UDDER (Gebackenes Euter)

500 g Cow's udder (a generous lb)
1 Egg, beaten
Plain breadcrumbs

100 g Butter (7 Tbsp)
Salt
Pepper

In order to remove all traces of milk, put the udder into lukewarm water and let soak for 2 to 4 hours, permitting the water to cool off. Then cook the udder in a 2-percent to 3- percent salt water solution until tender. Remove from the cooking liquid and cut into 1/2-inch thick slices. Let the slices dry a bit. Season on both sides, dip into whisked egg, and then into breadcrumbs. Fry in butter, turning once, until golden brown on both sides. Serve with lettuce. Serves 4.
Doug Beach

COYOTE DROPPINGS

2 cups brown sugar
1 cup margarine
½ cup white corn syrup
½ tsp. baking soda
14 ½ ounce package Cheetos

Bring sugar, margarine and syrup to a boil for 5 minutes. Remove from fire. Add baking soda. Stir. Pour over Cheetos in large bowl. Quickly toss and spread on 10x15 pan, sprayed with PAM. Bake at 250 degrees F. for 1 hour, stirring every 15 minutes. Pour out on waxed paper sprayed with PAM. Quickly separate Cheeto pieces.
Doug Beach

Doug! Do you really eat this stuff? - Joan

Don't know about everyone else, but I'm in favor of an old fashioned donkey bar_b_que. Gary, bring your '51 convertible, and Gary you bring your corn.
Gil In Colorado

Oh My Gorsh, Somebody, stop him.....
Uugggghhhhhhh!~ Marlene
P.S. I want to sit there and watch you eat that recipe,
Doug!

I want to watch Doug eat that also. I don't want to watch him fix it YUGGGGGGGGG. Just want to see him eat it. Barbara in San Diego

People have been eating pig ears for years. It is a popular sandwich in parts of Kansas City. If you like horseradish and use plenty of it, they are not bad.
John Strong, California

We have found that they are now selling Pigs Ears for "dog munchies" and our dogs love them.
Wilma, Arkansas

Those who like Pickled Pigs Feet, will usually love Souse!
Gary Bain, Missouri

Jim— Did you go "oink oink" after you ate those pig's feet? Joan

I know a lot of the southern and "different" tastes in food come from Europe. They also refer to Souse as Head Cheese, my mother use to make it. Have you ever tried Pigtails and sauerkraut, excellent cuisine... Right now Hattie, my dog, loves the pig ears..... Wilma

Or maybe a pig picking.....MYRL.....where are you today? You should comment on this one..... Brenda

As I remember when it was Hog Killing time, my aunts' and uncles' families went to my Grandpa's house. Everybody took sharp knives and the largest pans they had. Grandpa had a huge black pot of water hot in the back yard. Some sharp shooter shot the hog—right between the eyes—somebody cut the hog's throat. when it had bled all over the place, a grandson scooped up the blood (didn't dare track it in granny's house). Next they manhandled the hog onto a belly high table Granny used for washday. They slowly poured the hot water—just under boil—on the hog, covered him with burlap bags and kept them wet and hot until the hair came off with a slight scrape of a knife—Clean and smooth as a baby's bottom—The table was washed, the hog turned over to do the same to the other side. With that done, a thing called a gambling stick—2ft maybe—was put between the back legs, attached some way. A log chain to the stick, then over a apple tree limb, then the hog pulled up. Some one cut his head off—an aunt got the head to start skinning it. Then the poor hog was split open—from Ida Red to who would've thought it— the guts fell out into a tub ready to be carried away to have the fat cut off to be put in

lard later. Next, the hog was washed inside and out with cold water, also the table. Hog lowered, and tail and feet cut off, then hams and shoulders. Grandpa tied Spot and we ate while the hog cooled enough to trim. That big warm kitchen sure felt and smelled good—grandpa wouldn't dare kill a hog in weather warmer than 35. Later, the fat was trimmed, the aunts and older granddaughters cut it into small pieces for the big pot—my brother had the job of rendering lard—other trimmings went into sausage, and that's where I got into it. A big meat grinder bolted to an oil cloth covered table, and all of the kids taking turns grinding sausage. It was seasoned and mixed on the table, made into patties, fried and baked, canned and sealed in a happy operation. NOW the Head Cheese—Soupe meat. It was cleaned, eyes removed, ears dried and singed and the skin removed. Boiled until falling off the bone, smushed up, and seasoned with sage, salt and crushed red pepper and vinegar. Packed in a large crock, covered with a plate with a heavy smoothing iron on top. It was kept in a warm place until the grease quit coming into the plate WHEEEW !! And I don't know (or care) where the oysters went.!!

Myrl -Tennessee

Ya'll forgot to get the recipe in for Chitlins. This is a delicacy but be sure to open the windows whin you cooks em. Cut the pig intestines open 'clean in warm watah several times... soak overnight in salty watah. Whack up in 2_3 pieces 'n boil til tender,, now dip in a battah (an aig, flour 'n milk)'n fry til a golden brown,, th best part of the pig. -

Dona

PIG KNUCKLES AND SAUERKRAUT

4 pigs knuckles

3tsp salt

2 qts boiling water

1 qt sauerkraut

Place whole knuckles in boiling salted water. Cover and simmer about 3 hours. Twenty minutes before serving pour off most of the water and add sauerkraut. Heat thoroughly. Serve the meat on a bed of sauerkraut.

Serves 4

Kay Trudo

BRAISED SWEETBREADS

1 pair sweetbreads

salt

Paprika

Flour 4 strips bacon

Stock from sweetbreads

Sherry

Precook sweetbreads, break into large pieces, season and roll in flour. Wrap with bacon strips, Place in baking dish and add enough stock to cover bottom of dish. Cover dish and bake at 350 about 10 minutes.

Combine 1/2 cup stock and 2 tsp flour, add to sweetbreads and cook uncovered till bacon is crisp.

Add sherry just before serving. Serves 2 Kay Trudo

My Daddy told me what sweet breads are! YUK YUK.
Shirley of Indiana

Jim - I found the best recipe for you for your pigs feet, ready for this?

Scrape and wash pigs feet (they come 4 to a pig)!

Wrap in a cloth and put in a pot....kiver wid watah 'n add tsp uv salt. Simmer fur 3½ hours to 4. Eat 'em cold seasoned 'r cut into 'n battehd 'n fried to a golden brown. Enjoy

Dona Lindsey

Tell Larry to pick the beans early in the AM. Wash and break a quart. Put in micro wave safe covered pan with ½ cup water for 10 to 12 mins. - drain - let set in cold water. I strain in a "holy" holes in a bowl and let them get cold on dish towels before bagging for the freezer. We do peas, corn and squash the same way. Are you the Carolyn I gave the tomato gravy recipe for husband?

Myrl

Pretty proud of myself up here in WA. Last week my husband and I canned 29 pints of beans (green) and 26 quarts of tomatoes. About all he did was lift the canner on and off the stove. Could never have done that before I started exercising. Still am surprised that I did. It really is amazing what you can do when you make up your mind to it.

Pat Laney, Washington State

Good job with the canning. I would like 2 Mason jars of the beans and three of the tomatoes. Thanks. Anyone ever tried canned venison? -

Ron Riddle in FL

I've had canned venison and loved it also canned fish.

-

Kay

My grandmother used to raise pheasant and quail, she canned both. Very good. Following is a recipe from my mother for Elephant Stew.

Gil, CO

ELEPHANT STEW

1 elephant

2 rabbits (optional)
 seasoned brown sugar gravy
 Cut elephant into bite-size pieces. This should take about two months. Cover with brown gravy and cook over kerosene fire at 465° for about 4 weeks. This will serve 3,800 people. If more are expected, add the 2 rabbits. Do this only if necessary, as most people do not like to find hare in their stew.

Gil, Colorado

 Everyone has been posting today about really yucky things to eat and reminding us what happens in plants that produce bologna and hot dogs.

Well, I have a true story. My Dad worked for the Brooklyn Union Gas Company in New York. One day he had to go service some machinery that were powered by Gas. It seems this plant made bread crumbs, like Progresso. Inside this warehouse were floor to ceiling racks that contained bread in various stages of decay. It seems they just take the loaves of bread and pulverize them into bread crumbs. Dirt, green mold, dead flies and all.

Well, needless to say my Mom to this day does not use bread crumbs.
 Barbara in San Diego

Barbara, That's where the bold flavor comes from. What's wrong with dead flies— are you a vegetarian?
 Frank J, New York

HEARTBURN SUPPER

Brown 2lb ground beef and drain. Mix with 2 large chopped onions, 1 or 2 jalapeno peppers finely chopped, 2 cans chilli hot beans, 1½ T. garlic juice, 1 can diced tomatoes, 2 T. crushed red pepper,

Simmer in 350 oven until bubbly. Sprinkle top with ½ c grated Cheddar, ½ c. Mozzarella. Continue baking until cheese melts. Serve on hoe-cakes----with Alka-Seltzer!
 Myrl, Tennessee

FUNDAY HOE CAKE

Some people could starve to death and not know what got 'em. Ain't ye never heerd of corn pone and sallet with stout onion and white beans washed down with a tall glass of buttermilk???

Hoe cake definition. ½ c. self rising flour mixed with 2 ½ c. cornmeal (self rise), 1 lg. egg ,

2 T oil -enough milk for med. thin mix.
 Fry in hot bacon drippings or oil--like pancakes,
 OK ?? For you city and northern folk--this is from the Volunteer State of Tennessee.
 Myrl

Hoe cakes is a very old word for a type of corn bread. These days people may say hoe cakes and mean either baked or fried, but I am going to tell about "real" hoe cakes.

Long ago, in pioneer settlements, especially in the mountains, the people used mostly ground corn for their bread. So they were very inventive in the ways they made it. Consider.....this was in the last 1700s and early 1800s. They would gather fresh corn from the field, grate it, drain all the juice out, and make a batter from it. Just a tiny amount of precious flour was used. (they had to buy large bulk amounts of flour, sugar, coffee and salt from a "traveling peddler" who usually came through the mountains about twice a year. So they were very careful with the use of those ingredients.

The kitchen had a very large fireplace where all the meals were cooked. The fireplace often ran the entire distance of the room and often, the woman could stand in the fireplace while stirring pots, etc. There were often several fires in different spots in the fireplace.

Anyway, the batter was allowed to sit in a bowl for awhile to let it get good and thick.. This batter was then actually spooned out onto a very clean hoe which had been placed into the fire to preheat. The heat transferred to the metal of the hoe and cooked the corn cake....(hoe cake) This is the true story of the hoe cake. It was also often called "ash cake"...because it always had little black ashes on it. Why did they use a hoe? Cooking utensils were at a premium. They may have only two pots or pans and they were in use constantly. These pioneer people used what metals they had. The hoes back then had very large flat heads.....perfect little cookie sheet.

Now, not everywhere, but in rural areas and mountain areas of the south, you still often hear any type of corn bread referred to as hoe cakes.

Brenda Hoilman, North Carolina

THE JANITOR'S DELIGHT

1lb of noodles

1 slingshot

Boil water and cook noodles al'dente. If you cook them too long, your aim will not be true. Use slingshot to fire them at naughty members.

