



# The WFD Frozen Feedline

PreWFD 2022  
Issue #3

Inside this issue:		Hope to see YOU on the air WFD 2022	Tom W8WFD
<i>Editor's words</i>	2	Winter Field Day has evolved over the past 17 years. SPAR launched WFD in 2007 and there was just a handful of entries. The rules/guidelines were a little unclear but several still participated and the event slowly gained popularity.	Rules, we have a WFD locator map and a new log submission system which will be used for the first time in 2022.
<i>RST</i>	3	However, in 2015, the board of SPAR could not keep up with the demand of the event. In fact, scores for 2015 almost did not get posted due health and other issues of the board.	The WFDA has come together and turned the event into one that more and more Hams look forward to every year and gets new hams on the air as well.
<i>Why Morse</i>	4	Myself and Bill Nangle (VE3FI) did not want to see WFD go by the wayside, so we convinced the original SPAR board to hand over the reins to us.	WFD is meant to be a practice exercise in setting up communications in inclement weather and many still see it that way. Even though we have many looking at it as a contest, and clubs looking at it as a great social event in the middle of the winter doldrums, at least they are getting on the air and having fun.. That's also in the Ham spirit!
<i>Lightning</i>	5	Over time, we recruited Dave, Ken and Erik and created a new board for WFD and thus Winter Field Day Association was created. With Ken's expertise, a new set of Rules were created, WFD was publicized widely, and our fledgling Facebook group grew by leaps and bounds.	I have setup twice in campground for WFD and had a vary enjoyable time. But with age, I will most likely operate this year from my home QTH. But hearing the airwaves come alive for WFD tells me that all the work I and others have put into it, makes it all worthwhile.
<i>Links</i>	6	WFD 2021 saw almost 2300 entries compared to a handful back in 2007. For WFD 2022, we are expecting close to 3000 entries or more, and that's only logs turned in, many more join in WFD.. Perhaps 2x as many!	Several times I've wanted to step down due to stress created by problems here and there, but my main supporter and XYL, Peggy W8PNT, tells me to stick with it because without Bill and I at the time, WFD would not exist at all.
<i>Humore</i>	7	WFD Rules continue to evolve, with minor changes made over the years and more likely in the future ( <i>it's a process that involves making small changes that don't affect the logging software</i> ). A new index was created, and more information was added which makes the Rules easier to understand. Along with improved	73 to all and hope to work YOU on WFD! Tom W8WFD
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<i>Desserts, WFDA info</i>	11		

## WFDA Board:

Tom Phelps W8WFD  
Massillon, OH

Bill Nangle VE3FI  
Kingston, ON

Erik McCord WX4ET  
Kingsport, TN

Dave Tabbutt W3DET  
Belhaven, NC

Ken Coughlin N8KC  
Shelby Twp, MI

**Software and support:**  
Jerry Radcliffe N8KLX  
Ray Stevens KB9LGS  
Mike Palmer KD8ENV  
And others...

As you can see, we're spread all over the continent but we all share a passion for WFD and promoting preparedness for operating under less than ideal conditions.



You'll miss lot's in the WFD News if you don't find the hidden links! Be sure to find 'em all!

## WFD 2022.. from the Editor aka da' Rules Guy N8KC

I've been procrastinating at trying to throw together another WFD Newsletter... just too much going on the last month or two. I had been hoping to have something together shortly after Thanksgiving 2021, but family illnesses (Covid), obligations (a brother I care for) and working on getting a CDL put lots of roadblocks in the way.

When I have had time lately, I've been trying to clear up rules misconceptions both in our Facebook Group and ones I receive via email. As we've gotten closer to the actual WFD Event, I've tried to answer those questions as quickly as I can. If you have a question that's not answered in the rules, don't be afraid to contact me, either via the WFD website (<http://winterfieldday.com>) or via my private address (I'm good on QRZ).

Most of the questions I've had have dealt with either "...what would my exchange be?", or "...am I Indoor, Outdoor, or Home?". Only a very few have asked questions that sort'a gave away that they hadn't really read the rules and definitions through, and a couple had the mistaken impression that WFD rules and bonuses were the same as in ARRL summer FD. Though there are similarities in a few respects, ours are *very* different. Please be sure to read them thoroughly. They might seem kind'a long but a lot of it is due to explanations and examples given.

One thing I did come across was disappointment that digital hotspots, repeaters, and web-linked radios can't be used for WFD QSOs (*..this isn't a WFD thing.. It's the norm in every other contest I know of*). I wind up explaining that those digital FM modes *can indeed* be used to make log-able contacts as long as they are rig-to rig, and that an HT is unlikely to do that job well, if at all. I find in some of these conversations that they've never used their rig to talk digital simplex, nor have they ever programmed in a simplex "channel"... It's long past overdue that digital users get together and designate a local simplex frequency for use when the repeaters go down. Perhaps this is something that could also be pushed through the ARRL.. There is after all, a sort of



gentlemen's agreement that 146.52 is a "National Simplex Calling Frequency" for analog users. I know in the Detroit area, it's monitored and gets used fairly often. Should be one for digital users as well and there's no reason

there can't be.

I'm looking forward to WFD and hoping I can get off with my club (K8UO) and help out the CW Ops at least for a while. We only just recently started holding meetings in-person again and I do miss the group gatherings and social aspect of sharing our hobby. Hope to hear YOU on the air this coming weekend!

73, Ken N8KC

Wish I Had this antenna for WFD!!

UNITED STATES OF AMERICA FEDERAL COMMUNICATIONS COMMISSION MATEUR HAND LICENSE			
<b>Catch</b>			
Joe Ham 129 Main Street Anywhere USA			
FOUR	THREE	TWO	ONE
NONE			
Grant Date	Effective Date	Print Date	Expiration Date
01/01/2013	01/01/2013	01/01/2000	01/01/2013
Pkt Num	Call Sign	Address	City
0000000000	N8KC	129 Main Street	Anywhere
FCC 660 - May 2007			
Get your General or Extra NOW! Joe Ham (Licensee's Signature)			



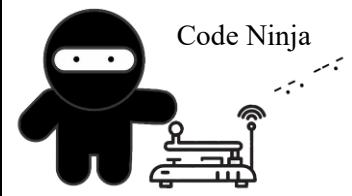
Built by Hams, for Hams!



**Morse Expert**



Code Ninja



## RST: it's more than just a number (*from a DX POV*)

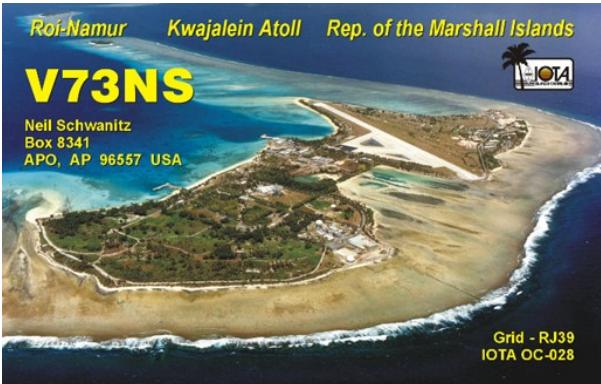
RST, you know, that 599 thing that you have programmed into a macro to send to the other station during a contest. Today it seems it is just a formality to complete the contact, because without it, some stations won't log you. It is a required part of the exchange for a two way contact to be valid. "It's just a number."



Actually, no, it is not just a number. It is your way of telling the other station how he is being heard where you are and a means to pass along a bit of valuable information to them. Readability, Strength, and Tone. The first two digits are an indication of the propagation between you and the other station. The last digit, Tone, can be used to tell a station he has a signal problem he should investigate.

This last week I gave honest RST's ranging between 119 and 599, and I also sent out 577, 335 and 331. I followed up with an email to tell them what I heard. The first station was already aware he had a problem, "only when I use my amplifier". He did not indicate if he'd try repairing or correcting the problem though.

Another thought it was odd he received a poor Tone report and checked his signal and wrote back... "You are right: a check with a spectrum analyzer shows that the amplifier is the culprit. Long time since I used the linear at all, always using just the transceiver. I guess some component went bad during the last year or two. Your warning has been very precious and I thank you very, very much for having taken the time to sending me an email."



The third one was totally unaware his signal was a close relative of an electric fence. Not only was it terrible, but it was also 10-12 kc wide and full of spurs.

The exchange of RST is more than a formality. It is exchanging information. An honest RST is a wonderful thing. Listening to the exchanges, you might be able to tell I am hearing east coast stations well but west coast stations poorly. Yet, if I were handing out 599 to everyone I worked, yet struggling to get callsigns, you'd think I'm hard of hearing or can't copy CW. Be honest with the stations you work, outside of contests, and give them a real RST, It is most appreciated. When I'm working USA stations from the middle of the Pacific and reporting weak to moderate signals to USA stations, but they are all sending 599 to me... do I have a receiver problem? It's a two way street. Please be honest.

73, Neil V73NS (aka WD8CRT)

*Ed: Neil, a good friend, has just wrapped up 16+ years of working as the radar tech on Kwajelin Atoll (Marshall Islands) US Radar range, where they track and test missile telemetry, objects in space, etc, and is home to some of the most powerful radar equipment on the planet. While there he helped make "Kwaj" a much less rare DX entity, making almost 125,000 contacts as V73NS.*

Why pay a middle-man (ARRL, QRZ, W5YI) for EZ and **FREE** on-line licensing tasks?



## Morse Practice



## Lessons

AA9PW.com



Information on spotting & working the ISS can be found on the ARISS website (link below) and the NASA website above



## 10 Reasons for CW

*..from ARRL "On the Air", forwarded by Jerry N8KLX*

**MORSE CODE** – otherwise known as CW (for *continuous wave*) has been an integral part of amateur radio from the art, and some stalwarts still consider it the essence of ham radio. A substantial segment of the world's ham radio community still enjoys W, and you can too.

If you hold a Technician-class license, you can join the fray on 80, 40, 15, and 10 meters. You'll meet new friends and enjoy a special sense of accomplishment in the bargain. To help spread the enthusiasm, we offer our Top 10 reasons to try Morse code.

### 10. IT'S A NEW WAY TO COMMUNICATE.

And we bet it's very different from all the other ways that you currently communicate! A CW chat is a welcome diversion at the end of a day filled with meetings, emails, power lunches, phone calls, and other forms of hard work.

### 9. AGE IS NO BARRIER.

While many old-time hams enjoy Morse code, younger hams seem to have a particular fascination for it. They love hearing the dits and dahs and learning how to send their names. As with most languages, it's easier for younger people to learn Morse code.

### 8. IT'S A MINIMALIST MODE.

CW is simplicity itself. All you need is a basic transceiver and antenna, and some way to turn the transmitted signal on and off to create Morse characters. It's also the preferred mode for low-power (*QRP*) aficionados, who transmit using no more than 5 watts.

Radio amateurs send CW using *keys* or *keyers*. A key is simply an on/off switch. A *straight key* is often the first Morse instrument for beginners. After they've gotten some experience, most CW operators graduate to an electronic keyer and an instrument called a *paddle*. An electronic keyer and a paddle can send an infinite series of perfectly spaced dits and dahs. Many modern transceivers have built-in keyers.

### 7. YOU'LL KNOW SOMETHING THAT MOST OTHER PEOPLE DON'T.

If you think you'll have trouble learning the code, you're not alone. Even some hams who passed their CW tests long ago were reluctant learners. You can operate CW without learning Morse code (there are products on the market that decipher CW characters on a built-in display, and some hams use computers to receive and send CW) but you'll miss out on an important part of the CW experience. Learning to copy code doesn't happen overnight - a potential downside in this era of immediate gratification. Like other skills from singing to skateboarding, perfecting CW takes practice.

### 4. IT'S LIKE TEXTING WITHOUT THE MONTHLY BILL.

Morse code is yesterday's texting, but better. A lot of the shorthand is even the same. Ham radio doesn't require any infrastructure, and typical CW speeds far ex-

ceed texting throughput. During a May 2005 face-off between Morse code and text messaging on *The Tonight Show with Jay Leno*, two ham radio operators using CW won hands down.

### 5. MORSE MAKES YOU USE YOUR HEAD.

Most people start copying code by writing down every letter they hear, gradually advancing, along with code speed, to copying in their head. It becomes second nature, and you may find yourself even thinking in Morse code!

### 4. CW HAS A LOW PROFILE.

You don't need a big, fancy, powerful station to have fun with CW. The most complicated thing you might need is an additional IF (*intermediate frequency*) filter for your transceiver. Equipped with a set of headphones, you needn't worry about disturbing the entire household. CW operation can be very quiet, which is often an asset to domestic tranquility. You can also get away with less-than-optimal antennas.

### 3. MORSE CODE REMOVES LANGUAGE BARRIERS.

If there's a "world language" it's Morse code. Q-signals or Q-codes are three letter abbreviations that ALL (*surprise!*) start with the letter Q, and they are widely used in Morse code and internationally recognized. For example, QTH means location. If someone sends you "QTH?" via CW, they're asking you, "what's your location?" it's a convenient way to get around language barriers when you're making contacts with people all over the world! See the article "Q-Codes" in the November/December 2021 issue of QST for more.

### 2. IT'S A GREAT WAY TO CONTACT DISTANT STATIONS.

Though voice contacts seem easier, they just don't have the reach of CW. If you have a modest station, you may find that contacts that are out of reach on phone are within your grasp on CW.

### 1. YOU'VE ALREADY GOT CW PRIVILEGES.

No matter what class of license you hold, you now may operate on HF using CW! The *band chart* spells out the operating privileges you have, depending on your license class. Even if you're starting out as a technician, you can operate CW on three HF bands. Take advantage of the opportunity. You'll never look back!



## A Word from the Lightning Capital of the USA

Gary N8WTT/4

Since moving to Florida I've come to understand why the Tampa Bay hockey teams call themselves "Tampa Bay Lightning". Almost everyday during the summer we have pretty heavy storms in the afternoon... hundreds of lightning strikes in just a few minutes.

How does that affect me as a ham radio operator? **Plenty**, as you can see from the pictures that follow. Not all of them are from my shack, but a couple are. Even if you disconnect your antenna, the 110 volt line can still get you. You don't need a direct hit to really cause expensive headaches.

Bottom line... disconnect power and antennas with lightening closer than 5 miles.

**Don't let this happen to you!**

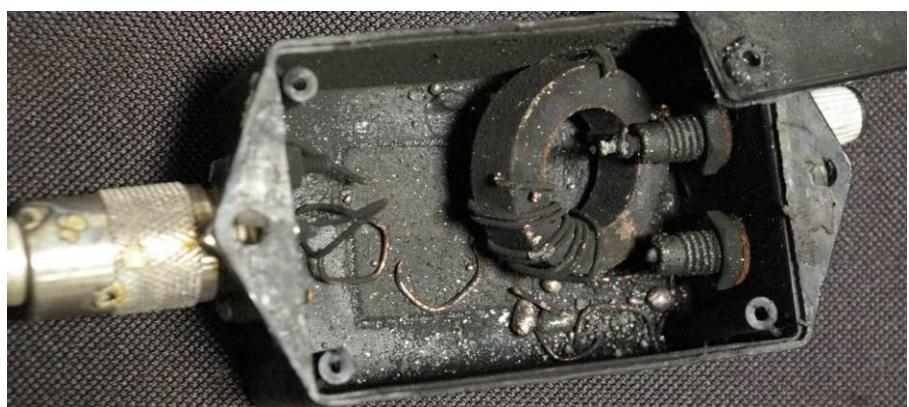


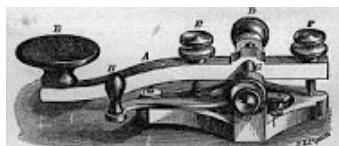
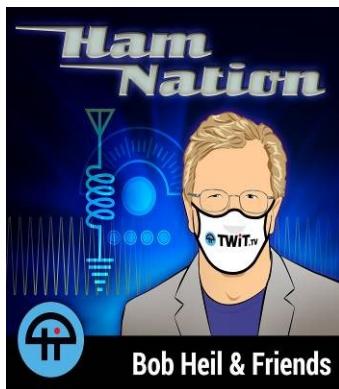
So,



lastly my friends, BEWARE..... It **could** happen to you..

73, Gary N8WTT/4





**The Ham Whisperer**

## Are you into Digital on UHF/VHF?

Are you into Digital FM? Do you like Nets? If so, the links below may interest you. They lead to lists of Nets from all over the place. In the case of the Echolink Nets, you don't need a radio at all.



You can use your computer, Pad, or SmartPhone.. You just need to download the app and register your callsign.



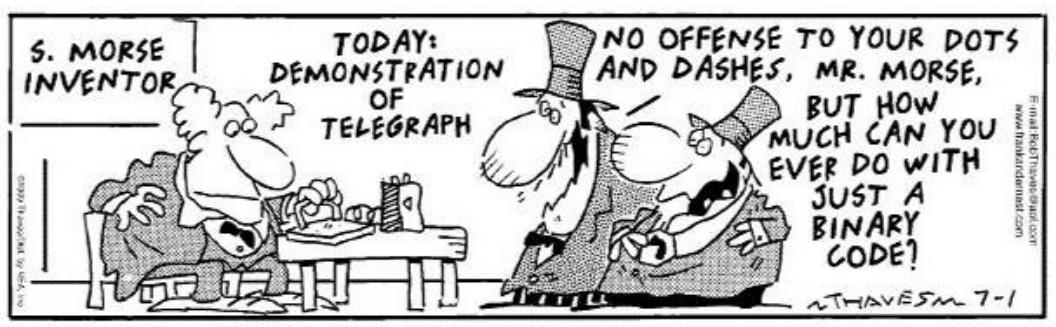
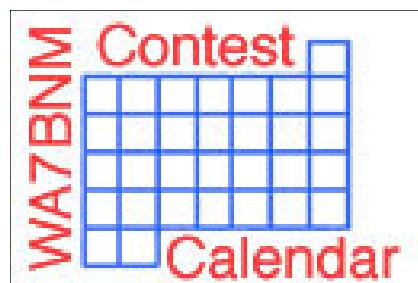
WFD gets some exposure every year on YouTube..

Some from folks like Ham Nation, but tons of others from WFD participants who post well-done videos of their WFD efforts. Do a search for Winter Field Day, or WFD on YouTube, you'll love watching the vids!



At left below is the Reverse Beacon Network.. Wann'a know where your station is being heard? This is how.. Send a CW CQ and see..

Loved WFD? At right is the best contest calendar on-line. Get your feet wet with a State QSO Party as an out-of-state entrant, or do one of the big ones. Links to rules, log submission, sponsors, etc.. Be in the know!



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## A little Ham Humor..

**FOUND A RECEIPT FOR \$400, THOUGHT IT WAS FOR VALENTINE'S DAY**



**HE BOUGHT ANOTHER HT**



## KM8GMT.. Selling his gear.. Can you help?

I'm posting this with a heavy heart... I love amateur radio and everything that goes with it, but I'm really struggling going into 2022. I'm tight on cash, working two jobs, and have little time to keep up with the daily chores of cooking, cleaning and maintaining my house, and with Ham Radio taking up so much of my time, I've decided I have to let go of some things. So, I've decided to get rid of all my equipment. Here is a list of what I am selling. Everything must go.. No serious

offers rejected:

Vacuum cleaner	Weed Whacker
Dustpan and broom	Hedge Trimmer
Assorted Garden tools	Snowblower
Lawn mower	Washer/Dryer
Ladder	Leaf Blower
Water Hoses	Sprinklers
Spreader	
Painting Stuff	
Pressure Washer	
Pots and Pans	



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**WEATHER.GOV®**



Emergency Comms aren't the only way that hams can provide a service to their community. Every year, major storm systems cause property damage, power outages, and casualties. Click on the links above and below to explore ways you might help your neighbors or become certified.



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Extra? Take it to the next level. Practice exams [here](#).



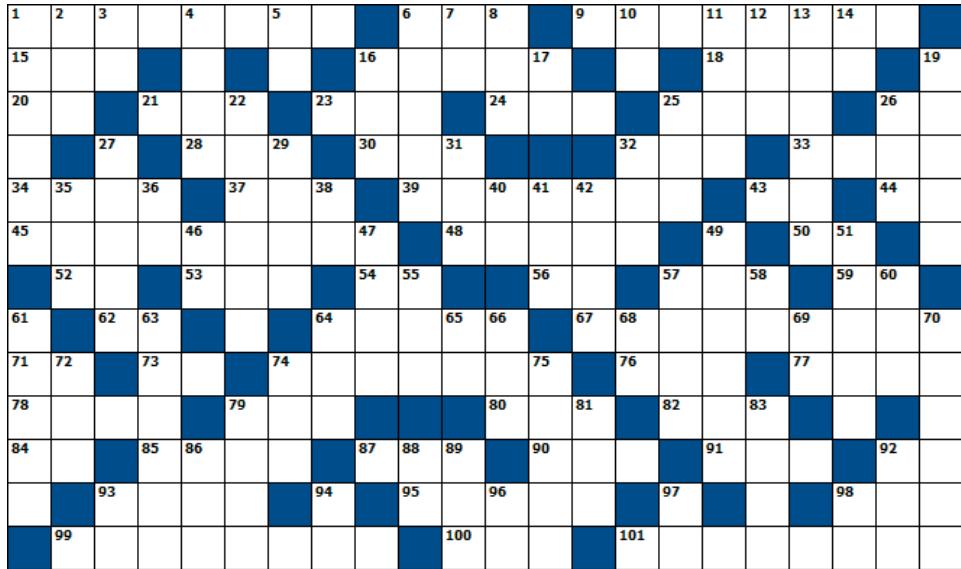
# A Ham Crossword

*Key on last page ..spcl tnx to Kirt Blattenberger KB3UON*

On December 23, 1947, three engineers working at Bell Laboratories demonstrated the world's first semiconductor transistor that produced positive gain. Their names, along with the configuration of their transistor, are buried in the puzzle along with scores of other science and engineering related terms. In fact, every word contained herein has been hand selected by me and there is a money back guarantee if you ever find one not related to mathematics, physics, mechanics, astronomy, chemistry, and all the other sciences. Enjoy! 73 Kirt

## Across:

1. Electrical connection point
6. Science of assuring operation amid dense EM background noise (abbr.)
9. William \_\_\_\_\_, along with 39-Across and 99-Across, announced their invention of the transistor on December 23, 1947
15. Automatic Calibration System (abbr.)
16. Unwanted 60- or 120- Hz modulation due to poor power supply filtering (2 wds.)
18. Radio term for indicating the end of a transmission segment
20. Chemical symbol for polonium
21. \_\_\_/IP scheme for networked connectivity
23. Akin to WAC, only just in America
24. 10 decibels
25. Wireless LAN
26. Ratio of circumference to diameter
28. Having power applied (slang)
30. Airport Surveillance Radar (abbr.)
32. Software drafting tool (abbr.)
33. Sudden, brief increase in wind speed
34. Current summing point
37. International Reply Coupon (abbr.)
39. John \_\_\_\_\_, along with 9-Across and 99-Across, announced their invention of the transistor on December 23, 1947
43. Unit of length (abbr.)
44. Chemical symbol for krypton
45. The semiconductor type used by 9-, 39-, and 99-Across for their transistor
48. A type of average (pl.)
50. Filter type that blocks lower frequencies (abbr.)
52. Chemical symbol for molybdenum



53. Unit of atmospheric pressure (abbr.)
54. Unit of inductance (abbr.)
56. Chemical symbol for cadmium
57. Software drafting tool (abbr.)
59. Opposite of I.D.
62. 1E6 nanoseconds
64. Type of antenna constructed from one or more winding(s) of wire or rods (pl.)
67. First American woman in space (2 wds.)
71. Multifunctional silicon devices (abbr.)
73. Internet protocol (abbr.)
74. 51 Down + \_\_\_\_\_, the configuration of the 1947 transistor
76. 1/000 of an inch
77. Most protruding part of planetary rings as seen from distance
78. RF \_\_\_\_\_, the world's best engineering website
79. Cellphone band just below PCS
80. Greek letter
82. Attenuator
84. Modulation type (abbr.)
85. The "D" in RFID (pl.)
87. Digital transmission figure of merit (abbr.)
90. Last statement in a BASIC program
91. Crystal filter type (abbr.)
92. Filter type that blocks frequencies in a specified band (abbr.)
93. Used logic gates
95. \_\_\_\_\_-Carlo analysis
98. Permeability-tuned oscillator (abbr.)

99. Walter \_\_\_\_\_, along with 9-Across and 39 Across, announced their invention of the transistor on December 23, 1947

100. Direct Memory Access (abbr.)
101. Its chemical symbol is Sm

## Down:

1. Recording onto magnetic media
2. Engineering Change Order (abbr.)
3. Type of flip-flop
4. Foot/12
5. Chemical symbol for silver
6. Exalted-Carrier Single Sideband (abbr.)
7. Unit of inductance (abbr.)
8. Mr. Piper's famous yellow airplane
10. 3 MHz to 30 MHz
11. Not hot
12. Large unit of apparent power (abbr.)
13. One component of volume

*Clues continue next page...*



Your Engineering Vehicle on the Information Superhighway!

## A Ham Crossword

*spcl tnx to Kirt Blattenberger KB3UON*

- |   |   |   |
|---|---|---|
| 14. Chemical symbol for erbium  | 42. Last keyword in a BASIC subroutine (pl.)                  | 74. Imaging device (abbr.)                                    |
| 16. A common battery cell size  | 46. A common battery cell size                                | 75. Greek symbol commonly used to represent angles            |
| 17. Akin to an EE, CE, AE, etc.   | 47. Elementary particle                                       | 79. This calculus operation yields voltage across a capacitor |
| 19. Fuel additive   | 49. Second largest asteroid                                   | 81. Exponent that returns the original number                 |
| 22. The tip of a PCB probe (pl.)  | 51. ___ + 74 Across, the configuration of the 1947 transistor | 83. Digital intelligence                                      |
| 25. Computer interconnection scheme (abbr.)   | 55. Having power applied (slang)                              | 86. Semiconductor device type (abbr.)                         |
| 26. Form of digital phase modulation in which the phase of the RF signal depends on the modulating code (abbr.) | 57. Abruptly limit the amplitude of a signal                  | 88. Electromagnetic (abbr.)                                   |
| 27. Optical storage medium  | 58. Chemical symbol for dysprosium                            | 89. Unit of length equal to 5.5 yards                         |
| 29. Adjust  | 60. Direct Digital Synthesis (abbr.)                          | 92. Unit of heat  |
| 31. Type of data storage IC   | 61. Rechargeable battery type (abbr.)                         | 93. Type of logic gate  |
| 32. World's largest yearly convention of gadget and device manufacturers (abbr.)                                | 63. International phonetic alphabet letter "S"                | 94. Opposite of a LO  |
| 35. Original Equipment Manufacturer (abbr.)   | 64. Line of Sight (abbr.)                                     | 96. Home state of Los Alamos lab (abbr.)                      |
| 36. Electromagnetic (abbr.)   | 65. Last stage in a transmitter (abbr.)                       | 97. Chemical symbol for gallium                               |
| 38. Chemical symbol for copper  | 66. Special diode type that can be switched (abbr.)           | 98. Ratio of circumference to diameter                        |
| 40. One component of a complex number (abbr.)   | 68. Modulation type (abbr.)                                   |   |
| 41. Type of data conversion device (abbr.)  | 69. Chemical symbol for radium                                |   |
|   | 70. Electrically Alterable Read Only Memory                   |   |
|   | 72. Person responsible for program spending (abbr.)           |   |

## The WFD Store... no-one's getting rich.

If you've been to the WFDA website, you've likely noticed that we have a store. The items sold there don't make any of us rich, nor do the items occasionally mentioned on FB.. We've added them over the years because folks have requested unique WFD items to show their support. We make very little on these items and what we do take in is used to defray costs associated with website costs, software, and scoring WFD.

The store is here...

<https://www.winterfieldday.com/wfd-items>

Items for sale include hats, tees, cups, neck gaiters, face masks, pouches, stickers, fanny packs, and mugs. Info on ordering WFD Flags has been posted in the FB Group.. They're not handled on our store link. Payments are made using PayPal.



## Prep-ahead Meaty Man Chili.. Heat it up while you make QSOs!

This chili is easy to make and only needs one pot (EZ Cleanup!). Makes enough for a group, and best of all, it'd be easy to make it a night ahead, keep it in the fridge (or snow bank), and plop it on the stove to reheat once your in the thick of WFD. A real warmer-upper!

### **Meaty Man Chili**

#### Ingredients:

- 5 lbs ground beef
- 2 10oz cans tomato sauce
- 1 15oz can kidney beans, rinsed
- 1 green bell pepper, seeded/chopped
- 1 red bell pepper, seeded/chopped
- 1 medium onion chopped
- 2 cloves garlic, chopped
- 3/4 cup chili powder
- 1 cup water

#### Directions:

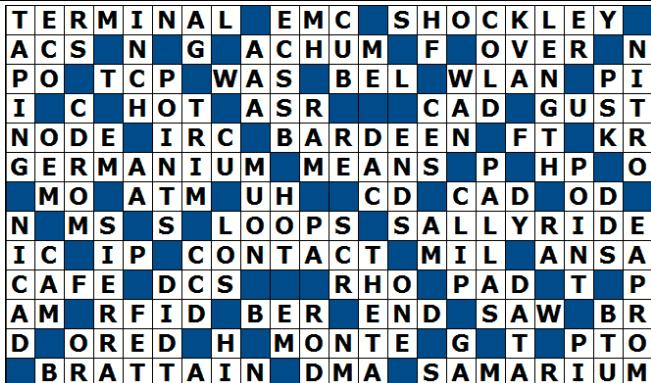
Place the ground beef in a large pot over medium-high heat. Cook, stirring to crumble, until evenly browned. Drain off grease. Place the pot over medium heat, and add the onion, garlic, green pepper,



red pepper and kidney beans. Cook and stir for a few minutes. Stir in the tomato sauce and water, and season with chili powder. Simmer over low heat for 40 minutes uncovered.

Garnish with shredded cheese, extra chopped onion, and sour cream as desired.

## Crossword Key & Word Search



### Word Search

ALINCO	MICA
ANTENNA	OPERATOR
COAX	PLASMA
COIL	QRPLABS
COLD	QRU
COLLINS	RAIN
CONTEST	RELAY
CQWFD	ROVER
DPST	SLOPER
DRAKE	SNOW
ELECRAFT	SPARK
ETHER	SPST
GREATCIRCLEPATH	SUNSPOTCYCLE
GROUND	TENT
HALLICRAFTERS	TESLA
HEADPHONES	TOROID
HOT	YEASU
ICOM	
LONGPATH	

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

## Two EZ Recipes for WFD.. Pudding, Rice & Bread

### Rice Pudding (4 servings)

#### Ingredients:

3/4 cup uncooked white rice  
2 cups milk (divided)  
1/3 cup white sugar  
1/4 teaspoon salt  
1 egg, beaten  
2/3 cup raisins  
1 tablespoon butter  
1/2 teaspoon vanilla extract

#### Directions:

Bring 1 1/2 cups water to a boil in a saucepan; stir rice into boiling water. Reduce heat to low, cover, and simmer for 20 minutes.

In a clean saucepan, combine 1 1/2 cups cooked rice, 1 1/2 cups milk, sugar and salt. Cook over medium heat until thick and creamy, 15 to 20 minutes. Stir in remaining 1/2 cup milk, beaten egg, and raisins; cook 2 minutes more, stirring constantly. Remove from heat and stir in butter and vanilla.



### Bread Pudding (6 servings)

#### Ingredients:

2 eggs  
2 egg whites  
1 1/2 cups milk  
2 tablespoons honey  
1 teaspoon vanilla extract  
6 slices raisin bread, cubed

#### Directions:

Preheat oven to 325 degrees F (165 degrees C). Spray one 9 inch pie dish with non-stick coating.

In a large bowl, beat together the eggs and egg whites until foamy. Mix in the milk, honey and vanilla.

Stir in the bread cubes and pour into pie dish.

Bake for 30 to 35 minutes or until knife inserted in center comes out clean. Serve



warm or cold. (Maybe with some warm caramel or butterscotch topping!)

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