



Family and Community Education Hi-lites

June – August, 2009

(www.mdafce.org/mcfce.htm)

Montgomery County Association for Family and Community Education Newsletter

What you would seem to be, be really!

Ben Franklin

Happenings

June

- | | | |
|--------|------------|--|
| 6 | | Earth Day |
| 9 | 9:45 AM | Pampering You & Association Meeting, Refreshments: Lunch Bunch |
| 15, 18 | Anytime | Set up for Yard Sale (Contact Jeanne Purich to assist, see page 2) |
| 16 | 10 AM–9 PM | Linus Project Sew-A-Thon. Extension Office |
| 19-20 | 9 AM | Yard Sale. 15500 Gallaudet Avenue, Silver Spring |
| 25 | | Fun Day at Gettysburg – Registration Required, See Page 5 |

July

- | | | |
|-------|--|---|
| 4 | | Office Closed (Independence Day) |
| 17-19 | | NAFCE Annual Conference, Portland, Oregon |

August

- | | | |
|-------|------------|---|
| 1 | | Hi-Lites deadline/Look's What Happening deadline |
| 4 | 10 AM–3 PM | Linus Project Sew-A-Thon. Extension Office |
| 13 | All Day | Set up Montgomery County Fair Booths |
| 14-22 | All Day | Montgomery County Fair |
| 25 | 10 AM | Executive Board Meeting, Hi-Lites Folding, Extension Office |
| 21–31 | | Maryland State Fair, Timonium |

September

- | | | |
|-------|------------|--|
| 7 | | Office Closed (Labor Day) |
| 8 | 9:45 AM | “Fight Osteoporosis with Calcium and Exercise” (a food prep demonstration) with Rebecca Davis, CES Educator; and Association Meeting, Refreshments: Lunch Bunch
Install 2010 Officers |
| 15 | 10 AM–9 PM | Linus Project Sew-A-Thon, Extension Office |
| 21-22 | | CWC Conference, West Des Moines Marriott, Des Moines, Iowa |

It's Spring House cleaning time again!!!

Gather up all of those items you want to discard ~

Bring everything to the home of Jeanne Purich, 15500 Gallaudet Ave. (301-384-2805)

Plan to shop and sell on June 19-20 to support our Scholarship Fund.

President's Paragraphs

Spring Luncheon

Thanks to the Derwood Club for a wonderful Spring Luncheon. It was delightful! And thanks to all of you for donations of books, flowers and door prizes. It truly was a wonderful day.

Hair Needs

Pampering You

June 9 9:45 AM

Association Meeting at the Cooperative Extension Office

As part of our continuing "Pampering You" series, we will have quest speaker, Lila Hamdan from Aesthetic Institute of Cosmetology, who will be discussing hair care. It is very important that we have a large turn out. Lunch Bunch club members, this is your meeting. Pat Kenney will have some items at this meeting for the Lunch Bunch to be working on for the Fall Festival.



YARD SALE FOR SCHOLARSHIP

June 19 – 20

FCE will hold a Yard

Sale at my house, 15500 Gallaudet Avenue, Cloverly 20905 to raise money for scholarship. Donations can be brought to my house at any time, to the June 9th Association meeting or to Linus on June 16th. Please clean your yard sale items before donating. We will have two pricing days-Monday June 15th and Thursday June 18th starting at 10 AM. Anytime you can come on those days to help price **will be** very helpful. We also need help on Friday and Saturday for the actual sale. Any questions, please give me a call 301-384-2805.

DONATION

FCE received a \$1000.00 donation to be divided between the Linus Project and Supporting the Troops. A couple heard about what we do through one of our members and

wanted to "help out". We give our heart filled thanks to them.

FUN DAY Gettysburg, PA June 25

If you haven't been to this event, you have missed all the FUN!

Eating, boat rides, shopping, crafting and just relaxing are some of things you can do. Husbands are welcome. Come to **FUN DAY on June 25 at Frann Peters'** (301-253-2589) home in Gettysburg, PA. Cost is \$10.00 (make check to MCAFCE). Proceeds benefit the scholarship fund, but the "fun" benefits each and every one of us. Mark your calendar today. See page five for more details.



Fair Booths August 14 – 22

Work on the **Fair Booths** has begun. If you could design a display to present at the Fair, please let me know (301-384-2805). We have display boards that you can borrow or you can design a free style booth. Also if you can spend some time at the Fair to sit by the booths and talk about FCE, Linus, etc., please contact Pat Kenney or me.



Project Linus

June 16 Tuesday 10 AM to 9 PM

August 4 Tuesday 10 AM to 3 PM

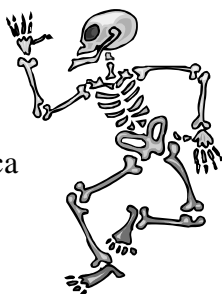
The Sew-a-Thon for the Project Linus is quite a success. Since October 2008 we have completed 1173 blankets and 859 baby hats. This project brings many people together, helps many children and is fun. If you haven't been to one of these sew-a-thons, why not come? You do not need to know how to knit or crochet to participate; there are many other things to do. Our supply of yarn is very LOW, please keep your eyes and ears open for more. If you know of anyone who wants to clean out her closet, keep us in mind. Bring a sandwich; we will provide drink and dessert. Call Pat @ 301-460-5451 for more information.

Fight Osteoporosis with Calcium and Exercise

September 8 9:45 AM
Association Meeting at the
Cooperative Extension Office

This will be a food preparation demonstration by Rebecca Davis, CES Educator. Please mark your calendars.

Also recipes for the International Luncheon on Ireland will be available in at the September meeting.



Add combined flour, soda, cinnamon, and salt; mix well. Stir in oats and raisins. Mix well. Drop by rounded tablespoonfuls onto ungreased cookie sheet.

Bake 10 to 12 minutes or until golden brown. Cool 1 minute on sheet; remove to wire rack. Yield about 4 dozen.

Options: add chocolate chips, butterscotch, peanut butter, or (you decide).

Maryland FCE Annual Conference October 26 - 28

Look for details and the registration form for the Maryland FCE Annual Conference at the Dunes Hotel in Ocean City, MD in the Summer issue of "Looks What's Happening". Each FCE member staying at the hotel for the entire conference will receive a \$75 scholarship to help allay the cost of the conference.

Have a wonderful and safe summer and I'll see you "At the Fair"!

Jeanne Purich

jcpurich@cs.com

VANISHING OATMEAL RAISIN COOKIES

½ pound (2 sticks - butter, softened)
1 Cup firmly packed brown sugar
½ Cup white sugar
2 eggs
1 tsp vanilla
1 ½ Cup flour
1 tsp baking soda
1 tsp cinnamon
½ tsp salt (optional)
3 Cups Quaker Oats (quick or old fashioned), uncooked
1 Cups raisins

Heat oven to 350 degrees.
Beat together butter and sugar until creamy.
Add eggs and vanilla; beat well.

CHATTER FROM EXTENSION

Canning food is resurfacing as a popular way of preserving foods. To ensure the safety of your family, foods must be canned in a safe manner. There are two safe ways of canning depending upon the food you are preserving. The boiling water bath is used for fruits, tomatoes, pickles, jam, jellies and preserves. All other foods should be canned using a pressure canner.

Clostridium botulinum bacteria are the reason why low-acid foods must be pressure canned to be safe. The spore from the bacteria can withstand boiling and under certain conditions can result in production of a deadly toxin. These spores can be destroyed by canning food at a temperature of 240 degrees F or above for a specific amount of time.

To insure that your canner's dial gauge is working correctly pressure canners should be checked for accuracy on a yearly basis. The University of Maryland Extension Office in Montgomery County will be testing pressure canners at no charge on the following days: June 16 and 25 and July 8 between 8 a.m.-2 p.m. You do not need to RSVP but canners will be tested on a first come basis.

Rebecca Davis
Nutrition and Health Extension Educator
301.590.2816

CREDIT CARD FRAUD

People sure stay busy trying to cheat us, don't they? A friend went to the local gym and placed his belongings in the locker. After the workout and a shower, he came out, saw the locker open, and thought to himself, 'Funny, I thought I locked the locker?' He dressed and just flipped the wallet to make sure all was in order. Everything looked okay – all cards were in place. A few weeks later his credit card bill came - a whooping bill of \$14,000! He called the credit card company and started yelling at them, saying that he did not make the transactions.

Customer care personnel verified that there was no mistake in the system and asked if his card had been stolen. ? 'No,' he said, but then took out his wallet, pulled out the credit card, and yep - you guessed it - a switch had been made. An expired similar credit card from the same bank was in the wallet. The thief broke into his locker at the gym and switched cards.

Verdict: The credit card issuer said since he did not report the card missing earlier, he would have to pay the amount owed to them. How much did he have to pay for items he did not buy? \$9,000! Why were there no calls made to verify the amount swiped? Small amounts rarely trigger a 'warning bell' with some credit card companies. It just so happens that all the small amounts added up to big one!

More

Yesterday I went into a pizza restaurant to pick up an order that I had called in. I paid by using my Visa Check Card, which of course, is linked directly to my checking account. The young man behind the counter took my card, swiped it, and then laid it on the counter as he waited for the approval, which is pretty standard procedure. While he waited, he picked up his cell phone and started dialing.

I noticed the phone because it is the same model I have, but nothing seemed out of the ordinary. Then I heard a click that sounded like my phone sounds when I take a picture.

He then gave me back my card but kept the phone in his hand as if he was still pressing buttons. Meanwhile, I'm thinking: I wonder what he is taking a picture of, oblivious to what was really going on. Then dawned on me: the only thing there was my credit card, so now I'm paying close attention to what he is doing. He set his phone on the counter, leaving it open. About five seconds later, I heard the chime that tells you that the picture has been saved. Now I'm standing there struggling with the fact that this boy just took a picture of my credit card.

Yes, he played it off well, because had we not had the same kind of phone, I probably would never have known what happened.

Needless to say, I immediately canceled that card as I was walking out of the pizza parlor.

Be aware of your surroundings at all times. Whenever you are using your credit card, take caution and don't be careless. Notice who is standing near you and what they are doing when you use your card. Be aware of phones, because many are camera phones.

Another Case

A man at a local restaurant paid for his meal with his credit card. The bill for the meal came, he signed it, and the waitress folded the receipt and passed the credit card along. Usually, he would just take it and place it in his wallet or pocket. Funny enough, though, he actually took a look at the card and, lo and behold, it was the expired card of another person. He called the waitress and she looked perplexed. She took it back, apologized, and hurried back to the counter under the watchful eye of the man.

All the waitress did while walking to the counter was wave the wrong expired card to the counter cashier, and the counter cashier immediately looked down and took out the real card. No exchange of words --- nothing! She took it and came back to the man with an apology.

Verdict: Make sure the credit cards in your wallet are yours. Check the name on the card every time you sign for something and/or the card is taken away for even a short period

of time. Many people just take back the credit card without even looking at it, 'assuming' that it has to be theirs.

**FOR YOUR OWN SAKE,
DEVELOP THE HABIT OF CHECKING
YOUR CREDIT CARD EACH TIME IT IS
RETURNED TO YOU AFTER A
TRANSACTION!**

The 8 Best Words That Aren't Real

Every year, the good people at Merriam-Webster humor us everyday folk and allow us to offer up our favorite words that aren't real.

Here are the top 8 awso-metastic words:

1. **ginormous** (adjective): bigger than gigantic and bigger than enormous
2. **confuzzled** (adjective): confused and puzzled at the same time
3. **woot** (interjection): an exclamation of joy or excitement
4. **chillax** (verb): chill out/relax, hang out with friends
5. **cognitive displaysia** (noun): the feeling you have before you even leave the house that you are going to forget something and not remember it until you're on the highway
6. **gription** (noun): the purchase gained by friction: "My car needs new tires because the old ones have lost their gription."
7. **phonecrastinate** (verb): to put off answering the phone until caller ID displays the incoming name and number
8. **slickery** (adjective): having a surface that is wet and icy

Scholarship News

Meghan Earls and Regina Woods were encouraged by the warm response of the membership at the Spring Luncheon. They said that they were thrilled and excited by the smiles and kind remarks.

Fun Day

When: Thursday, June 25, 2009

Where: Lakeside Cottage of Frann & Jack Peters
197 Longstreet Dr, Lake Heritage, Gettysburg, PA

Time: 10 a.m. (coffee, juice & snacks)

Lunch: 12 noon

Dinner: 5:30 p.m.

Cost: \$10.00 per person. Send check made to MCAFCE to:

Marilyn Simonds

13708 Lionel Lane

Rockville, MD 20853

HEALTH CARE THOUGHTS

Just an interesting thought to pass along for all of us wondering about health care.

When a panel of doctors was asked their opinion on the proposed Universal Health Care program, here is what they had to say:

The Allergists voted to scratch it, and the Dermatologists advised not to make any rash moves. The Gastroenterologists had sort of a gut feeling about it, but the Neurologists thought the Administration had a lot of nerve, and the Obstetricians felt they were all laboring under a misconception.

The Ophthalmologists considered the idea shortsighted; the Pathologists yelled, 'Over my dead body!' while the Pediatricians said, 'Oh, Grow-up!' The Psychiatrists thought the whole idea was madness, the Radiologists could see right through it, and the Surgeons decided to wash their hands of the whole thing.

The Internists thought it was a bitter pill to swallow, and the Plastic Surgeons said, 'This puts a whole new face on the matter.' The Podiatrists thought it was a step forward, but the Urologists felt the scheme would not hold water.

And so it goes.....

MONTGOMERY COUNTY ASSOCIATION FCE ASSOCIATION MEETING
March 10, 2009

The meeting was Called to Order at 10:10 AM; the Creed and Pledge were recited.
The minutes were approved as written in the newsletter by unanimous vote.

Treasurers Report: Marilyn Simons

Marilyn Simons reported that we have two new members. We are still waiting for all of the birthday money to come in. Copy of report attached and made a part hereof.

President Report: Jeanne Purich

Region I meeting is scheduled for April 16 in Frederick. Rebecca Davis will be one of the speakers at this meeting

Region II meeting is scheduled for April 22 in Linthicum. Madeline Greene will be one of the speakers at the April 22 meeting.

There will be no Association Meeting in April so that we might go to one or both of the regional meetings. A sign up sheet was distributed for the regional meetings. The cost is \$20.00 per person for either meeting. We can car pool.

Saturday, May 2 is the spring luncheon. The cost is \$15.00. A sign up sheet was distributed. The Derwood Club is hosting this year. **Sharon Hume** says that everything is under control. Do not forget to wear an apron and if you have interesting story about your apron be prepared to share it.

Yard sale: Please hold June 19 and 20th, with rain dates being the following 26th and 27th. We will hand out flyers at a later date for all of us to distribute. In addition, this year we will be having paid ads. We will need people to help on the 15th and 18th to price things and to “set up”.

June 9th is the Pampering You Meeting at the Extension Office with a guest speaker.

Vice President, Lou Marlin:

April meeting – please attend the Regional Meetings (at least one)

June 9 meeting – Pampering You – Guest Speaker – Please attend.

Special Projects, Pat Kenney:

Linus is going fine. The “Mom’s Club” will be collecting yarn for us. The next Linus is April 8; it will be all day/night one. The one on May 8 goes until 3 p.m. We need yarn.

Remember to collect prizes for us. Check yard sales and McDonald’s kid’s meal toys. Also dollar stores have some good items.

St. Patrick Church has their annual yard sale this Saturday (March 14, 2009). They generally have a lot of good “stuff”.

P.G. County has e-mailed **Jeanne Purich** to say that they will be making things for the Linus Project and then give the things to us to distribute. **Pam Carrigan** got us three blankets.

County Fair, Kitty Cooley:

It is time to think about it NOW. We have a display board that anyone may use. It can be a bi or tri board or even a four panel. **Kitty Cooley** has said that we possibly might have one glass display to showcase some of our things. We will be back in the Home Arts building (where we were last year) but perhaps not in that corner. The exact spot is to be determined.

International Day, Barb Raab:

Ireland is the theme this year. We would like to get more people involved this year. Therefore, begin now by reading a **NON**-fiction book (handout provided with title and authors). This is a good summer reading project. Recipes will be handed out in September. Perhaps Pub Dining or Bed and Breakfast dining might be a way to go for recipes. If you have any Ireland mementoes please bring them to the luncheon in November.

Membership: Jeanne Purich

We have two new members **Aileen and Rachael**, thanks to Eleanor Cregger. Aileen and Rachael are a mother/daughter duo.

Publicity: More information: Jeanne Purich and Judy Armitage:

We had a great article in the Washington Parent and in the Washington Beacon. Please talk about Linus. Jeanne read the articles and showed copies to the group.

The quilt show is April 24 through the 26th this year. **Ellen** from the Derwood Club has a quilt entered. It is free to enter and then you may vote on the categories for your favorite.

If anyone knows a free place to advertise, please contact Judy with this information.

Scholarship Committee: Frann Peters:

We will be giving a \$250.00 award to an outstanding student in either middle school or high school in the Montgomery County area.

The Boy's Ranch was delighted with the Valentine Candy boxes and candy. They are interested in receiving books on history, sports, bios, and magazines. The Laytonsville Haven people are doing well. They are making jewelry. They need tea towels and hair brushes. Please remember to bring in cancelled stamps with you when you come. We give them to Charlotte Hall to pass along.

Fun Day is June 25 and the cost is only \$10.00. We have a lot of fun. Do try to come. Frann will check to be sure that Cyclorama in Gettysburg is open.

Final reminder: Bring flowers to the luncheon for the women at the Haven. The flowers are a good mental outreach. We still need books for newborns, which you may also bring with you to the luncheon. Please remember to bring the Campbell labels. .

Meeting adjourned.

Judy Armitage

CHOCOLATE-ESPRESSO RIBBON
COOKIES

- 1 Cup Butter
- 1 ½ Cup Sugar
- 1 Egg – Beaten
- 1 Tsp Vanilla Extract
- 2 ½ Cup Flour
- ½ Tsp Salt
- 1 ½ Tsp Baking Powder
- 1/3 Cup Bittersweet Chocolate Chips – Melted
- 1/3 Cup Coarsely Chopped Toasted Almonds
- 1/3 Cup Coarsely Crushed Chocolate Covered Espresso Coffee Beans.

Line bottom and sides of 9 x 5 inch loaf pan with plastic wrap. In large bowl, cream butter and sugar. Add egg and vanilla; beat thoroughly. Add flour combined with salt and baking powder; mix well.

Divide dough in half. Place half in another bowl. Press melted chocolate into half of dough. To remaining dough, mix in espresso beans and almonds.

Firmly press half of dough evenly into bottom of loaf pan. Press espresso dough over the chocolate dough in pan. Repeat with remaining chocolate dough. Fold plastic wrap over dough to cover. Refrigerate about 2 hours or until firm.

Heat oven to 350 degrees. Remove dough from pan. Place dough on cutting board. Cut dough crosswise into 4 equal pieces. Cut each piece crosswise into ¼ inch slices.

Bake 10 minutes or until edges are light golden brown. Cool 1 minute; remove from sheet to cooling rack.

Yield: About 5 dozen.

Directions to Fun Day:

Route 270 North to 15 North, through Thurmont and Emmitsburg into Pennsylvania. (Watch for Gettysburg Village Mall Signs). Exit onto Baltimore Street and bear right at the intersection of Route 97 and Baltimore Street. Just ahead see the Heritage Drive entrance on your left. Stop at the gate and give destination #197 Longstreet Drive. Turn left onto Heritage Drive. Continue straight to Longstreet and turn right.

From Westminster – Take Route 97 North through Littlestown to the end of Route 97. The entrance to Lake Heritage is at the end of Route 97 on your right.

**UNIVERSITY OF MARYLAND
COOPERATIVE EXTENSION PROGRAM
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