



Family and Community Education Hi-lites

June – August 2010
(www.mdafce.org/mcfce.htm)

Montgomery County Association for Family and Community Education Newsletter

It is not how much you do, but how much love you put in the doing.

Happenings

June

- 4 10 AM-9 PM Linus Project Sew-A-Thon. Extension Office
8 9:45 AM Pampering You & Association Meeting, Refreshments: Lunch Bunch
14 Flag Day
17 Fun Day at Gettysburg – Registration Required, See Page 3

July

- 4 & 5 Office Closed (Independence Day)
18-20 National FCE Conference, Grand Rapids, Michigan

August

- 1 Hi-Lites deadline/Look's What Happening deadline
3 10 AM-3 PM Linus Project Sew-A-Thon. Extension Office
12 All Day Set up Montgomery County Fair Booths
13-21 All Day Montgomery County Fair – Barnyard Boogie
24 10 AM Executive Board Meeting, Hi-Lites Folding, Extension Office
20-29 Maryland State Fair, Timonium

September

- 1 10 AM-9 PM Linus Project Sew-A-Thon, Extension Office
6 Office Closed (Labor Day)
14 9:45 AM “Delicious, Healthy Meals Using 5 Ingredients or Less”
Rebecca Davis, CES Educator; and Association
Meeting, Refreshments: Olney-Sunshine
Install 2011 Officers
27 9:30 AM Regional II, MC Extension Office, Derwood, MD, Montgomery County Hosts
29 10 AM-3 PM Linus Project Sew-A-Thon, This is the October Linus meeting.

The Perfect Roast

Gracie Allen's Classic Roast Beef Recipe:

Purchase two roasts...one large, one small...bake then in the oven at the same time. When the smaller one is burned, the larger one will done just right.

President's Paragraphs

Spring Luncheon

Fifty-one FCE members and friends enjoyed a wonderful Spring Luncheon. Thanks to the Lunch Bunch for organizing, decorating and preparing delicious food. Also thanks to the Derwood and Burtonsville clubs for their contributions. It was delightful! And thanks to all of you for donations of books, flowers and door prizes. It truly was a great day. We received 96 books.



PAMPERING YOU

June 8 9:45 AM

**Association Meeting Downstairs
at the Extension Office**

Is a massage just for fun or are there medical benefits? We will explore this issue and maybe try some massage techniques.

FUN DAY

Gettysburg, PA June 17

If you haven't been to this event, you have missed all the FUN! Eating, boat rides, shopping, and just relaxing are some of things you can do. Husbands are welcome. There will be a speaker at 10:30, author Stanley Wolf of the Ike, The Gentleman Farmer. Come to **FUN DAY on June 17 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. Send your check to: **Marilyn Simonds (301-871-1609)**
13708 Lionel Lane, Rockville 20852



PROJECT LINUS

June 4 Friday 10 AM to 9 PM

August 3 Tuesday 10 AM to 3 PM

The Sew-a-Thon for the Project Linus is quite a success. Since October, 2009, we have completed 948 blankets and 640 baby hats. This project brings many people together, helps many children and is fun. You do not need to know how to sew, knit or crochet to participate. If you like to sew, we have many blankets that need to be sewn on the sewing machine. We have machines available or you can

bring your own. Our supply of yarn is very LOW, please keep your eyes and ears open for more. We have a great deal of fabric, so please don't bring any in right now. Bring a sandwich; we will provide drink and dessert. Call Pat @ 301-460-5451 for info.

FAIR BOOTHS

August 14 – 22

Planning and 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, Support for the Troops etc., please contact Pat Kenney or me.



SPARK YOUR MENUS

and save, too!

**DELICIOUS, HEALTHY MEALS USING
5 INGREDIENTS OR LESS.**

September 14 9:45 AM

Association Meeting at the Extension Office

This program will be presented by Rebecca Davis, CES Educator and is sure to be very interesting. Please mark your calendars.

**Recipes for the International Luncheon
will be available at the September meeting.**

REGIONAL MEETINGS

September 27 and October 22

The **Region II Meeting** will be held on September 27 (Monday) at this Extension Office in Derwood, MD. The **Region I Meeting** will be held October 13 (Wednesday) at The Cumberland County Club, 10200 Country Club Rd. Cumberland, MD. Registration for both meetings is in the Summer issue of your State newsletter; cost \$20.00 for lunch and your educational materials. You are welcome to go to either meeting.

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

Jeannie Purich
jcpurich@cs.com

CHATTER FROM EXTENSION

Walking your Way to Good Health

Walking is one of the easiest, safest and most enjoyable forms of exercise. It also may lower your risk of stroke, prevent weight gain and is a wonderful opportunity to get out and enjoy the warm spring temperatures.

The 2005 USDA Dietary guidelines recommend at least 30 minutes of moderate intensity exercise on most days to reduce the risk of chronic disease. Brisk walking is an excellent way to meet that important health goal. If lack of access to a safe place to walk is a concern for you or you are lacking the motivation to start a walking program, here are some ideas and tips that may help get you moving.

Start a walking club with friends or family. Walking in groups of twos or threes is much safer than on your own, and a support system can serve the dual purpose of helping motivate you on those days when your will power is failing.

Rent a walking or exercise tape from the public library or from your local video store. Frequently you can find used video or DVD exercise tapes for sale at reduced prices at the video store or neighborhood garage sales.

Drive to the nearest mall and walk there. Many malls have walking programs where you can sign in and log your miles. This is also a great way to meet other walkers interested in finding walking partners.

Find a school with an outside track. Many schools open up their track facilities for public use. These tracks are generally lighted and populated by athletic teams or other neighborhood walkers. If your local school track is not open to the public, contact public officials and encourage them to open up these facilities to encourage building healthy habits. Suggest starting a neighborhood walking club at the local school track.

If you take your children or grandchildren to a spots or extra-curricular school activity, instead of sitting and waiting, use this time to walk around the building or sports facility. Use any time you are waiting for something or someone as a reason to get some activity into your day.

Remember, almost nothing is easier than taking a walk. You have nothing to lose, (except maybe a few pounds!) and everything to gain. So don't wait, get out and enjoy this fine spring weather and improve your health at the same time.

Rebecca Davis
Nutrition and Health Extension Educator
301-590-2816

Fun Day

When: Thursday, June 17, 2010

Where: Lakeside Cottage of Frann & Jack Peters
197 Longstreet Dr, Lake Heritage, Gettysburg, PA
(717-338-1591)

Time: 10:30 AM Author of "Ike, Gettysburg's Gentleman Farmer" Stanley Wolf will speak of his friendship with Ike and Mamie Eisenhower.

Lunch: 12 noon

Dinner: 5:30 PM.

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

**Marilyn Simonds
13708 Lionel Lane
Rockville, MD 20853**

If you need a ride, have extra room in your car or have comments, questions or will donate food please contact Jeanne 301-384-2805, Barbara 301-330-5447, Pat 301-460-5451 or Frann 301-253-2589.

Directions on page 8.

Scholarship News

Jackie Gonzalez was encouraged by the warm response of the membership at the Spring Luncheon. Jackie brought her sister and her niece with her. Jackie also stated that she may be interested in joining FCE. Brittany Barber, our other scholarship recipient was unable to attend.

Hugs and Kisses

Sympathy is extended to Ellen Robinson and her family on the loss of her sister, Monica. Monica is survived by her husband, two daughters and her mother. Services were held in New York.

Treat the troops to cookies and brownies, and they'll treat you with stories

By *John Kelly*

Washington Post Staff Writer Wednesday, May 5, 2010

Sgt. *Shane Welsh*, home from Iraq on a 15-day leave, thought it would have been cool to play dodgeball with students at Baker Middle School. But he'd forgotten to bring shorts and sneakers to change into. He was dressed in his ACU (army combat uniform), fatigues whose design is supposed to mimic "desert, woodland and urban environments."

Sgt. Welsh chuckled when he said this, a little laugh that suggested the pattern didn't always work. On his camouflaged chest was a Baker visitor sticker, his name -- "Welsh, Shane" -- inked next to the blue paw prints of the school's bulldog mascot.

Besides, he was beat. He'd been speaking all day to tweenagers, first at Gaithersburg Middle School, then at Baker in Damascus.

"I was nervous," he said after his last presentation had ended and he was unwinding in a conference room at Baker, munching on a cold-cut sandwich. "I was sweating like crazy."

Sgt. Welsh and his wife, *Courtney*, drove down Monday morning from Wrightsville, Pa., where his family lives. It meant burning a day of his precious leave, but he thought it was important to make the trip. The students at Baker and Gaithersburg had sent handwritten notes to his unit in Baqubah: Charlie Company, 5th Battalion, 20th Infantry, 3rd Stryker Brigade Combat Team of the 2nd Infantry Division.

"They've taken the time to write these letters," he said. "They deserve to have some kind of response."

So, too, did some of the ladies who'd baked the cookies and brownies that those notes accompanied people such as *Maddi Klein* of Olney and *Eva Black* of Laurel, who organize monthly shipments of baked goods to 20 different units in Iraq.

The brownies are especially appreciated.

"I give away the cookies, but I rarely give away the brownies," Sgt. Welsh said. There was the sound of mock protest from one of the cookie bakers in the conference room.

"Those peanut butter cookies are phenomenal now that I think about it," Sgt. Welsh said. As for chocolate chip cookies, they're only sent from November to April. The rest of the year, it's too hot in Iraq and the chips melt.

The baking program gets soldiers' addresses from Treat the Troops, a nonprofit organized by a South Carolina woman named *Jeanette Cram*. With the help of the Montgomery County Association for Family and Community Education, Maddi and Eva organize monthly cookie shipments from Eva's church, First United Methodist in Laurel. They always include notes thanking the soldiers for their service.

It was Maddi's granddaughter, *Brianna Nelson*, a sixth-grader at Gaithersburg Middle School, who had the idea to have students write notes. Brianna's mom, *Becky Nelson*, teaches at Baker and enlisted students there.

It doesn't matter if you're for it or against it," Maddi said of the war. "It's the guys and gals over there that we're trying to support."

Sgt. Welsh had prepared a PowerPoint® presentation for the students who gathered in the media center: background on Iraq, how he trained for his deployment, the weapons he uses . . .

The boys especially perked up at that last one and when the time came for questions, their hands shot up.

"How do you call for an air strike?"

"Have you ever controlled a Predator?"

"How many people have you killed?"

Afterward, in the conference room eating his sandwich, Sgt. Welsh said he'd been expecting that question and was surprised he hadn't gotten it earlier. There were things in Iraq he couldn't really talk about, he said. Things that weren't appropriate for children. But he'd answered the question the best way he could, saying: "You have to think about it this way: It's either going to be you or it's going to be them. I don't know about you, but I'm going home to my family."

Then someone asked whether he played the video game "Call of Duty," and everyone cheered when he said he did.

Back in the conference room, I mentioned that it wasn't all that long ago that Sgt. Welsh was in middle school. He enlisted at 18, had his first deployment -- to Ramadi -- at 20 and is just 25 now.

"I feel old," he said. The meniscus in his knees is shot. His back aches. "It definitely beats up your body. I'm in good shape for being through it all."

He plans on staying in the Army for three more years. Then he thinks he'll become a firefighter. He expects he'll have one more deployment. Keep those cards and cookies coming. *If you want to help Maddi and Eva with cookies or notes, e-mail maddik@comcast.net or mommablack@verizon.net.*

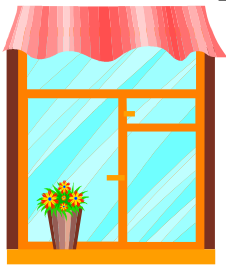
Is Spring Cleaning Making You Sick?

Investigation reveals hundreds of suspect chemicals in popular household cleaners. Wheezing, headaches, hormones glitches...Recent studies have linked all those complaints to the ingredients in commercial cleaning products. Now comes another blow: Researchers from the Environmental Working Group tested scrubs, sprays and liquids and found more than 400 chemicals that have NEVER been evaluated for human safety. "Cleaners are largely unregulated," cautioned Holly Lucille, N.D., R.N., head of Healing From Within Healthcare in West Hollywood, California. Luckily, these DIY (Do It Yourself) cleaners eliminate the risks.

Glistening Counters

Baking Soda has a gently abrasive quality that dislodges residue without scratching," reports Debra Lynn Dadd, author of Home Safe Home. Also, its alkaline pH neutralizes acidic food odors. Dadd's simple strategy: Sprinkle baking soda onto a grimy surface and then rub with a damp sponge.

Sparkling Windows



"A mixture of white vinegar and water is better than commercial glass sprays at cleaning without leaving streaks," attests Dr. Lucille. Thank vinegar's acetic acid, which dissolves grime and evaporates quickly. Just combine one cup of white vinegar and two cups of water in a spray bottle and then clean as usual.

Non Sticky Cabinets

The citric acid in lemon juice quickly cuts through tacky buildup on kitchen cupboards, notes Dadd. Combine ¼ cup of lemon juice and one quart of HOT water, then dampen a cloth or sponge with the mixture and rub down the cabinets. Wipe with a clean wet cloth and buff dry with a towel.

Sanitize Toilets

The secret of beating toilet grunginess: Pour ½ cup of white vinegar into the bowl. Let sit for two minutes, then add ½ cup of baking soda. The mixture will fizz as it cleans. Once the sound stops, brush the bowl and flush.

Grime Free Bathtub

Rust stains marring is easily cleaned with lemon juice and baking soda. Mix two tablespoons of lemon juice with ¼ cup of baking soda and rub the paste into the stains. Rinse after 20 minutes. Reminder: this is NOT safe for marble or granite.

Gleaming Furniture

To de-smudge wooden furniture, whisk one tablespoon of lemon juice with two tablespoons of olive oil. Apply with a soft cloth or paper toweling until the wood shines. Says Dadd, "Lemon's citric acid cuts through smudges so the oil can penetrate, bringing out the wood's natural glow."

Seasons in Health

March was National Nutrition Month.

April was Alcohol Awareness Month.

May is Melanoma/Skin Cancer Detection and Prevention Month. Malignant melanoma, the most deadly form of skin cancer, 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 size larger than a pencil eraser. Learn more at www.aad.org.

(The older you get, the tougher it is to lose weight, because by then your body and your fat have gotten to be really good friends.)



Montgomery County Association FCE Association Meeting
March 9, 2010

Twenty Present - Call to order, Creed and Pledge

Minutes: The minutes were approved as presented in the newsletter.

Treasurers' Report, Marilyn Simonds: We are in good shape. We have about \$12,000 in the general fund and about \$2,500 in the scholarship fund.

President's Report, Jeanne Purich: "Swing Into Spring" is the theme for the spring luncheon on May 8, 2010. That is the 2nd Saturday in May. The cost is \$15.00, make your check payable to MCFCE, or you may use cash, placed in the envelope that is being distributed. Please remember to bring a book for the Newborn Program and a 6 pack of annual flowers for the Laytonsville Haven. Last year we only had 47 books. The Lunch Bunch will need assistance to set up the day before the luncheon. We are trying to get a speaker from the Master Gardener Program. If we could get Marie Rojas she would tell us how to plant to attract birds to our yards.

Vice President, Lou Marlin: We would like to get a Master Gardener to tell us about Salad Gardening for the April 13th meeting. And for June we always have "Pampering You" for which we are trying to get a speaker.

County Fair, Jeanne Purich: This fair is coming soon. We will have four (4) displays. Please see Jeanne Purich if you would like to do one of the displays. Display boards are available.

International Day, Barb Raab: "Island Hopping in the Pacific" will be the theme. Perhaps the Gilbert's, the Solomon's the Philippine's and the Marianna's Islands would be good. Also we have lost some of the smaller islands...they are simply GONE! The tsunami has taken them.

Linus, Pat Kenney: We received \$25.00 from someone. We need to keep on doing what we are doing. The AARP-Linus Group makes hats for the servicemen/women. Our next Linus is April 7 from 10 a.m. until 9 p.m. The following month (May) we meet from 10 a.m. until 3 p.m. The Churchwomen United have placed an ad in their bulletin about us. Thank you ladies.

Fisher House, Barb Raab: There is a possibility of a tour of the Fisher House featuring warrior families at Bethesda Navy. There will only be three, two are up now. See Barb for more details.

Special Projects/Fall Festival, Pat Kenney: We still need Happy Meal Toys for the Fall Festival. When you see yard sales watch for Beanie Babies. Explain to the seller what you want the beanies for and sometimes they will donate them. Keep a Welcome Brochure in your purse (or car) to show how the items are used. Don't forget to invite them to come to our meetings also.

Membership, Lou Marlin: We have 100 members. We are pleased with that, however, please bring a friend/guest next time. Take a calendar too. Note: **Barb Richie** is in Columbia Nursing Home. She is not doing well and cards would be appreciated.

Laytonsville Home, Frann Peters: Everyone is doing well. We need shoe boxes to make crafts. Also we still need soaps, shampoo and magazines. They appreciate everything so very much. Shoe boxes with the lids attached or detached are both okay for their use. **Boys Ranch:** The boys really appreciated the Valentine treats. We used some of the candy from Susan's retirement party that was left over. We need books and magazines that are suitable for boys. The school is doing well. **Stamps:** We still need canceled stamps. Remember to leave a border around each stamp.

General Information: Please continue to collect stamps, books for the newborns, items for the Boys Ranch and Laytonsville Haven, soda pop flip tops, box tops for education, Campbell Labels and course you can collect or make items for the troops. Fun Day is scheduled for June 17 – the cost is \$10.00. Please let Frann Peters know if you are coming. Birthday money is due. Either \$1.00 for the year or you may pay one penny for each year of age, if you want to keep your age a secret. :-)

Publicity, Judy Armitage: The Linus Project has been advertised.

Adjourned at 11:10 AM.

Respectfully submitted, Judy Armitage

BPA IN CANS GIVES FOODMAKERS FITS

Excerpts from the Washington Post — Lyndsey Layton

Major U.S. Food makers are quietly investigating how to rid their containers of Bisphenol A, a chemical under scrutiny by federal regulators concerned about links to a range of health problems, reproductive disorders and cancer.

But they are discovering how complicated it is to remove the chemical, which is in the epoxy lining of nearly every metal can on supermarket shelves and leaches into foods such as soup, liquid baby formula and soda. It is a goal that is taking years to reach, costing millions and proving surprisingly elusive.

The food industry's effort began even before the FDA announced in February that it had reversed its position and is concerned about the safety of BPA, which is used in thousands of consumer goods, including compact discs, dental sealants and credit card and ATM receipts. Government studies estimate that the chemical has been found in the urine of more than 90 percent of the population.

Foodmakers started looking for alternatives in 2008, after public pressure spurred manufactures of plastic baby bottles to voluntarily rid their products of BPA. Several municipalities, Minnesota and Canada banned BPA from baby bottles. And Congress is considering a bill filed by Sen. Dianne Feinstein (D-Calif.) and Rep. Edward J. Markey (D-Mass.) that would ban BPA from baby bottles, sports water bottles reusable food containers, infant formula liners and food can liners

Heinz, for instance, says it has switched to BPA-free cans for some products but will not identify them or say what substitute it is using. General Mills, which owns the Progresso and Muir Glen lines of canned products, said it is testing BPA-free cans but would not elaborate. "We are optimistic that safe and viable alternatives will be identified in time," said Thomas Forsythe.

Commercial uses of BPA exploded in the 1950's after scientists discovered its ability to make plastic more durable and shatterproof. By 1963, scientists were using it to create epoxy

linings for steel cans, which held up under heat and other extreme conditions. Because the BPA linings extended the shelf life of canned goods, did not affect taste, prevented bacterial contamination and were relatively cheap, they became the industry standard by the 1070's.

The FDA does not know which companies use BPA, how much they use or how it is applied, because manufacturers are not required to disclose that information.

Michael Potter, chief executive of Eden Foods, which makes canned organic products, began asking suppliers about his can linings after reading German research about BPA.

It took two years, but in 1999, Potter prompted one supplier, the Ball Corp., to switch to a can lined with oleoresin, a mixture of oil and a resin extroods to use BPA in its linings for canned tomatoes. Potter said that was why trace amounts of BPA – one part per billion – were detected by Consumer Union in Eden Foods' baked beans. The beans were made with tomato puree that had been stored in a can with BPA lining. The new cans are 14 percent more expensive, about 2.2 additional cents more per can, Potter said, "It went into our costing, and we passed it onto our customers," he continued.

But oleoresin deteriorates in contact with acidic food, forcing Edna Foods to use BPA in its linings for canned tomatoes.

The EPA and the FDA, which oversees the use of BPA, in food and beverage containers, are reviewing the chemical in light of new research. In January, the FDA said it would launch fast-track studies to clarify the research of BPA. It is also encouraging manufacturers to migrate away from the chemical.

But the process is slow, because testing must take into account a shelf life of two to five years for most canned foods.

Makers of plastic bottles found a quick and relatively simple BPA substitute, polypropylene, but canned-food makers are having considerably more trouble.

(The easiest way to find something lost around the house is to buy a replacement.)

Directions to Fun Day:

Route 270 North to 15 North, through Thurmont and Emmitsburg into Pennsylvania. Or take Route 97 North 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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