



Family and Community Education Hi-lites

December – February 2011

www.mdafce.org/mcfce.htm

Montgomery County Association for Family and Community Education Newsletter

“Every leaf speaks bliss to me, fluttering from the autumn tree.”
Emily Bronte

Happenings

December

- 14 9:45 am **Cookie Exchange and Crafts**, Extension office (garage)
15 **Send yearly reports to Vice President/Programs**



January 2011

- 1 **New Year’s Day – Happy New Year**
7 10:00 am – 3:00 pm **Linus Project Sew-A-Thon**, Extension Office
11 9:45 am **Trafficking of Women**, Ginny Hagberg
Association Meeting, Refreshments: Derwood
30 12:30 pm – 5:00 pm **Women’s Legislative Briefing**, University of MD Shady Grove Campus

February

Collect “Birthday Monies” (1 penny for each year of member’s age or a \$1 to keep your age anonymous!)
Send check to Montgomery County FCE Treasurer.

- 1 **Hi-Lites and Look What’s Happening Deadline**
1 10:00 am – 9:00 pm **Linus Project Sew-A-Thon**, Extension Office
8 9:45 am **Vitamins: The Good, The Bad, and The Ugly** and
a Valentine Craft, Extension Office, (downstairs)
Refreshments: Burtonsville
22 10:00 am **Executive Board Meeting** – Hi-Lites Folding Executive Board

March

- 2 10:00 am – 3:00 pm **Linus Project Sew-A-Thon**, Extension Office
8 9:45 am **“Saving Engery”** and **Association Meeting**, Refreshments: Lunch Bunch

Flu Shot Update

There is plenty of vaccine to go around.
Don't delay. The sooner you get your shot,
the less likely you are to become ill.

PRESIDENT'S PARAGRAPH

Reports

All report forms including your outreach hours should be returned to me by December 15. (How about bringing them to the cookie exchange?) We need your outreach hours and the programs you have presented this year in order to complete our State FCE Reports by December 31. Your cooperation in this matter is greatly appreciated.

International Day

Thanks to everyone that made this a wonderful day. We learned much about the Islands of the Pacific and enjoyed good food and great company.

Cookie Exchange December 14, 2010

Are you ready for some fun and good eats too? Bring 4 dozen cookies, the recipe and an empty container (to put your new cookies in) to the garage on December 14th. We will have a craft or 2, maybe some singing or games. It will be a great Holiday Party. Afterwards we will go out to lunch. If you would like to bring an extra dozen for the Boys' Ranch, that would be appreciated.

Trafficking of Women January 11, 2011

Did you know the trafficking of women goes on right here in Montgomery County? Well, it does and we will have a very informative program on this subject in January. I hope to see all of you there.

SEW-A-THON

January 7, 2011 Tuesday 10 AM - 3 PM
February 1, 2011 Tuesday 10 AM - 9 PM
March 2, 2011 Tuesday 10 AM - 3 PM

The Sew-a-Thon for the Linus Project has been such a success that we are enthused to keep working on the project. Bring a sandwich (and a friend); we will provide a drink and dessert. Bring your knitting needles, crochet hooks and scissors, come prepared to have some fun, exchange ideas and do something that may make your heart sing. Yarn will be provided.

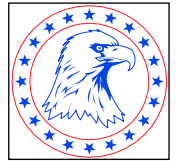
We have a supply of yarn but we are always looking for more; if you know of anyone who wants to clean out their closet, keep us in mind.

Handbooks

The Handbooks will be distributed at the Cookie Exchange in December. The Handbook is a very useful, quick reference to keep updated, to enable you to contact your local and state officers and explain FCE programs (i.e. Pennies for Friendship, ACWW etc.) and most importantly to keep you informed of county meetings, programs, and events.

Legislative Day January 30

Legislative Day will be Sunday, January 30 at Shady Grove Campus of University of Maryland. The keynote speaker is Sara Manzano-Diaz from the Women's Bureau at the US Department of Labor. Cost is \$15.00 which includes your lunch. You can register on line at www.montgomerycountymd.gov/apps/wlb/index.asp. Directions will be available at the January meeting. Plan to attend and meet many of your local and state representatives. The program will deal with many family and women's issues.



February is Birthday Month

Happy Birthday! Remember that February is birthday month. Clubs should collect a penny for each year of each member's life (or give \$1.00 so no one will know your age) and send to Marilyn Simonds. This money goes to the state treasury to help defer mailing costs.

Vitamins: The Good, The Bad, and The Ugly Valentines for Sheriffs' Youth Ranch February 8 (downstairs)

Should you be taking vitamins and if so which ones? We will try to answer some of these questions. Also we'll have some fun and make a Valentine for someone special at the Sheriffs' Youth Ranch.



Notes from Frann Peters

Stamps:

Thank you for saving used postage stamps. We are looking for a new outlet for our stamps. If you know of any organization that uses stamps, please contact me at 301-253-2589. Reminder: please leave a good amount of (white) space of the envelope around each stamp as the stamps are soaked off the envelope thus enabling the vets to carefully handle each stamp.

Ranch:

The Boy's Ranch was delighted with the generous donations of school supplies which were greatly needed. Also books and magazines (appropriate for boys) and craft items, sports equipment, clothing, bed linens, personal hygiene items, wood for bird houses, games and other appropriate items are always appreciated.

Laytonsville Haven:

The boxes of clothing, pajamas, and household items are always welcomed. Personal care items, like shampoo, magazines, games and things of this nature are always needed.

Excerpts from the thank you letters:

Elisa Linares was so pleased to be given the scholarship as her father lost one of his two jobs thus requiring her to help support the family. This scholarship most certainly assisted her and her family.

Donna Lowe is a single mom of three, working full time and attending classes at night. With our support she is able to continue toward her goals.

Excerpts from Maryland Sheriffs' Youth Ranch:

Mark Grover, LGSW, CRCCPA, Executive Director of Maryland Sheriffs' Youth Ranch has stated that once again the funds have been cut to their budget by two percent. There are 2 great needs at the moment: 1) money to support recreational activities and 2) mattresses. Each mattress costs \$130.00. You can send a donation to address below and mark your check for either recreation of mattress.

Christmas Ranch Style:

This is the time of year when Christmas looms on the horizon and we begin to make preparations!

Our residents will soon fill their Christmas wish lists. There is a \$200 limit per resident, and \$25 of that amount will go to a needy family that our boys will adopt. In the true spirit of Christmas, this shows our boys that it is not only good to receive but to give. If you are interested in adopting a boy for Christmas, there are several ways for this to happen.

- You may donate money toward the wish list of one resident, or a partial list.
- You may donate money toward the Christmas Party for all of the residents.
- You may adopt a resident's wish list, shop and wrap the gifts yourself. (\$200.00)
- You may make home baked goodies.

It is our hope that you will be a part of making a boy's Christmas wish come true! 301 874 4701 or write to P O Box 42, Buckeystown, MD 21717 – 0042

BED BUGS AND OUR CLOTHING

Much of our clothing - sheets, towels, etc. now comes from companies outside of America, (sad but true), even the most expensive stores sell foreign clothing from China, Indonesia, etc. The bed bugs are coming in on the clothing. It does not matter what the price range is of the clothing, or if the outfit comes from the most expensive store known in the U.S.

They still get shipments from these countries and the bugs can come in a box of scarves or anything else for that matter. That is the reason why so many stores, many of them clothing stores, have had to shut it down in NYC and other places. All you need is to bring one item into the house that has bugs or eggs and you will go crazy trying to get rid of them.

After traveling all over the country as an advisor to many of these stores, he has come up with a prevention for this problem. He recommends that if you buy any new clothing, even underwear and socks, sheets, towels, etc. that you bring them into the house and put them in your clothes dryer for at least 20 minutes. The heat will kill them and their eggs. **DO NOT PURCHASE CLOTHES AND HANG THEM IN THE CLOSET** first without using the dryer method. It works.

Chatter from Extension

Cooler temperatures signal the beginning of fall and the peak season of one of nature's delicious and nutritious beauties – apples.

In the United States alone, there are more than 2,500 kinds of apples. You can find as many as five or more varieties available in your grocery store and perhaps at least a dozen or so at your local farmers' markets. Many heirloom varieties are also making a comeback and are sometimes more flavorful than the more common supermarket varieties.

Even though Maryland is one of the smallest states geographically, it ranks 20th in apple production in the United States. Many commercial apple orchards throughout the state have roadside stands that sell fresh Maryland apples and some have pick-your-own farms for even fresher apples. In Maryland, some of the most common apple varieties are Gala, Golden Delicious, Red Delicious, Empire, Fuji and Rome and McIntosh.

You can find a list of some Maryland apple growers at <http://www.allaboutapples.com/orchard/md.htm>

Apples are great to eat alone; they contain some Potassium and vitamins A and C. They are low in calories and fat and are a source of both soluble and insoluble fiber. Soluble fiber such as the pectin found in apples actually helps to prevent cholesterol buildup in the lining of blood vessel walls, which may reduce the incident of atherosclerosis and heart disease. The insoluble fiber in apples provides bulk in the intestinal tract to cleanse and move food quickly through the digestive system.

Apples also make a sweet addition to many salads and main dishes. The recipe below uses apples and fresh apple cider to make an easy and tasty soup.

Apple Parsnip Soup *(adapted from October 2010 Cooking Light magazine)*

1 T olive oil
1 cup chopped onion
2 ½ cups chopped Pink Lady apples (about 1 lb.)
1 T curry powder
1 ½ tsp grated peeled fresh ginger
1 tsp ground cardamom
1 garlic clove, chopped

3 ½ cups chopped peeled parsnip (about 1.5 lbs.)
4 cups fat free low sodium chicken broth
1 cup apple cider
Salt and pepper to taste

Heat oil in a Dutch oven over medium heat. Add onion and cook 5 minutes until tender. Add apple and the next 4 ingredients; cook 1 minute, stirring constantly. Add parsnip, chicken broth, and apple cider, bring to a boil. Cover and reduce heat, simmering for 30 minutes or until parsnip is tender. Place half of soup mixture in a blender. Remove center piece of blender lid to allow steam to escape, placing a clean towel over opening in blender lid to avoid splattering. Blend until smooth. Repeat with remaining soup. Stir in salt and pepper. If you prefer soup on the chunkier side, you can use a potato masher to mash soup to desired consistency.
Rebecca Davis, CES Educator

FOODS THAT HELP PREVENT DIABETES

About one in four adults are at risk for developing type 2 diabetes. To buck these odds, keep to a healthy weight, exercise regularly and eat a well-balanced diet that includes these SUPER foods:

Milk - Drinking one glass of LOW-FAT milk a day can lower your diabetes risk by 44 percent, says Vanderbilt University School of Medicine. Milk is rich in calcium and vitamin D, which help your body to use insulin efficiently.

Cinnamon - As little as ½ teaspoon a day added to yogurt, cereal or baked goods has been shown to keep blood sugar levels healthy. Cinnamon contains disease-fighting polyphenols that help improve the body's use of insulin.

Nuts - In a large study of Chinese women, those who ate peanuts every day cut their odds of developing diabetes by as much as 21 percent. An ounce a day is enough to provide the benefits, says researcher Walter Willett, M.D., of the Harvard School of Public Health.

Brown Rice - Two or more servings a week lower the risk by 11 percent. Why? Whole-grain brown rice is full of fiber, vitamins and minerals that stabilize blood sugar better than white rice or other refined carbs.

TROOP UPDATE

Cookie Count 60,737



OPERATION SHOKfOX

Dear Maddi,

We sent 53 boxes on Monday, October 25, 2010 to our contact person at Operation Shoebox located in The Villages, Florida and they were delivered on Thursday, October 28th. Shipping costs were generously absorbed by a local Maryland business that has provided this free service to us for the last four years.

For 2010 we sent:

31 boxes of Helmet Liners	1,631
4 boxes of Ditty Bags	1,022
5 boxes of Christmas Stockings	1,553
5 boxes of Beanie Babies	231
Match Box & Hot Wheels Cars	128
1 box of Ribbon Angels	379
2 boxes of Deodorants/writing tablets and envelopes	
1 box of stuffed animals/decks of playing cards/envelopes and pencils	
1 box of mouthwash/toothpaste/toothbrushes/floss	
1 box of travel size soap	
1 box of travel size soap/lotions and Christmas card fronts	
1 box of shampoo/conditioner and misc. card fronts	

Our cookie count for 2010, not including November's numbers is 60,737.

Best wishes to all during the upcoming holidays.

Our heartfelt gratitude to everyone who participated in making all this possible. Attached is a wonderful and warm letter of thanks from our Operation Shoebox contact.

Maddi (301-774-8088) and Eva (301-725-7038)

Thank you to you and your dedicated group of wonderful volunteers. My sincere appreciation to both you and Eva for being tireless leader's in helping obtain much needed items for our troops and for the extra time and effort you put into packing (with such care) all the items that you and your members put aside all year long for our military.

The huge number of boxes (53) that totaled 1,631 helmet liners plus 22 matching caps for the children is amazing. The words in the included note are so thoughtful. My heart flipped when I saw the note and the matching hats. I can just imagine how the troops will react.

The 1,022 ditty bags plus 41 with so many terrific unique designs and colors and your beautiful Christmas stockings (all 1,553) were such a bonus!!! We are so grateful for the huge amount that your members were able to sew for us. Christmas material was difficult to come by this year due to the cost per yard so when I opened the boxes that contained the stockings, I was overwhelmed. I'm even teary eyed as I put my feelings into words.

All the items including the 5 boxes of Beanie Babies the 128 Matchbox and Hot Wheel Cars, the 379 beautifully crafted Angels, the boxes of hygiene products, writing tablets and envelopes, the decks of playing cards, more Beanie Babies, stuffed animals, toothpaste and toothbrushes, floss, more hygiene products, Christmas Card fronts and misc. card fronts are an amazing tribute to the months of loving hours that were put into making and gathering these items so that our troops could enjoy "a touch of home" at Christmastime and beyond.

It is due to the generosity and caring of groups such as all of you, that we are able to accomplish our mission, which is to show our hero's that they have not been forgotten at home.

Until each one comes home.....

Inventory Manager
With deep Appreciation

Associated Country Women of the World

The members of ACWW, Associated Country Women of the World, who live in rural and urban areas, representatives of many races, nationalities and creeds, believe that peace and progress can best be advanced by friendship and understanding through communication and working together to improve the quality of life for all people through:



- relief of poverty,
- relief of sickness and the protection and preservation of health, and
- advancement of education.

ACWW has a uniquely down-to-earth approach. Working in partnership with its members and member societies, ACWW offers mutual support, friendship and practical help to women and communities around the world.

With Consultative Status at United Nations, ACWW gives women a voice at International level through its links with UN agencies. The organization has a membership of nine million through its 365 Member Societies in over 70 countries.

Projects are requested by local women to suit their needs. All applications for funding are assessed by ACWW Projects Committee. Projects are monitored throughout their life to ensure success.

From the ACWW web site <http://acww.org.uk/>

TWELVE WAYS TO THINK YOURSELF THINNER:

1. Ban the word "diet" from your vocabulary.
2. It is not all about the dress size.
3. Be realistic.
4. Think twice before drinking alcohol.
5. Do NOT swear off your favorite foods...remember moderation.
6. Expect imperfections.
7. Visualize your success.
8. Mind your table manners...wolfing down food is not the way to go.
9. Be a picky eater...do not waste calories on foods you really don't love.

10. When a craving hits drink a large glass of water and wait for about 25 minutes.
11. Avoid peer pressure.
12. Ditch the put downs.

SOME DRUGS THAT INTERACT WITH GRAPEFRUIT JUICE *

Calcium-channel blockers (used to treat high blood pressure) – felodipine (Plendil), Isradipine (DynaCirc), nifedipine (Cardene), nimodipine (Nimotop), nisoldipine (Sular), verapamil (Calan)

Beta blockers (used to treat heart failure) carvedilol, (Coreg)

Statins (used to treat high cholesterol) atorvastatin (Lipitor), lovastatin (Mevacor), simvastatin (Zocor)

Psychiatric drugs buspirone (BuSpar), clomipramine (Anafranil), diazepam (Valium), midazolam (Versed), trazodone (Desyrel), triazolam (Halcion), zaleplon (Sonata).

Hormone drugs Estrogen, oral contraceptives carbamazepine (Tegretol, Carbatrol).

Antiseizure drugs carbamazepine (Tegretol, Carbatrol).

Antihistamines astemizole (Hismanal).

Immuno-suppressant drugs cyclosporine (Neorel, Sandimmune, SangCya), tacrolimus (Prograf).

*Not an exhaustive list. Check with your pharmacist to find out if any of your medications interact with nutrients in your diet.

COPING WITH HOLIDAY STRESS

Christmas is above all a time to show your love and care for your family and get together and spend quality time together.

Sadly these days it is very commercialized and you may be forgiven for thinking it is for who can buy the most thoughtful present to give to their loved ones, and the pressures can mount up and cause stresses and strains.

If you find the period stressful, then here is a great tip to relieve that stress. Simply laugh out really loud - as loud as you can - a big, old Santa HO HO HO! The reason is that this will help to relax you and release chemicals into the blood stream that make you feel better and relaxed - so it really is a good idea to laugh these things off!



**Minutes of County (Association) FCE Meeting
November 11, 2010**

The meeting was called to order at 10:15 AM and the creed and Pledge of Allegiance were recited. There were 16 members present.

Treasurer Report: Marilyn Simonds

General Fund \$11,300
Scholarship Fund \$ 2,259

President report: Jeanne Purich

A big thank you to all to you who helped at the Fall Festival. Also a big thank you for supporting Extension at Close Encounter. Reminder: Membership forms, Outreach forms are due now. Please send in any publicity items. Troops: Keep baking cookies/providing snacks/knitting/crocheting hats/making ditty bags and Christmas stockings. Maddi Klein requests that you do NOT bring the hats/making ditty bags and Christmas stockings until next September, 2011 as she is unable to store them during the year.

Special Projects: Pat Kenny

Thank you all for coming to the Harvest Festival and your hard work. Without you there would be no festival. The cookies Exchange is December 14. Bring 4 dozen cookies and have some Holiday Fun!

County Fair: Kitty Cooley

No report this month.

International Day: Barb Raab

TODAY is Island Hoping. I would like some ideas for next year. What country would you like to learn about? The Barbara know at raabbll@comcast.net

Membership: Lou Marlin

Get your dues in to **Marilyn Simonds**. Recruit a new member.

Publicity: Judy Armitage

Watch for places to advertise, please.

Scholarship Committee: Frann Peters

Thank you letters from the recipients were distributed to be read.

A letter from the boys' ranch explaining their finical needs was read.

A motion was made by Marcie Burroughs: MCFCE to sponsor a boy at the Boys' Ranch for the fee of \$200.00 for Christmas. This motion was seconded by Barbara Perry and was passed.

Judy Armitage, Secretary

**INCORPORATION, COPYRIGHT,
TRADEMARKS of NAFCE**

The name of the organization shall be the National Association for Family and Community Education, and is trademarked.

NAFCE was incorporated May 5, 1975, in Raleigh, North Carolina. FCE functions as a not-for-profit charitable 501 (c) 3 organization as defined under the Internal Revenue Code.

The *Emblem* is composed of two concentric circles which typify the home, the family, the community and the association. The hearth fire in the center symbolizes the home; the oak leaf, the strength of the home; the lamp of knowledge, the wisdom with which a home and family must be created; the wheat, productivity and richness of family and community life. Around these symbols are the words: Home, Family and Community. The emblem is registered with the U.S. Patent and Trademark Office and bears the registration number 1,892,407.



The *Seal* is composed of three concentric circles. The two inner circles are the same as the emblem, with the third circle bearing the name of the organization. The seal is used for formal items, such as a certificate of honor or achievement. The seal is registered with the U.S. Patent and Trademark Office and bears the registration number 1,891,429.



Cranberry-Pineapple Minis

1 can (20 oz) crushed pineapple, undrained
2 pkg (3 oz each) Jell-O Raspberry Flavor Gelatin
1 can (16 oz) whole berry cranberry sauce
2/3 cup chopped walnuts
1 apple – chopped (preferred Dole brand)

Reserving juice, drain pineapple. Add enough water to juice to measure 2 ½ cups. Pour into sauce pan. Bring to a boil. Pour over gelatin in large bowl, stirring two minutes until completely dissolved. Stir in pineapple, cranberry sauce, walnuts and apple. Spoon into 24 paper lined 2 ½ inch muffin cups. Refrigerate 2 ½ hours or until firm. Remove liners. Yield: 24 servings.

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