



Family and Community Education Hi-lites

March – May 2011

www.mdafce.org/mcfce.htm

Montgomery County Association for Family and Community Education Newsletter

Happenings

Happiness is when what you think, what you say, and what you do are in harmony.
Martha Gandhi

March

- 2 WE Linus Project-Sew-A-Thon, 10 a.m. - 3 p.m.
8 TU Ready to Downsize?
Kimberly Schoeberlein, Personal Move Consultant
9:45 a.m., Extension Office Garage
Refreshments: Lunch Bunch



April

- 1 FR Linus Project-Sew-A-Thon, 10 a.m. – 9 p.m.
12 TU Program To Be Announced
9:45 a.m. Extension Office
Refreshments: Lunch Bunch

May

- 1 SU Hi-Lites Deadline
Look What's Happening deadline
3 TU Linus Project Sew-A-Thon, 10 a.m. - 3 p.m.
14 SA "Puttin' on the Glitz" Spring Luncheon 10:30 a.m
Olney-Sunshine Club Hosts
18 WE Volunteer Recognition, 5:30 p.m., Extension Office
24 TU Executive Board Meeting, 10 a.m., Extension Office
Hi-Lites folding
30 MO Office Closed (Memorial Day)

June

- 1 WE Linus Project Sew-A-Thon, 10 a.m. – 9 p.m.
4 SA Earth Day
16 TH Fun Day at Gettysburg – Registration required

Did you know?

- *Peel a banana from the bottom and you won't have to pick the little "stringy things" off of it.
- *Store your opened chunks of cheese in aluminum foil. It will stay fresher longer.
- *Use a wet cotton ball or Q-Tip to pick up the small shards of broken glass that you can barely see.



President's Paragraphs

Thank you for all the items for the Boy's Ranch. We filled Frann Peter's car with toilet paper, tissues, paper towels, soap, shampoo, tooth brushes and many other items. Frann also took Valentine boxes filled with candy to each of the boys and staff at the ranch.

Linus Project

March 2 Wednesday 10 AM-3 PM

April 1 Friday 10 AM-9 PM

May 3 Tuesday 10 AM-3 PM

We need people to sew at the Linus Project. We have many cut blankets (2 pieces of fabric with batting) that need to be sewed together. You can bring your own sewing machine or use the sewing machines that are at the Extension Office. Bring a sandwich (and a friend); we provide a drink and dessert.

Ready to Downsize?

March 8

Cooperative Extension Office 10:00 AM

Kimberly Schoeberlein from Riderwood will be our guest speaker. She is a Personal Move Consultant at Riderwood and will speak on ways to get ready to downsize. Even if you are not ready move right now, she has many suggestions on what to do now. Please plan to attend as we need at least 20 participants to have a guest speaker. (This is a program change from what is printed in your handbook.)

Program to be announced

April 12

Cooperative Extension Office 10:00 AM

Unfortunately our scheduled speaker is not able to attend. We are diligently working to find a speaker for this meeting. We hope to announce the April program at our March meeting.

Spring Luncheon, May 14

Puttin' On The Glitz

Cooperative Extension Office 10:30 AM

Plans are well under way for the Spring Luncheon. Olney-Sunshine is organizing this wonderful day. **Each club is to provide a minimum of 3 door prizes (more is appreciated) and a flat of annuals for Laytonsville Haven.** Look for the registration form on page 8.

Volunteer Recognition Day

May 18

Cooperative Extension Office 5:30 PM

Don't forget that May 18th (Wednesday) is volunteer recognition day at the Extension Office. All are invited.

We have new and exciting programs and activities planned. I hope to see all of you at many of these events. Let's have a tantalizing FCE experience in 2011!

Jeanne Perich

Seasons in Health

March is Nutrition Month

As we age, we may need fewer calories, but we still need just as many of the nutrients in food. Research shows a good diet in our older years reduces the risks for high blood pressure, heart disease, osteoporosis and some cancers. Learn more at www.nutrition.gov.

April is Alcohol Awareness Month

Anyone can develop a drinking problem at any age. Alcohol affects the body differently as we get older, and friends and loved ones may mistake alcohol abuse for age-related conditions. Visit www.nia.nih.gov and search "alcohol" to learn the signs of alcohol abuse and where to find help.



May is Skin Cancer Detection Month

Melanoma, one type of skin cancer, is the most deadly form of skin cancer. It can be removed IF found in an early stage. Look at your skin regularly for changes in moles or dark spots. Look for uneven shapes, irregular borders, varied color from one area to another, or a mole a size larger than a pencil eraser. Learn more at www.aad.org.

Chatter from Extension

February was American Heart Month: Plan to Make Your Heart Healthier by Joining the Strong Women – Healthy Hearts Program!

Heart disease is the number one cause of death for American women.

Many people think of heart disease as a man's disease, but in fact it is the leading cause of death for both women and men in the

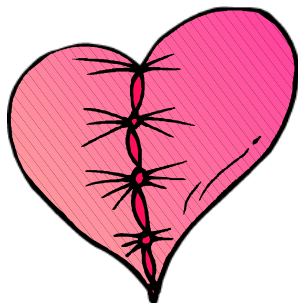
United States. In the U.S., it is the leading cause of death for women with more than half a million women dying each year from complications of heart disease. Researchers at Tufts University have developed an exercise and nutrition program designed to help women improve heart health. The Strong Women – Healthy Hearts Program teaches participants to make positive dietary changes and increase physical activity while improving general health and well-being.

The program, which targets women over age 40 that have been mostly or completely inactive during the past few years, is a 12-week program that will be offered in Montgomery County through the University of Maryland Extension. Classes focus on exercise and nutrition topics such as menu planning, portion control, heart healthy eating patterns and weight control techniques.

Classes begin May 2 and will be held every Tuesday and Thursday from 6:30-7:30 p.m. through July 21, at the University of Maryland Extension Office at 18410 Muncaster Rd., Derwood. This project is a collaboration between Tuft's University and the University of Maryland Extension and other state land-grant universities.

An information meeting will be held April 19. Interested persons must pre-register. Cost of the program is \$50 and includes a pedometer, healthy recipe sampling, take-home materials and much more. Please call 301-590-2811 for more information or contact Rebecca Davis at rdavis3@umd.edu.

Rebecca Davis, FCS Educator
301-590-2811
rdavis3@umd.edu



Frequently Asked Questions about Montgomery County FCE

1. Why is there a county organization?

Montgomery County FCE (MCFCE) serves as a meeting place for all FCE members and as a central point to send and receive information to the state FCE organization. The county organization disseminates information to all FCE members. FCE is made up of national, state, county and club groups.

2. What does MCFCE do?

MCFCE presents educational, informational and fun programs, e.g., cooking demonstrations, retirement information, Character Counts!, women and health issues, drunk driving, gardening, etc. MCFCE organizes outreach projects and solicits donation to support scholarships.

3. Who gives these programs?

Outside speakers, Extension Educators and FCE members present these programs. Presenters put many hours into preparing timely information to be presented at the programs.

4. Who should attend?

All members should attend the MDFCE programs. Since the **Lunch Bunch** club does meet separately, the county meeting serves as your club meeting. (Pat Kenney 301-460-5451 is your direct club leader.) We need 20 - 25 members present to have outside speakers.

5. When are the meetings?

Meetings are held the second Tuesday during January, February, March, April, September, November and December at 10 AM at the Extension Office.

Box Tops for Education

Board of Child Care: Please continue to save "Box Tops for Education" found on many food items and the UPC labels from Campbell's and Pepperidge food products. These labels help to purchase school supplies and sports equipment for youth who reside at the Board of Child Care. This residential community provides a wonderful home, education and support for youth. JoAnne Urion

Hometown Patriots

We wish to take this opportunity to extend to each and every one of you our most heartfelt thanks for all you have done for and on behalf of the troops serving in Iraq and Afghanistan. Thank you for every: cookie and brownie you baked, wrapped, labeled and packed, for snack food, for toys and beanie babies you donated, for notes you faithfully wrote, necessities you collected, hats you knitted or crocheted, Christmas stockings and ditty bags you provided, dollars you generously donated and hours of your busy schedules you unselfishly donated.
Maddi Klein and Eva Black



Re-Use It Corner

Flower pots: Use a small one for a pin cushion
Egg Cartons: Use as packing material, to sort jewelry, or in desk drawer to sort small items.
Tissue box: Store plastic bags – to keep them compacted but still be easy to pull out as needed.
Milk Crates: Send your teen to college with ready-made shelves, or use them for storage yourself, perhaps in the car or under your desk.
Newspapers: Place wadded newspaper in luggage before storage to prevent mildew smell. Clean your windows and you will not have streaks. Going camping? Take newspapers to put down before the sleeping bag goes on the floor for extra insulation.
String: Got a dripping faucet and no plumber until next week? Tie a piece of string to the faucet and place it so that the drip runs down the string and you will not hear the drip, drip, drip sound.

“http” and “https” – Do you know the difference?

The main difference is about keeping you SECURE on the internet. HTTP stands for Hyper Text Transfer Protocol. The S stands for SECURE. If you visit a website or page – look at the address in the browser. It will most likely begin with http: This means that you are using the regular UNSECURE language. Someone then has the ability to “eavesdrop” on your conversation. NEVER enter your credit card or Social Security information on a site that does not have the “S”.

Drive Easy, Use Wipers in the Fog

Temperatures that change quickly (drop to the dew point) create FOG that occurs without any warning. Reduce your car speed as the fog looms ahead. A good rule of thumb is to slow to 20 to 30 miles an hour if you can see only 6 car lengths ahead; drive only 10 to 15 miles an hour if the visibility is no more than two car lengths. Turn your headlights on low beam. Turn on your windshield wipers. A thin film can build up on the inside of the windows therefore run the defrosters for a few minutes.

NATIONAL FCE DIAMOND JUBILEE IS COMING

The National FCE Conference will be held in Denver, Colorado on July 15 to 17, 2011.



Registration Forms are in your **FCE Today** and on the **NAFCE web site** (www.nafce.org). NAFCE events include Opening Ceremony; Meet the Board Reception, Business Meeting, Spirit of Colorado Luncheon, FCL Sessions and Workshops, Diamond Dinner, Inspirational and Memorial Awards Luncheon.

Denver, located at the junction of the South Platte River and Cherry Creek, is the state capital and largest city in Colorado. Situated 5,672 feet above sea level in the shadows of the Rocky Mountains, Denver is known as the "Mile High City." It was named after James W. Denver, governor of the Kansas Territory that included parts of Colorado. Prospectors settled Denver in 1858 with the discovery of gold on the shores of Cherry Creek. The opening of gold and silver mines in the 1870s and 1880s brought prosperity to the growing city. Installation of military bases in the area after World War II triggered even more rapid growth.

CRANBERRY PISTACHIO BISCOTTI

John Barricelli, Martha Stewart Living

½ Cup dried cranberries
½ Cup boiling water
3 Cups all-purpose flour + more for dusting
2 teaspoons baking powder
½ teaspoon salt
4 tablespoons unsalted butter-room temperature
1 Cup granulated sugar
4 large eggs
2 teaspoons pure vanilla extract
½ Cup shelled pistachios, coarsely chopped
¼ Cup sanding (crystal) sugar*

Preheat oven 375°. Place cranberries in small bowl – add 1/2 cup boiling water OR enough to cover. Let stand until cranberries are plump, about 15 minutes, drain and set aside. In medium bowl sift together flour, baking powder, and salt; set aside. Line baking sheet with a slipmat or parchment paper, set aside.

In bowl (with electric mixer fitted with paddle attachment) cream butter and granulated sugar on medium speed till light and fluffy – about 2 minutes. Add 3 eggs, one at a time beating after each. Beat in vanilla; add dry ingredients, beating on LOW, until fully. Stir in the drained cranberries and pistachios.

Remove dough to a lightly floured surface. Divide in two. Roll each piece into a 2 X 18 inch log. Place on prepared baking sheet, leaving about 3 in. between logs. Slightly flatten logs. In a small bowl lightly beat remaining egg. Brush logs with egg mixture and sprinkle with sugar*.

Bake 25 minutes. Remove from oven and cool on rack - about 20 minutes. Place logs on cutting board and cut crosswise on the diagonal into ¾ inch pieces. Return biscotti to baking sheet, cut side down. Bake until biscotti are beginning to turn brown around the edges, about 12 minutes. Transfer to wire rack to cool.

CHOCOLATE NUT COOKIES

1 box of devil food cake mix
2 eggs
2 tablespoons vegetable oil
1 Cup of chopped nuts

Mix first three ingredients. Drop by spoonful and place a nut on top of each. Bake at 375° for 12 minutes. Yield: 4 doz.

HOLIDAY HERMITS

¾ Cup white sugar
¾ Cup brown sugar
½ Cup butter (not oleo)
½ Cup margarine
½ teaspoon rum extract
2 eggs
2 ½ Cups flour
1 teaspoon baking soda
1 teaspoon salt
1 small container colored citron for fruitcake
½ Cup walnut pieces

Cream first four ingredients, add egg and extract. Whisk the flour, soda and salt and fold into dough. Mix well. Add citron and nuts. Drop rounded teaspoons onto air-baked cookie sheets. Bake 375° for 8 to 10 minutes.

DOUBLE CHOCOLATE CANDY CANE COOKIES

1 ¾ Cups all-purpose flour
½ Cup unsweetened cocoa powder
1 teaspoon baking soda
¼ teaspoon KOSHER salt
1 Cup (or two sticks) softened butter
¼ Cup sugar
¾ Cup brown sugar
2 eggs
1 teaspoon vanilla extract
1 Pkg or 1.7 ounce chocolate instant pudding mix
¼ teaspoon peppermint extract
1 ½ Cups chocolate chips
¾ Cup crushed candy canes

Preheat oven 375°, sift flour, cocoa, soda and salt. Set aside. In large bowl combine butter and sugars, beat till smooth. Add eggs, vanilla, pudding mix, and extract. Let batter rest for 5 minutes. Then, beat again. Gradually add flour mixture and mix until incorporated. Stir (not mix) in chips and crushed candy canes. Using an ice cream scoop, form balls; place about 3 inches apart on an ungreased cookie sheet. Slightly flatten tops. Bake 13-14 minutes.

CHOCOLATE PEPPERMINT MERIGUE KISSES

4 egg whites
 ¼ teaspoon salt
 ¼ teaspoon cider vinegar
 ¼ teaspoon peppermint extract
 1 1/3 Cups sugar
 1 Cup milk chocolate pieces
 1 teaspoon shortening
 1 ¼ Cups crushed striped rounded peppermint candies (about 50 candies)

In large bowl place egg white and let stand at room temperature for 30 minutes. Preheat oven to 300°. Line two large baking sheets with parchment paper OR foil, set aside.

For meringue: Add salt, vinegar and peppermint extract to egg whites. Beat with an electric mixer on MEDIUM speed until soft peaks form (tips curl). Gradually add sugar one tablespoon at a time, beating on HIGH until stiff peaks form (tips stand straight up) and sugar is nearly dissolved.

Transfer meringue to a decorating bag fitted with a ½ inch star tip. Pipe one inch apart onto the prepared baking sheets. Bake all the kisses at one time on separate oven racks for seven minutes. Turn off oven! Allow cookies to dry in oven with door closed for 1 (one) hour. Lift meringues off of the paper or foil. Transfer to wire rack. Cool completely.

In small saucepan, combine chocolate pieces and shortening. Cook and stir over LOW heat just until melted. Remove from heat. Spread crushed candy in a shallow dish. Dip bottom of meringues in chocolate and then dip into the crushed candies. Place on waxed paper and allow to stand until chocolate is set. Yield 192.

Tip: To crush candy, place unwrapped candy in a resealable plastic bag. Seal the bag! Use a meat mallet or rolling pin to crush candy.

Fruit & Vegetable Scrub



An apple a day - cleaned the safe way! Baking Soda is the food safe way to clean dirt and residue off fresh fruit and vegetables. Just sprinkle a little on a vegetable brush or a clean damp sponge, scrub and rinse.

CHOCOLATE CHIP JUMBLES

1 Cup butter (2 sticks), softened
 ¾ Cup packed light brown sugar
 ¾ Cup white sugar
 2 eggs (at room temperature)
 1 teaspoon vanilla
 2 ¼ Cups sifted bleached flour
 1 teaspoon baking soda
 1 teaspoon salt
 1 ½ Cup coarsely chopped pecans
 2 Cups coarsely chopped unblanched almonds
 12 ozs (2 Cups) chocolate chips or 12 ozs chopped bittersweet chocolate
 2 ½ Cups golden raisins or other dried fruit (cranberries, dried cherries)

Preheat oven 350°. Put chopped nuts in a jelly roll pan (or other large pan) and bake them, stirring occasionally, until lightly toasted (about 8 minutes). Cool nuts before adding to cookie dough. Cream butter and sugars. Add eggs and vanilla – beat 'till fluffy. Sift dry ingredients together. Add to butter mixture. DO NOT OVER MIX! Add nuts, chips and dried fruit – only mixing until incorporated. Dough may be made in advance and refrigerated. (Dough is easier to handle when chilled).

Drop rounded teaspoonfuls of dough onto baking sheet. Bake about 10 minutes or until lightly brown. Transfer to rack. Yield 6 dozen.

Mailing Lists

To get your name off of mailing lists write to:
 Direct Marketing Association (DMA)
 P O Box 8008
 Farmingdale, NY 11735-9008.

Include your full name and address, apartment # and zip code. Ask that all solicitations delete your name. This takes several months.

MONTGOMERY COUNTY ASSOCIATION FCE ASSOCIATION MEETING

January 4, 2011

Call to order, Creed and Pledge. The minutes were approved as presented in the last Hi-Lites.

Treasurer Report: Marilyn Simmons is on a Mission trip in Chili. **Jeanne Purich** reported that we are in good shape financially and that the scholarships are completely funded. Detailed report will be given when Marilyn returns.

President Report, Jeanne Purich: Thank you for filling out the Outreach, Program and Volunteer Hours forms. New forms for Outreach are available on the table.

The new handbooks have been sent out. If you did not receive one, Pat has some extras. The Women's Legislative Briefing is Sunday, January 31 – U of MD Shady Grove Campus. You may register on line at www.Montgomerycountymd.gov/cfw. An agenda is available. We will **NOT** have a table this year. We have not had any response or feedback in the past from such a table. We will be an organization sponsor. It costs \$15 to register as an individual, a table is \$60, and \$50 to sponsor, which puts our name on their literature. If you know of anyone who is having community days or fairs please let us know so that we can set up a table. February is birthday month. Collect one cent for each year of your age or give one dollar to keep your age a secret. Our February and March meetings will be held in the garage. The February meeting will be about vitamins: The good, the bad and the ugly. March will be about an energy update where we will have an independent person coming to speak; not from Pepco.

Special projects, Pat Kenney: The Linus project began with 238 blankets in January. We did 1,501 blankets last year. The date/time for February is 2/1/11 from 10 till 9 and March 2 from 10 till 3pm. Please begin to save the Happy Meal toys for our Harvest Festival. Please begin to collect stuffed animals also.

International Day, Barb Raab: Shank of the Boot (southern Italy) is our topic. Maybe we could include the islands? The foods are different from the northern area of Italy, lots of tomatoes, olive oil and fish.

Membership, Lou Marlin: Jeanne reported that the membership drive is on. Invite a friend. Keep FCE materials with you – in purse or car – or give to restaurants or places you frequent to post. Additional brochures are available on the table.

Publicity, Judy Armitage: Linus notices have been sent for February. One person reported she saw our ad in the Gazette and then came. Thanks you for your help in locating free places to advertise.

Scholarship Committee, Frann Peters: The Christmas party at the Boy's Ranch was a delightful evening. The boys enjoyed all of the cookies that we sent. The board members come over to personally thank us for all that we have done for them. A newspaper article was passed around about a Walkersville man who helps at-risk youth at the ranch. The article explained the mission statement of the ranch. Mr. Grover's, who is the executive director, aim is to educate and to intervene, as needed, on each youth's behalf. As a mentor, Mr. Grover has a main goal of helping the boys become productive men. He is also responsible for recruiting, hiring, supervising and training employees. He works to see that each resident receives the best education possible. Laytonsville Haven is doing well. They continue to need magazines, puzzles, and boots. As a Christmas project, they made chocolate molds and small fruit cakes. The scholarship is up to date. We will be hearing from the recipients in February.

Old Business: None

New Business: Spring Luncheon (Olney-Sunshine), Doris Lyerly reported that things are progressing nicely. The theme is "Puttin' on the Glitz". The menu will be chicken salad, cranberry salad, mustard green beans and cupcakes. A necklace craft with beads will be the activity. Discussion is now being held to decide the favors.

Web Site, Jeanne Purich: The web site is being constantly updated by Libby. She updates the troop support and the Linus Project information as soon as she gets it. Information about our Linus Project has been translated into Spanish and published in a Spanish newsletter (magazine). Thanks to Mary Reeves for the translation and contact with this newsletter. Mary has attended Linus several times and brought a friend. We have some Spanish Hearthfires and perhaps they could be given to that group?

Barb Raab reported that she has a Spanish neighbor who might be a source to give Spanish materials.

Respectfully Submitted,

Judy Armitage

Spring Luncheon May 14, 2011
Registration due by May 1, 2011

Make check for \$15.00 per person payable to MCFCE and send to:
Marilyn Simonds
13708 Lionel Lane
Rockville MD 20853

Name	Phone #
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UNIVERSITY OF MARYLAND EXTENSION
MONTGOMERY COUNTY OFFICE
18410 MUNCASTER ROAD
DERWOOD, MD 20855

FIRST CLASS MAIL

