



Family and Community Education Hi-lites

September – November, 2010

(www.mdafce.org/mcfce.htm)

Montgomery County Association for Family and Community Education Newsletter

“We will be known forever by the tracks we leave.”

Native American Proverb

Happenings

September

Collect School Supplies (paper, pens, pencils, notebooks, notebook paper, composition books, glue, scissors, erasers, etc.) and bring them to Linus, September county or your club meeting.

Send names of new club officers to county president by September 15.

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|----|--------------------|---|
| 1 | 10:00 am - 9:00 pm | Linus Project Sew-A-Thon |
| 6 | | Office closed (Labor Day) |
| 14 | 9:45 am | “Healthy Meals using 5 Ingredients or Less” with Rebecca Davis, CES Educator and Association Meeting, Pick up your recipe for the International Luncheon.
Refreshments: Olney-Sunshine |
| 27 | 9:30 am - 3:00 pm | Region II, MC Extension Office, Derwood, Montgomery County Hosts |
| 29 | 10:00 am - 3:00 pm | Linus Project Sew-A-Thon – This is the October Linus Meeting. |

October

Send to County Treasurer: Pennies for Friendship, Dollars for Leadership and Dues. Send one check made out to Montgomery County FCE by October 1.

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|-------|-------------------|---|
| 1 | 10:00 am | Set up Fall Festival Extension Office |
| 2 | All Day | FALL FESTIVAL – Extension Office |
| 3 - 9 | | FCE Week – Celebrate with your family, plan an exhibit or program in the community. |
| 4 | 10:00 am | Take down and clean-up after Fall Festival |
| 13 | 9:30 am - 3:00 pm | Region I Meeting, Cumberland County Club, Allegany County hosts |

November

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|----|-----------------|---|
| 1 | | Hi-lites and Look What’s Happening deadline |
| 2 | 10:00 am - 9 pm | Linus Project Sew-A-Thon – Extension Office |
| 10 | 9:45 am | International Day – “Island Hopping In the Pacific” |
| 23 | 10:00 am | Executive Board Meeting – Hi-Lites Folding Extension Office |
| 25 | | Office Closed (Thanksgiving) |

December

- | | | |
|----|---------|--|
| 1 | | Send yearly reports to State Vice President/Programs |
| 14 | 9:45 am | Cookie Exchange and Crafts, Extension Office |

Famous Quote”

The only time to eat diet food is while you’re waiting for the steak to cook.

Julia Child

President's Paragraphs

Fair Booths

Montgomery County FCE members prepared 4 booths for the Agricultural Fair. Booths on the Linus Project, Exercise, Look-a-Likes and Recycling were presented. Thanks to all those that participated in a booth presentation and to those who "manned" the display during Fair week. A special thanks to Kitty Cooley for being the FCE liaison with the Fair board.

Membership Challenge

Recruit a new member, put your name and address at the bottom of the form and you will receive a "star" pin from National FCE as recognition.

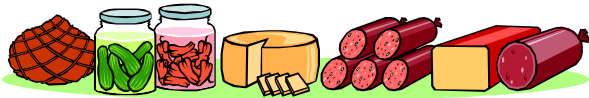
Membership forms are available at the Extension Office, the county or club meeting, and in your state newsletter (*Look What's Happening*). All dues must be sent to **Marilyn Simonds (13708 Lionel Lane, Rockville 20853) by October 1. Dues are \$24.50 for an individual, \$21.30 for seniors (80+) and \$37.50 for a family plus your local club dues. It is the best bargain in town.** Everyone must completely fill out a membership form with signature, middle initial, 9-digit zip and email address. **Please refer to your state newsletter for more details on membership or contact me at 301-384-2805.**



"Healthy Meals using 5 Ingredients or Less"

September 14

9:45 AM



Rebecca Davis, CES Educator, will present our first program of the Fall. Preparing healthy and easy meals is a goal of most busy Americans. We have a wonderful opportunity to learn new ways to use familiar ingredients. We want to see everyone there. And thanks to Rebecca for our program.

Fall Festival

October 2

10 AM to 6 PM

The **Fall Festival** is fast approaching and to our great disappointment it will only be one longer

day - Saturday. We will need crafts, baked goods, plants and FCE members to take tickets and man the booths. Wouldn't you like to be there? Call Pat Kenney (301-460-5451) and let her know how you will help with this event!! Set-up is on Friday, October 1 at 10 AM with the actual festival on Saturday. Since we will be working until 6 PM on Saturday, we will take down and pack up the items and displays on Monday, October 4th starting at 10 AM. This is usually a large moneymaker for the scholarship fund; let's make it a success with enough man power to do the job.

International Day

November 9

9:45 AM

Island Hopping in the Pacific between the Tropics of Cancer and Capricorn

Island hopping is our destination. Contact Barbara Raab (301-330-5447) for more information. Recipes will be given out at the September 14th county meeting. Thanks, Barbara. Registration for the luncheon is in the newsletter on page 8.

Region II FCE Meeting

September 27

9:30 AM

Be sure to register for the regional meeting at the Montgomery County Extension office. In addition to updates from other counties, programs will include "Start your Engine" and a speaker from Shady Grove Hospital. Bring all the Certificates that you received at previous meetings and we will show you how to categorize them.



Project Linus

Sew-A-Thon

Don't forget the remaining 2010 dates for Project Linus.

September 1-Wednesday 10 AM – 9 PM

September 29-Wednesday 10 AM – 3 PM

November 2-Tuesday 10 AM – 9 PM

Bring a sandwich; we will provide drink and dessert. Call Pat @ 301-460-5451 for more information. We are always looking for more yarn. If you know of anyone who has extra, please let us know. No fabric for awhile unless it is plain to use for backings.

Close Encounter Dates

The dates for Close Encounters have been announced. The dates are:

Week 1 October , 12, 13, 14, 15

Week 2 October 18, 19, 20, 21, 22

We will have a sign up sheet at the September meeting or you can call the Jackie Marsh at the Extension office (301-590-2829) to let them know what day you can volunteer.

Hope everyone is ready to make this the rest of 2010 with FCE very productive and exciting! See you September 8.

Jeanne Perich

Save Money All Year Long

January - White Sales

February - Winter Clothes

March - Small electronics and cameras

April - Cookware/Housewares

May - Yard Sales begin

June - Gym memberships

July - Big sales on everything

August - Summer gear, lawn furniture

September - Back to school deals

October - Home appliance

November - Holiday sales

December - Seasonal items for next year

Chatter From Extension

Peachy Delight

Fresh peaches truly are a delicious treat this time of year.

They are best enjoyed as they were meant to be eaten: picked right from the tree without fanfare or added flavorings. Peak season for peaches in Maryland is late summer so stock up and freeze some now to enjoy later this winter.

You can find two main varieties at the farmers' markets or grocery store, the clingstone or the freestone. The difference between the two is how easily the stone separates from the peach flesh, with the freestone variety more easily separating from the pit or stone than the clingstone. Peaches



come with yellow or white flesh. The white flesh peaches are sweeter than the yellow variety.

Peaches make a nutritious snack. They are low in calories, 50-70 depending upon size, and are a good source of several vitamins, including A and C.

Peaches are best enjoyed as a whole fruit but they also make delicious additions to many dishes, including salads. Try this cool and delicious variation of chicken salad with peaches for a nutritious and quick summer meal.

Grilled Chicken and Peach Salad

4 boneless chicken breasts

Your favorite chicken marinade or olive oil, kosher salt and ground pepper

Approximately 3-4 cups mixed salad greens

2 T crumbled goat cheese

2 T chopped pecans or walnuts

½ cup shredded carrots

2-3 large peaches, peeled and sliced

Dressing Ingredients

3 T Balsamic vinegar

2 T Olive oil

1 t Dijon mustard

1 garlic clove, minced

1 T chopped fresh basil (optional)

Kosher salt to taste

Ground fresh pepper to taste

Directions

1. Rub chicken breasts with olive oil and sprinkle with kosher salt and pepper OR coat chicken breasts in your favorite chicken marinade and refrigerate for at least one hour.
2. Grill chicken breasts turning once until the internal temperature reaches 165 degrees. Slice chicken into long pieces.
3. Combine salad greens and carrots and divide onto four plates.
4. Whisk together dressing ingredients.
5. Top salad greens with peach slices and chicken. Sprinkle nuts and cheese on top of chicken.

Minutes of County (Association) FCE Meeting June 8, 2010

The meeting was called to order at 10:10 AM and the creed and Pledge of Allegiance were recited. The minutes of the April meeting were approved as stated in the newsletter.

Treasurer's Report, Marilyn Simonds:

Current Balance \$13,342.33
The luncheon took in \$695.00
We spent \$488.00

Please note that all checks ought to be written as **donations** not cost for IRS purposes. Also we still do not have our accreditation for a non-profit organization. Marilyn will continue to work on this issue.

President's Report, Jeanne Purich:

Hope you all enjoyed the Spring Luncheon and a BIG THANK YOU to the Lunch Bunch for a wonderful job and to all of you who brought books and flowers.

The Regional Meetings are Sept. 27 and Oct. 23. Region II meeting will be held on the 27th of September (Monday) at our Extension Office in Derwood, MD. Region I meeting will be October 13 (Wednesday) at the Cumberland County Club, in Cumberland, MD. Registration for either or both meetings is in the summer issue of your State Newsletter; donation is \$20.00 for lunch and your educational materials.

Fair Booth – August 12 is “set-up” day. The fair dates are August 13 – August 21. If someone would like to do one display board we have plenty of boards available. Help is also available. Pat needs “look alike things”. Please call her for more information.

Support the Troops: Cookie Packing for June is the 15th, for July the 20th and for August the 17th. Come and help. Contact Maddi Kline or Eva Black for further information and cookie suggestions for the hot summer months.

Dress-A-Girl with pillow cases. On Friday July 2nd at 10 am at the Extension Office we will make pillow case dresses. Sharon from PG County will take the dresses for distribution to a needy country. Damascus is having their annual yard sale on July 12th. Usually they have good “stuff”.

Vice-President, Lou Marlin:

Delicious healthy meals using just 5 ingredients or less will be the topic on September 14

at 9:45 AM given by Rebecca Davis, CES Education, from right here in our own Extension office. Plan to attend.

Special Events, Pat Kenney:

The **Back to School** annual picnic will be at the home of Barb Raab. We are each to bring a side dish and of course the school supplies. Save the date: August 25 and the time will be 1PM. Car-pooling is suggested. Reminder: the boys need socks (plain white) and underwear in addition to the school supplies.

County Fair: Please consider presenting a booth at the fair. We need people to “man” the booths, in the AIR CONDITIONED building.

International Day: Barb Raab –Island Hopping

November 9th. Barb will hand out recipes at the meeting the month before. See Barb for which island you would like to discuss.

Membership: Reminder: Use the FCE Welcome Brochure to tell others about FCE. Sign them up and earn a “star”.

Publicity, Judy Armitage:

The Linus Project has been advertised. Please be on the look out for any other places we can advertise. Judy has no control over what they print. In fact last month they omitted the statement that we needed yarn.

Scholarship Committee, Frann Peters:

No more shoe boxes are needed. Mark your calendars for the Fun Day outing. Donation is only \$10.00 for breakfast, lunch, dinner and snacks and perhaps even a boat ride. The Layonsville Ladies need magazines and toiletry items. We also need kids' crafts ideas for the Harvest Festival. See Frann with all of your ideas.

Old Business:

Please continue to collect Box Tops, Stamps, Pop Top Tabs, Campbell Soup Labels and Books for Newborns and items for the boys' ranch. We did collect 107 books for newborns but more are always welcome. The Greentree Shelter and Hope Alive also receive some of our goodies.

New Business: Please volunteer for an office. We need your input.

Respectfully submitted, Judy Armitage

A SPECIAL REQUEST FOR OUR TROOPS



We are in desperate need of personal notes to include in our boxes of goodies that we ship to our troops **each month**. Won't you please help us let our military and their civilian counterparts know how much we care and how grateful we are to them for their service and many sacrifices?? Multiple notes can be written with the same message and each will be placed in separate boxes. Just rubber band your duplicate letters and mark them as such. Mail from home means more to them than anything else we can send.

Feel free to end your letter with your name, address and/or email address. You just never know when you might hear back.

Gratefully yours,
Maddi Klein

301-774-8088, maddik@comcast.net

Eva Mae Black

301-725-7038 mommablack@verizon.net

To give you an idea of what it means to them, please read the email below that my co-chair and I just received.

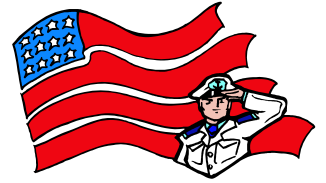
Mrs Klein and Mrs Black,

We would like to thank you for all of the time, effort, and Love with which you are sending to support the effort in our theatre here in Iraq. The touch of home that you and your organization are providing is appreciated beyond your wildest belief. If you could see the faces of the soldiers and civilians whose lives you are affecting you would have a small indication of the joy that you are bringing. Thank you does not seem to be enough to express our gratitude, but stronger words escape me. Thank you! Thank you for caring. Thank you for supporting our troops. Thank you for not forgetting the effort that is being put forth over here. And lastly, thank you for having such a big heart!

Very Respectfully,
Patrick Bland

Other Needed Items for the Troops

Microwave Popcorn
Instant (individual) Oatmeal
Crystal Light or other brands of powdered iced tea or lemonade
Beef Jerky
Slim Jims
Nuts
Trail Mix
Dried Fruit
Gum
Candy (hard candy during the hot weather)
Peanut Butter and Cheese Crackers
Upper Room Devotionals
Dental hygiene products (tooth brushes, toothpaste and floss). Check to see if your dentist will order a case from his/her rep. TRAVEL sizes are the preferable choices.
Monetary donations are needed to help offset high postage costs and to continue this very worthwhile cause.



Cleaning Tips:

Goo Gone: Use it on:

Vinyl, Wood, Plastic, glass and ceramics
This liquid will not damage the surface of an antique, but it will get rid of many offenders, such as old tape, candle wax, and even price stickers.

It will also remove prices written in permanent markers.

Zud: Use it on:

Enamel, porcelain and cast iron. Typically meant for household rust removal, Zud can make antique sinks and tubs look like new. For smaller grimy items, spray with oven cleaner, seal in plastic bags, and let sit for several hours; the dirt will wipe right off.

CLR: Use it on:

Vintage and antique glass and pottery. It dissolves stubborn calcium buildup, lime deposits, and water marks; antique experts praise it for cleaning white film from vintage glass. Fill a vase with CLR solution, add dry rice, swish it around before the rice softens. The friction dislodges the grit.

From Martha Stewart Magazine

Notes from Frann Peters

A big sincere thanks to each of you who joined the group for Fun Day. We had great weather, fun people and successful shopping, resting and wonderful conversations.

Our guest speakers – Stanley Wolf and his daughter, Audrey Wolf Weiland, gave a delightful and interesting talk about the lives of Mamie and Dwight D. Eisenhower during their years on the Gettysburg farm. Mr. Wolf had first hand experience with “Ike” as they were neighbors.

Scholarship Update: You may remember our child care scholarship recipient of several years ago, Renee’ Perry. Her life long desire and goal was to teach deaf children. This was made possible by our scholarship. She wanted to keep us aware of her progress and hoped to speak to our group again, but was unable to attend this year.

Partial Letter from René Perry:

We have received a personal letter from René Perry, updating us on her progress. Currently she is two classes away from receiving her B.S. in Deaf Studies. This means that she will graduate this December. She is considering a graduate program in the surrounding area that would enable her to become qualified and equipped to teach.

Youth Ranch Update: The library always needs books for the boys. They have school projects, history lessons, arts, crafts, biographies and personal improvement stories are always helpful. Any books that you think the boys would enjoy or could be used as a lesson would be greatly appreciated.

Thank you letter from Montgomery College Foundation, David M. Sears:

He wrote to thank us for the two scholarships that enable them to endow various programs. Thanks to such funds they were able to award scholarships to over 700 students last year.

A thank you letter was also received from the Maryland Sheriff’s Youth Ranch for our support. They have received news from the State of Maryland that they will, again, not receive any increase in their budget. Some of the cuts will likely include some of the special events that make the Ranch such a unique and healing environment for the kids, such as the annual Christmas banquet and some summer activities. Therefore your continued support is critical.

Uses for the Cucumber

1. Cucumbers contain most of the vitamins you need every day, just one cucumber contains Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.
2. Feeling tired in the afternoon, put down the caffeinated soda or coffee and pick up a cucumber. The carbohydrates can provide that quick pick-me-up that can last for hours.
3. Tired of bathroom mirror fogging? Rubbing a cucumber slice along the mirror, it will eliminate the fog and provide a smoothing, spa-like fragrance.
4. Grubs and slugs that are ruining your garden will be pest free all season long as the chemical in the cucumber react with the aluminum to give off a scent (undetected to humans) but drive garden pets crazy enough to make them flee.
5. Cellulite is not longer a problem when you rub a slice or two along your problem areas for a few minutes to firm up the outer layer and reduce the visibility of cellulite. Try it on wrinkles too.
6. Stave off the evening binging/snacking for a low cal treat.
7. Shoes look old? Rub a slice of cucumber over the shoe to give a durable shine that not only looks great but is water repellent.
8. Out of WD40? No problem. Rub a slice of cucumber along the squeaking hinge, and bingo, the squeak is gone.
9. Just finished a business lunch and realize you do not have gum or mints? Take a slice of cucumber and press it against the roof of your mouth for 30 seconds to eliminate bad breath, the phytochemicals will kill the bacteria in your mouth that causes the odor.
10. A “green way” to clean your faucets, sink or stainless steel is take a slice of cucumber and rub it on the surface you want to clean, which will remove any tarnish and bring back the shine. It won’t streak and your fingers will thank you for not using chemicals.
11. While using a pen you made a mistake. No problem. Use the OUTSIDE of the cucumber to erase the pen writing. This also works great on crayons and markers that the children have used “to decorate” the wall.

Fluorescent Bulbs Disposal

You may take home scale quantities of spent fluorescent bulbs and tubes to Home Depot, Ikea, My Organic Market and the Amicus Green Building



Center in Kensington, according to the Web Site of Montgomery County's solid-waste division. Montgomery's Shady Grove Processing Facility at 16101 Frederick Road in Derwood is another option. Find the hours, as well as tips about how to recycle or dispose of numerous other problematic items at www.montgomerycountymd.gov and then search "recycle, how-to".

Cold Facts for Seniors

Walk into an office when winter finally sets in and you are bound to hear plenty of coughing. Walk into a school and you are likely to hear more. Now walk into the house of an older adult. Notice how quiet it is? That is because they are less likely to catch a cold than others. The reason is two fold, doctors say.

Most older adults do not spend a lot of time with large groups of people, especially the young, who often are infected with a cold virus.

Although your immune system weakens slightly with age, you slowly build up resistance to some of the 200 catalogued rhinoviruses responsible for the misery of the common cold.

A lot of people have the misconception that an older person is more susceptible, but that NOT true, explains David W. Bentley, M.D., professor of medicine in the division of geriatrics at the St. Louis University School of Medicine.

PROTECT YOURSELF

However, Dr. Gwen Graddy-Dansby, M.D., a geriatrician at the Henry Ford Health Care System in Detroit, warns that if you do become sick, you are at risk of becoming sicker and to develop more complications than when you were younger. She recommends that you take the following steps to protect yourself"

1. Try not to get too close to someone with an obvious bad cold.

2. Wash your hands often with soap and warm water.
3. Monitor your cold. If you get the chills or feel shaky or dizzy, or have a hacking cough that produces yellow, green or brown phlegm, CALL YOUR DOCTOR TODAY.
4. Drink plenty of fluids and avoid caffeine.
5. Watch your diet: Older adults are more likely to lose weight when they become ill.
6. Keep your home moist during the dry winter months. Keep your nasal passages damp with a plain saline spray or by applying a small amount of petroleum jelly to the inside of your nose.
7. Use a vaporizer, run a hot bath or inhale the moist steam coming from the boiling water in a tea kettle, but keep your face about two (2) feet away from the kettle.

TREATMENT

If you see your doctor, be careful about pressing for antibiotics. Antibiotics are not used to treat colds because they have NO EFFECT on viruses, said Dr. Bentley. Your doctor will make the distinction between a cold and the flu. The Centers for Disease Control and Prevention recommends vaccinations against flu and pneumonia for those 50 and older, as well as younger people with chronic respiratory and heart disease.

Squares

1 C butter
1 ½ C Sugar
Yolk of 2 LARGE eggs
2 ½ C All purpose flour
2/3 C Red Raspberry Jam
White of 4 LARGE eggs
2 C Finely chopped walnuts or almonds

Grease jelly roll pan. In large bowl cream butter and ½ C sugar with spoon until well mixed. Beat in egg yolks. Add flour, mix, when batter begins to get too hard to work, knead with fingers to make smooth dough. Pat dough evenly into greased pan. Bake at 350° about 15-20 minutes or until lightly browned. Remove from oven. In deep bowl beat egg whites until stiff. Using a spatula fold in nuts and remaining sugar. Gently spread egg white mixture over jam. Bake 350° (about 25 minutes) until brown. Remove to rack and cool 15 minutes. Cut into squares while still warm.

**REGION II MEETING
September 27, 2010**

Host: Montgomery County FCE
Location: Montgomery County Extension Office
14810 Muncaster Road
Derwood, MD 20855

Registration begins at 9:30 am
Danish, coffee/tea served, lunch of chicken, jasmine
rice, salad and dessert will be served.

Donation: \$20.00
Reservation and payment deadline: September 15.

Make check payable to:
Montgomery County FCE
Sent to: Marilyn Simonds
13708 Lionel Lane
Rockville, MD 20853
301-871-1609

**Registration for International Day
due by October 31, 2010**

Send \$4.00 per person to:
Marilyn Simonds
13708 Lionel Lane
Rockville, MD 20853

NAME PHONE #

FIRST CLASS MAIL

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Cooperative Extension Program
18410 MUNCASTER ROAD
DERWOOD MD 20855

