

Newsletter
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Rising Times

WINTER 2014

Winter: Coming in From the Cold...

Some tips to stay cozy inside and out this winter:

1. Dress in layers so you can be comfortable wherever life takes you.
2. Treat yourself to a hot bath or shower when you come home at the end of the day.
3. Make yourself a cup of something hot and delicious. Try a new kind of hot tea or cocoa, or heat some milk and add cinnamon or nutmeg.
4. Make some homemade soup in a pot on the stove or in a crock pot. Enjoy it with your favorite crackers or hot, buttered toast.
5. Light some candles at home in the evening. Their glow exudes warmth and coziness.
6. Wrap up in a warm scarf when you have to go out on cold days. Covering your neck will help keep you warm and you will look gorgeous too!
7. Cuddle up on the couch with a soft, warm throw or blanket and watch a good movie.
8. Spend time with family and friends. Good conversation and laughter (not to mention the collected body heat) will warm your heart and spirit.

"There is a privacy about it which no other season gives you.... In spring, summer and fall people sort of have an open season on each other; only in the winter, can you have longer, quiet stretches when you can savor belonging to yourself."

~ Ruth Stout ~





The Women Rising Project is a program for women living with HIV/AIDS in Central Texas. The Project is dedicated to strengthening women through programs and activities that provide education, connection, support, advocacy and peer leadership opportunities. Since 1995, the Women Rising Project has been committed to bringing women living with HIV/AIDS out of isolation and to addressing their unique health education and support needs.

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Ham and Black-Eyed Pea Soup with Collard Greens (From Gourmet December 1998)

Makes about 4 cups, serving 2 as a main course.

- 1 garlic clove
- 1 medium onion
- a 4-ounce piece cooked ham
- 2 tablespoons olive oil
- 1/2 pound collard greens
- 1 cup chicken broth (8 fluid ounces)
- 3 cups water
- a 16-ounce can black-eyed peas (about 1 1/2 cups)
- 1 teaspoon cider vinegar

Chop onion and garlic and cut ham into 1/4-inch dice. In a 3-quart saucepan cook onion, garlic, and ham in oil over moderate heat, stirring occasionally, until onion is pale golden.

While onion mixture is cooking, discard stems and center ribs from collards and finely chop leaves. Add collards, broth, and water to onion mixture and simmer until collards are tender, about 20 minutes.

Rinse and drain black-eyed peas. In a bowl mash half of peas with a fork. Stir mashed and whole peas into soup and simmer 5 minutes. Season soup with salt and pepper and stir in vinegar.

The Women's Giving Circle Help Us to Continue to Make a Difference...

We need women like you to make a difference for the hundreds of women who have grown thanks to the Women Rising Project. ASA's Women's Giving Circle is for women who believe that every woman deserves access to the best health-care, support, and education. The Women's Giving Circle is dedicated to supporting the Women Rising Project, whose mission is to strengthen women who are living with HIV and AIDS. Visit www.asaustin.org/women or call 512-406-6113 to learn more.

