



Vinegar and coffee are two unusual ingredients in Wacky Cake.

Dairy-defying Delight

Following Wacky Cake recipe brings order to days of uncertainty

By Becky Fitzgerald

Early in my married life, I discovered baking. Tim, my husband, worked nights and weekends, so I spent my evenings and weekends trying to master skills and pursuing hobbies that were stereotypical hallmarks of domestic bliss. Sewing classes? Check. Quilt guild meetings? Check. Church choir singing? Check check. My favorite way to while away a few hours was making cookies.

Back in those days, I worked in

the Lifestyle department at the *Salina Journal*, which created the Wednesday "Food" section, so I was privy to information about trends and gadgets, cooking and baking tips, and of course, recipes. Sure, Tim and I ate some of what I mixed up, but I enjoyed baking and giving best. Linzer hearts for Valentine's Day, gingerbread reindeer for Christmas, sugar Powercats with purple icing for the K-State women's basketball team and coaches before a big game.

One year, a friend and I cut sugar cookie dough into light bulb shapes, frosted them in primary colors, and wove thin licorice ropes through holes

baked into the bottom of each cookie. Voila! Strands of edible Christmas "lights." We carefully arranged them in gift boxes and gave them to our co-workers.

A city and two job changes later, I spend more free time with Tim tending our shade gardens than in the kitchen, but I still volunteer to bring homemade desserts to get-togethers with friends. I appreciate the way baking involves all five senses, the opportunity for creativity, and the feeling of accomplishment when someone asks "Wow, did you make this?"

With governors across the

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country issuing Stay at Home orders to stop the spread of COVID-19, national news reports and Facebook posts have told the story of many people connecting or re-connecting with their measuring cups and mixing bowls. People have had the time to bake, it's been a way to keep little hands busy, and following a recipe brings order and an expected outcome to days of uncertainty.

I had resisted the urge to bake while working from home until I came across an intriguing recipe in a Kansas Country Living magazine sponsored by Rolling Hills Electric Co-op. According to food blogger Rebecca Howard, World War II is credited with producing a dairy-defying delight known as "Wacky Cake," which contains no eggs, milk, or butter. Bakers before us found a way around scarcity of ingredients during challenging times, using vinegar to provide the lift and texture required for a moist, one-layer cake.

It's not fair to compare a few months of toilet paper and hand sanitizer shortages during our current COVID crisis to wartime rationing, but finding a recipe from the 1940s connected the dots from those years of sacrifice to 2020's Great Pause in a tasty and thought-provoking way. As usual, Mother Nature dumped buckets of rain on Manhattan during Memorial Day weekend, so I traded my spade for a spatula.

Hooray! I had all of the recipe's ingredients, including a special brand of pure vanilla extract fitting for a WWII recipe: Hawaiian Vanilla Co. Hubby and I traveled last May to Hawaii, where we visited Pearl Harbor on Oahu and toured a vanilla bean farm on the Big Island. At the farm's gift shop,

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we purchased the bottle of vanilla extract and a kit to make more. Seeing the label when I opened a cabinet door, I couldn't help but make a mental jump to the surprise attack in 1941 at Pearl that pushed the U.S. into the fighting.

I easily stirred together the dry and wet ingredients by hand – no need for an electric mixer – and poured the batter into a 9-inch round pan. Soon the smell of rich, dark chocolate filled the kitchen and beyond, creating a soothing sense of warmth on a cool, damp day.

After dinner that night, I cut a piece for each of us, topping them with strawberry slices and a dusting of powdered sugar. When I shared that the cake was made without dairy ingredients, Tim

asked "Does that make it vegan?"

I confess that hadn't occurred to me, but yes, a cake without animal products does indeed suit a vegan diet.

Vegan or not, we were curious about the taste, and in that sense, this cake is not wacky. It is incredibly moist and certainly satisfied our chocolate craving. It does not taste the same as a cake made with butter, but different doesn't make it bad. I had a second piece topped with raspberries a few nights later, and I enjoyed both fruit-cake combinations.

Do any of you remember this recipe or recall using it? It's also been called a "crazy cake," "Joe cake," "water cake," or "cake pan cake." If so, I'd like to hear from you.

Wacky Cake

1½ cups all-purpose flour
1 cup sugar
¼ cup Dutch-process cocoa
½ teaspoon salt
Pinch of cinnamon (optional)
1 teaspoon baking soda
1 teaspoon vanilla extract

1 tablespoon vinegar
(apple cider or white)
1/3 cup vegetable oil
1/3 cup brewed coffee,
room temperature
2/3 cup water

Heat oven to 350 degrees. Grease and flour (or spray with baking spray) an 8-inch square or 9-inch round cake pan.

Whisk dry ingredients in a medium-sized mixing bowl. In a small mixing bowl, whisk together the vanilla, vinegar, oil, coffee and water. Pour the wet ingredients into the dry and stir until ingredients are thoroughly combined. Pour into prepared pan.

Bake for 30 minutes or until cake is set and toothpick inserted into center comes out clean or with a few moist crumbs. Serve warm, unfrosted, or cool and dust with powdered sugar, or top with your favorite frosting.

Note: If desired, omit coffee and use all water. To make a vegan frosting, use a vegan buttery spread, such as Earth Balance.

recipe

INGREDIENTS

1 Chicken Breast

1/4 tsp Salt

1/4 tsp Smoked Paprika

1/4 tsp Garlic Powder

1/2 cup Frozen Mixed

BBQ Sauce

Aluminum Foil & Baking Sheet

BBQ CHICKEN FOIL PACKETS

Cooking with Lisa

DIRECTIONS

.Preheat oven to 425 degrees. Season chicken with salt, garlic powder & paprika.

.Brush both sides of chicken with BBQ sauce.

.Place chicken on piece of foil & add vegetables.

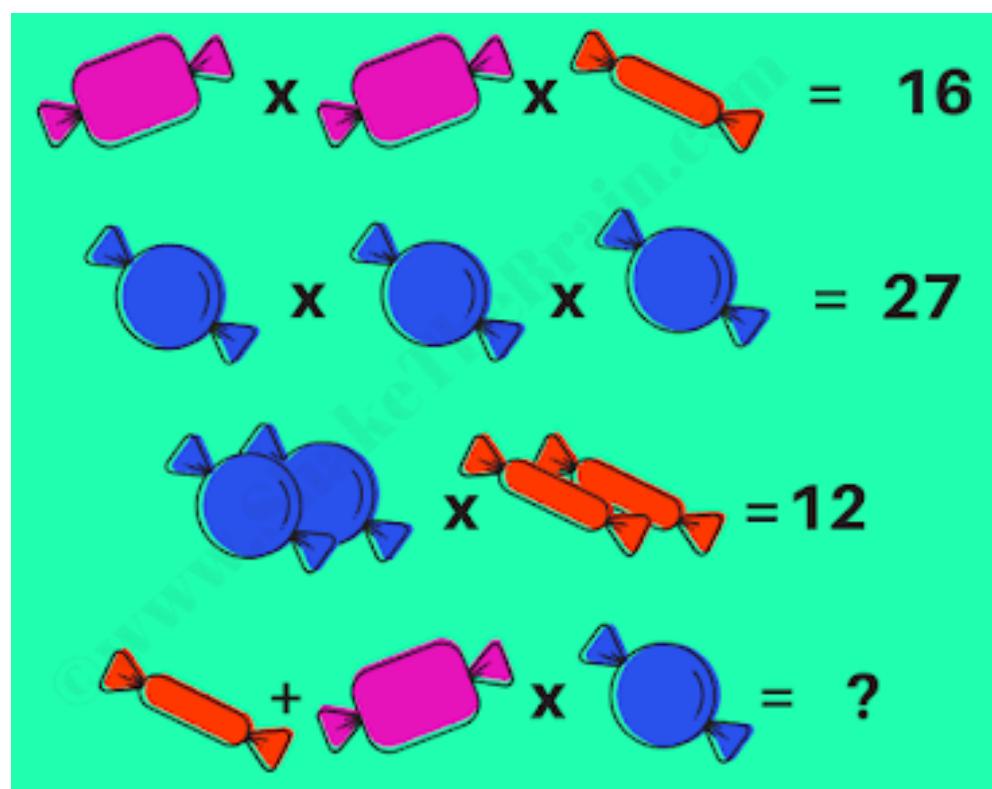
.Bring the long ends of the foil up together, so the ends meet over the food & double fold the ends leaving room for heat to circulate inside.

.Then double fold the two short ends to seal the packet tight.

.Place foil on baking sheet & bake for 50 to 55 minutes or until chicken reaches 165 degrees. Carefully remove from foil & add the remaining BBQ sauce & bake uncovered for 5 more minutes.

Work That Brain

Can you solve the puzzle to the right? Find the answer to the math equations using the given objects in the puzzle picture. Each object represents a number. Once you figure out what number the object equals, you can find the final answer!



Meadowlark Transportation Update

submitted by Jayme Minton, Support Services Director

As a Continuing Care Retirement Community (CCRC), Meadowlark must follow Kansas Department of Aging and Disabilities (KDADs) guidelines on visitors on campus for all living areas. At this time, KDADs is restricting visitors from entering our campus.

As always, Meadowlark is continuing to look for ways to offer exemplary customer services within the guidelines set by our regulating body. Many independent living residents have inquired about how they can receive transportation off campus if visitors are not allowed. Please keep in mind, that we are still recommending leaving campus for essential needs only, and if you do leave, please wear a mask, practice appropriate social distancing, and frequent hand washing. There are currently three transportation options:

- ~ Drive a personal vehicle and complete screening questionnaire when returning.
- ~ Meadowlark Transportation is available for medical appointments.
- ~ If a friend or family member is providing transportation, IL residents may meet them at the Check Point Station at the Tuttle Creek Boulevard entrance between 7 a.m.. and 7 p.m. Residents should contact the Hospitality Desk at (785) 323-3847 to arrange a ride to the Check Point Station. Any resident who leaves campus will complete the screening questionnaire upon their return.

MYSTERY REVEALED!



The Masked Mystery employee from May 28, is Meadowlark Home Health Clinical Coordinator, Alex Horak! Try your luck again Thursday, June 4!

What's New on Channel 1960?

Our Planet: Coastal Seas

Channel 1960, June 2 @ 7 p.m.

At 7 p.m. Tuesday, June 2, on Channel 1960, experience our planet's natural beauty and examine how climate change impacts all living creatures in this ambitious documentary of spectacular scope.

From fearsome sharks to lowly urchins, 90-percent of marine creatures live in coastal waters. Protecting these habitats is a battle humanity must win.

Happy Hour with J-Mix: Spiked Jell-O Mold

Channel 1960, June 4 @ 4:30 p.m.

Join amateur mixologist Jayme Minton, aka J-Mix, at 4:30 p.m. Thursday, June 4, as she celebrates Meadowlark's 40th Anniversary with a Spiked Jell-O Mold!

Doobie Brothers: Full Concert

Channel 1960, June 5 @ 7 p.m.

Tune into Channel 1960 at 7 p.m. Friday, June 5, to enjoy a live full concert with The Doobie Brothers. This hour-long live concert was originally performed in Santa Barbara, California, in 1982.

Sudoku Solution from 5/25

2	8	9	4	7	5	1	3	6
5	7	6	1	8	3	4	2	9
3	1	4	2	9	6	8	5	7
7	6	2	5	1	8	3	9	4
4	5	1	9	3	2	6	7	8
9	3	8	6	4	7	2	1	5
6	9	7	8	2	1	5	4	3
8	2	3	7	5	4	9	6	1
1	4	5	3	6	9	7	8	2



Meadowlark Entertainment Guide

All programs air on
Meadowlark Channel 1960...
Your window to the world!

Tuesday, June 2

9:00 a.m.	Osher Course: Seven Kansas Women Who Couldn't Vote, Session One, Re-run from 5/30
10:30 a.m.	Steady Yourself Exercise Class
11:30 a.m.	Chair Yoga Exercise Class
	Cooking with Lisa: BBQ Chicken Foil Packet Re-run episode from 6/1
12:30 p.m.	Sweat It Out Aerobics Class Happy 40th Meadowlark!
1:00 p.m.	Steady Yourself Exercise Class
2:00 p.m.	MEOW (Memory Program)
3:00 p.m.	Our Planet: Coastal Seas (Netflix Documentary)
7:00 p.m.	



Wednesday, June 3

9:00 a.m.	Comedy Club: Wake Up Funny
9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
	Musical Performance by Brianna Borger & Adrian Aguilar: Re-run episode from 5/29
11:25 a.m.	Sunday Church Service Re-run episode from 5/31
	Sweat It Out Aerobics Class Happy 40th Meadowlark!
1:00 p.m.	Weights 101 Exercise Class
2:00 p.m.	Comedy Club: Afternoon Funny
3:00 p.m.	Guessing Game: Which is Older? Use answer form from page 7
3:30 p.m.	

Thursday, June 4

9:00 a.m.	MEOW (Memory Program) Re-run episode from 6/2
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Thursday, June 4

10:30 a.m.	Steady Yourself Exercise Class
11:30 a.m.	Chair Yoga Exercise Class
	Sweat It Out Aerobics Class Happy 40th Meadowlark!
1:00 p.m.	Steady Yourself Exercise Class
2:00 p.m.	Cooking with Lisa: BBQ Chicken Foil Packet Re-run episode from 6/1
4:15 p.m.	Happy Hour with J-Mix: Spiked Jell-O Mold
4:30 p.m.	

Friday, June 5

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
12:00 p.m.	Channel 1960 News
1:00 p.m.	Parkinson's Exercise Class
2:00 p.m.	Weights 101 Exercise Class
	Meadowlark Trivia Challenge Answer form will be printed in the June 4 Meadowlark Messenger
3:30 p.m.	Channel 1960 News Re-run episode from Noon - 6/5
5:00 p.m.	Friday Night Program: Doobie Brothers, 1982 Concert
7:00 p.m.	



COMMEMORATIVE MEADOWLARK T-SHIRTS: CELEBRATING 40 YEARS!



Meadowlark is officially turning 40! Get your limited edition t-shirt for just \$20 by calling Sarah Duggan at (785) 323-3878 or sending an e-mail to sguge@meadowlark.org. Adult tee sizes from small to 3XL are available.

Meadowlark's 40th Anniversary: Writing Contest

Entry Form & Instructions

Name _____

Phone number _____ E-mail _____

Purpose

The purpose of this contest is to celebrate Meadowlark's 40th Anniversary of its official founding by answering the question: What does Meadowlark mean to you?

Guidelines

- There is no word limit or length requirement.
- **Story submissions are due by 10 p.m. Monday, June 8, 2020.** Please submit via Word documents either emailed to sguge@meadowlark.org or in hard copy to the Hospitality Desk.
- A completed entry form must be submitted with your story.

Consent Form

This signed consent confirms your agreement by which Meadowlark Hills has the right to use your story submission, which includes the following: (1) your written story, whole or in part, regarding your experience with Meadowlark Hills and (2) your first and last name. You hereby agree as follows:

1. You hereby grant Meadowlark Hills the right to use the story submission.
2. The story may appear in connection with (1) the business website, www.meadowlark.org, (2) publications for the business related to advertising, marketing and information and education, or any other publication Meadowlark Hills may deem useful and appropriate, (3) all electronic and print media, and (4) Meadowlark Hills social media accounts.
3. You hereby release Meadowlark Hills from claims and expenses arising from the use of your story submission as herein specified.

By signing this Consent Form, you are acknowledging your consent to the terms noted above.

Signature

Date



Happy 40th Anniversary, Meadowlark!

Meadowlark Anniversary Celebration opportunities are listed below!

Some of these will earn you points toward winning one of the available prizes and individual contests could earn you even more!

All contest answers and winners will be printed in the June 11 Messenger.

DATE	ACTIVITY
Tuesday, 6/2	Coffee Corner: Special Dessert delivered to your door!
Tuesday, 6/2	Sweat It Out: 80s Aerobic Exercise @ 1 p.m. on Channel 1960
Wednesday, 6/3	Sweat It Out: 80s Aerobic Exercise @ 1 p.m. on Channel 1960
Wednesday, 6/3	Guessing Game: Which is Older? at 3:30 p.m. on Channel 1960
Thursday, 6/4	Sweat It Out: 80s Aerobic Exercise @ 1 p.m. on Channel 1960
Thursday, 6/4	Happy Hour with J-Mix: Spiked Jell-O Mold
Friday, 6/5	Meadowlark Trivia Challenge at 3:30 p.m. on Channel 1960
6/ ____	Cooking with Lisa: Pudding Pops on Channel 1960 <i>(During Channel 1960 News 6/5 at Noon or 5 p.m. or Saturday and Sunday at 12:45 p.m.)</i>
Saturday, 6/6	Sweat It Out: 80s Aerobic Exercise @ 1 p.m. on Channel 1960
Sunday, 6/7	Sweat It Out: 80s Aerobic Exercise @ 1 p.m. on Channel 1960

Meadowlark 40th Anniversary:

Guessing Game:

Which is Older?

Wed, June 3, @ 3:30 p.m.

Tune into Channel 1960
Meadowlark's Guessing Game:
Which is Older? On the lines to
the right, write which is older
Meadowlark or the object/
person/product in the picture on
the screen. Return this answer
sheet to the Hospitality Desk by
10 p.m. Monday, June 8. Answers
will be published in the June 11th
edition of the Meadowlark
Messenger.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Name: _____

Meadowlark Word Search: Happy 40th Anniversary!

Submit completed word search to the Hospitality Desk by 10 p.m. Monday, June 8.

Y E D W N J U L N U F N Q E L R O I N N
C M N E E G O B L N U A G U E H E T A A
A O K L T C N H Z P N I X G A O G B T O
G H R L O T C A U O Q R N I D U A F I L
E F A N R I O H U C O E V F E S L I R S
L I L E W N M O D Y G T E I R E M R A T
H R W S R K M N R T R Y R R Y H A S M S
P S O S E L U S A R O B N S T O R T A I
R T D N L I N T Y O S S A T I L B P S T
A L A O A N I E T F H E B C L D G R D P
I U E S T D T A R X C R E H A R G E O A
R T M N I E Y D U K I P L R U E T S O B
I H U I O P R C O G N Y L I D Z R B G T
E E Y K N E E O C A E T E S I L O Y Y S
S R L R S N L L O M M I S T V O P T R R
T A I A H D L L C E A N I I I T S E O I
A N M P I E I I A R T I R A D S S R M F
R W A C P N M N R O U R C N N A A I E I
Q A F O S C U S E O U T V G I E P A M I
P Y L Y L E N A X M Z Y L T S D L N U T

WORD LIST:

BRAMLAGE	FORTY	LEADER	SLOAN
CARE	FUN	LEGACY	STOLZER
COLLINS	GAME ROOM	LYLE	TINKLIN
COMMUNITY	GOOD SAMARITAN	MEADOWLARK	TRINITY
COURTYARD	GROSH CINEMA	MEMORY	PRESBYTERIAN
FAMILY	HOME	MILLER	VERNA BELLES
FIRST BAPTIST	HONSTEAD	PARKINSONS	WELLNESS
FIRST CHRISTIAN	HOUSEHOLD	PASSPORT	WROten
FIRST LUTHERAN	INDEPENDENCE	PRAIRIE STAR	
FIRST PRESBYTERIAN	INDIVIDUALITY	RELATIONSHIPS	