



## **REMINDERS!!!!!!**

### **Up coming events**

**AORN Chapter 1402 monthly meeting:** Thursday October 23, 6:30 PM, at SICCM office Herrin IL. **Thailand Nurses** Are here visiting and will be speaking at the meeting.

"Nursing From a Different View: Thailand"

**1.8 contact hours** will be awarded to those who attend. See travel directions later on in Newsletter.

**Nov Chapter meeting:** November 20 @ Seasons Restaurant. Ben Houle M.D. will be speaking on "Management of Articular Cartilage problems of the Knee: New Frontiers".

**Spring Seminar:** May 8, 2004. Sponsored by Chapter 1402, Belleville Chapter 1423 and Central II, Central Service Tech Association.

### **Perioperative Nurse week:**

November 9 thru 15. Theme is "Perioperative Nurses: Providing Safe Patient Care In the OR and Beyond".

### **National Events:**

October 23-25, 2003: AORN's 2003 Clinical Multispecialty Conference in Nashville Tennessee. Specialties include: Minimally Invasive Surgery & Lasers, Cardiothoracic, Neurosurgery, Orthopedic, pediatric, RN First Assist.

March 21-25, 2004: AORN Congress 2004 @ San Diego ,Ca.

### **Other educational events:**

Save \$325 Per credit hour-Get your **RN to BSN** now available through AORN on-line. Contact Katherine Halverson-Carpenter RN, MBA, CNOR @ 1-800-755-2676, ext.244 or on-line @

[Halverson-carpenter@aorn.org](mailto:Halverson-carpenter@aorn.org)

Check-out any of these events on-line @ [www.aorn.org](http://www.aorn.org)

Check out our chapter web site online @ [www.aorn.org](http://www.aorn.org) go to chapter page.



### **Favorite Recipe's of the Month:**

#### **EASY CANDY APPLE**

Take 1 tube of sugar cookie dough and spread in 15x11 in. pan. Bake 350 x 15 minutes. Cool.

Topping: 8 oz. cream cheese

1/4 c. peanut butter

1/2 c. brown sugar

1/2 tsp. vanilla

Mix and ice on dough. Slice apples and place on top. Drizzle with caramel ice cream topping. Sprinkle with chopped peanuts. ENJOY

Janet Gaston

#### **SOUR CREAM APPLE SQUARES**

2 C. All purpose flour

2 C. firmly packed brown sugar

½ C. butter or margarine, softened

1 C. chopped nuts

1 or 2 teasp. Soda 1 teasp. Vanilla

½ teasp. salt 1 egg

1 C. dairy sour cream 2 C. peeled finely  
chopped apples.

Preheat oven to 350

In large bowl, combine first three ingredients; blend at low speed until crumbly. Stir in nuts. Press 2 ¾ C. crumb mixture into ungreased 13 x9 pan. To remaining mixture, add cinnamon, soda, salt, sour cream, vanilla & egg. Blend well. Stir in apples. Spoon evenly over base. Bake 25 to 35 min. until toothpick inserted in center comes out clean. Cut into squares; Serve with whipped cream, if desired. Makes 12 to 15 squares.

Doris Meadows

If anyone has any delicious recipes you would like to share, e-mail them to me at [meadowsd@ussonet.net](mailto:meadowsd@ussonet.net) and I will publish them in the next newsletter.