



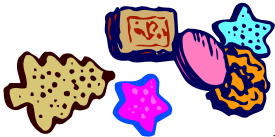
# President's Paragraph

## Reports

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

## International Day

Thanks to everyone that made this a wonderful day. We learned much and enjoyed good food and great company.



## Cookie Exchange

**December 9**

Are you ready for some fun and good eats too? Bring 4-dozen cookies, the recipe and an empty container (to put your new cookies in) to the garage on December 9<sup>th</sup>. We will have a craft or two, maybe some singing or games. It will be a great Holiday Party. Afterwards we will go out to lunch.

## Being Green

**January 13**

Our January program will deal with ways to help the environment, reduce our carbon footprint and maybe save some money in the process. Come prepared to share what you are doing to help the environment and bring any product you have found particularly helpful

## SEW-A-THON

**January 6, 2009 Tuesday 10 AM - 3 PM**

**February 3, 2009 Tuesday 10 AM - 9 PM**

**March 3, 2009 Tuesday 10 AM - 3 PM**

The Sew-a-Thon for the Linus Project has been such a success that we are enthused to keep working on the project. Bring a sandwich (and a friend); we will provide a drink and dessert. Call Pat @ 301-460-5451 so we know how many brownies to bake. Bring your knitting needles, crochet hook and scissors, come prepared to have some fun, exchange ideas and do something really great. Yarn will be provided. We have a supply of yarn but we are always looking for more; if you know of anyone who

wants to clean out their closet, keep us in mind. If you have any fabric that would be suitable for kids' blankets, please bring it along as well.

## Handbooks

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

## Legislative Day

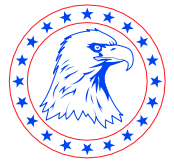
**January 25**

Legislative Day will be Sunday, January 25 at Shady Grove Campus of University of Maryland.

You can register on line at

[www.montgomerycountymd.gov/apps/wlb/index.asp](http://www.montgomerycountymd.gov/apps/wlb/index.asp)

Directions will be available at the January meeting. Plan to attend and meet many of your local and state representatives. The program will deal with many women's issues.



## February is Birthday Month

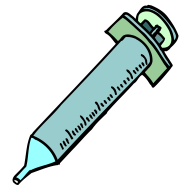
Happy Birthday! Remember that February is birthday month. Clubs should collect a penny for each year of each member's life (or give \$1.00 so no one will know your age) and send to Marilyn Simonds. This money goes to the state treasury to help defer mailing costs.

## Adults Immunizations Valentines for Boy's Ranch

**February 10**

Do you know what immunizations you should have?

We remember getting our children their "shots", but what about us as adults? Come to this program and find out what you need to discuss with your doctor. Also, have some fun and make a Valentine for someone at the Boy's Ranch.



I want to take this opportunity to **THANK** every one of you for your support and hard work this past year. FCE would not be a success without all of you. I look forward to an even more successful 2009. Have a wonderful and safe New Year

*Jeannie Purich*

## Chatter from Extension –

**Happy Holidays, to one and all!** On behalf of the 2008, Close Encounters with Agriculture planning team, thanks to those FCE volunteers who helped with our October programs. We educated over 2,500 fourth grade students, parents and teachers with nutrition, environment and production agriculture facts.

**Good News!** Make note of the following critical hiring announcements:

1. **Dr. Patsy A. Ezell**, formerly with the University of Tennessee Cooperative Extension, began her position as Maryland Cooperative Extension's new Assistant Director, Family and Consumer Sciences, on November 3, 2008. We have not had a full-time FCS Assistant Director since Dr. Frankie Schwenk retired in 2001. This is indeed a time for celebration!

2. **Diane Geary**, Office Services Manager (OSM) for Montgomery County Cooperative Extension, retired in June after 38 years of service. She will continue to work 2-3 days per week through next spring, as a state employee, as our office transitions.

3. **Cathy Yingling** was interviewed and chosen for the Montgomery County OSM position, starting on Oct. 27, 2008. We are in good hands – congratulations to Cathy!

4. The state-funded administrative assistant position vacated by Cathy Yingling will remain open, due to a state-hiring freeze. Other MCE staff will cover those duties.

5. **Beth Canetti** will fill the part-time county-funded position vacated by Carol Van Der Weele who retired in May. A Gaithersburg resident, Beth starts her position on Nov. 12, 2008. Her past work experience includes positions with Bristol Myers Squibb, The Computer Factory (NYC) and The World Bank. Beth will report to four Extension faculty members and will provide limited support to FCE. Welcome, Beth!

6. As I approach my retirement on November 30, 2009, please be assured that Doug Tregoning and our MCE administrative team will plan for a smooth transition. MCAFCE deserves and will continue to have our support.

*Suzanne K. Morris*

## ATTENTION LUNCH BUNCH MEMBERS

We have missed you at the monthly county (association) meetings. Since you no longer have a community club meeting, these meetings serve as your club meeting and a way for you to meet your friends, make new ones, find out what is going on in FCE. We have many fun and interesting projects that you may enjoy. Hope to see all of you in the new year.

### 70<sup>th</sup> Anniversary FCE Pins Available

Maryland FCE is 70 years old and we have a beautiful commemorative FCE pin available. It is round, white background gold trim with the state Maryland and the Maryland state flower on it. Cost is \$5.00. Just let Jeanne Purich know how many you want.

## WARNING FROM POLICE

### BEWARE OF PAPER ON THE BACK WINDOW OF YOUR VEHICLE--NEW WAY TO DO CAR JACKINGS

Heads up everyone! You walk across the parking lot, unlock your car and get inside. You start the engine and shift into reverse. When you look into the rear view mirror to back out of your parking space, you notice a piece of paper stuck to the middle of the rear window. So, you shift into park, unlock your doors, and jump out of your car to remove that paper (or whatever it is) that is obstructing your view. When you reach the back of your car that is when the carjackers appear out of nowhere, jump into your car and take off. They practically mow you down as they speed off in your car.

And guess what? I bet your purse is still in the car. So now, the carjacker has your car, your home address, your money, and your keys. Your home and your whole identity are now compromised!

Therefore, if you see a piece of paper stuck to your back window, just drive away. Remove the paper later.

## WINTER EMERGENCY CHECK LIST

**Water** – one gallon per person for three days

**Food** – non-perishables-such as canned

**Clothes** – one change and footwear

**Medications** – three days worth of prescriptions

**Flashlight** – one plus extra batteries

**Can Opener** – manual style

**Radio** – battery powered + extra batteries

**Hygiene Items** – soap, toothpaste, toilet paper, toothbrush

**First Aid** - antiseptics, bandages and Non prescriptions medicines

## Cyber Safety

In collaboration with the Montgomery County Police Department and the State's Attorney's Office, MCPS has launched a new website with information on how to keep children safe on the Internet.

The cybersafety website offers tips for parents, explains cyberbullying, suggests parental control tools and provides warning signs that a child may have received inappropriate computer communication. The site also lists popular Internet sites among kids, safe surfing sites for students, educational videos and commonly used e-mail and chat acronyms.

The Parent Academy is offering free parent workshops on cybersafety. They will be held throughout the year; the next one is **Thurs., Dec. 4**, from 7 to 8:30 p.m. at Parkland Middle School in Rockville. Check the website for future dates.

## Learn Stroke Signs

One hour! That is how soon experts say you should be at the hospital if you are having a stroke. Rapid treatment can save your life – or the life of a loved one-within those first 60 minutes of a “brain attack.”

Because stroke symptoms arise suddenly, seemingly out of the blue, it is important to know the warning signs.

The major symptoms of a stroke are below.

- \* Confusion
- \* Trouble Speaking
- \* Weakness or numbness on one side of the body
- \* Severe headache
- \* Trouble walking
- \* Dizziness
- \* Trouble seeing.

Get to the hospital **NOW**.

Information from AARP Health Medicare Company

**With the high cost of food, here are some storage tips to prolong the best quality and taste.**

Asparagus - Plastic Bag, wrap ends in wet paper towel

Beans, Green/Snap – Plastic bag

Beets – Plastic bag

Brussels Sprouts – Plastic bags

Carrots – Plastic bag with tops removed

Corn, sweet – With husks on – use immediately

Cucumber – Plastic bag

Leaf lettuce – Plastic bag (rinse well then dry on paper towels before placing into bag)

Peas – Plastic bag

Peppers – bell – Plastic bag

Onion – whole – cool dark place – well ventilated

Pumpkin – Cool dry place

Radishes – Plastic bag – remove tops first

Spinach– Plastic bag (loosely wrapped in damp paper towel)

Squash – Cool dark place

Tomatoes – Away from direct sunlight

Turnips – Plastic bag

## Boy's Ranch/Children's Home/Hope Alive

Thanks to all of you for helping to support the Boy's Ranch. You have given:

4 packs of 3 x 5 cards, 2 packs of 4 x 6 cards, 39 packs of 8 x 11 notebook paper, 2 reams of 8 x 11 typing paper, 5 backpacks, 3 book covers, 3 calculators, 6 boxes of colored pencils, 22 composition books, 13 boxes of crayons, 2 packs of dry erase markers, 10 packs of erasers, 96 folders, 17 bottles of liquid glue, 4 small bottles of hand sanitizer lotion, 4 packs of highlighters, 2 packs of magic markers, 7 boxes of markers, 4 pencil boxes, 4 packs of pencil grips, 6 pencil sharpeners, 468 pencils, 28 packs of pens, 2 packs of “post-a-notes”, 15 protractors, 22 report covers, 13 rulers, 5 pair of scissors, 24 pair of socks, 102 spiral notebooks, 6 staplers with additional staples, 15 three ring binders and 14 pair of underwear. Thank you all again!



**An investment in knowledge pays the best interest.**

**Ben Franklin**

## SCHOLARSHIP NEWS

The following thank you letters were received during the past few months:

July 30, 2008

Dear MCAFCE Membership:

On behalf of Montgomery College and the Montgomery College Scholarship Foundation, it is my pleasure to inform you that the following student has been selected as the recipient of the ***MCAFCE Child Care/Early Childhood Education Scholarship*** for the 2008-2009 fall and spring semester.

Meghan Earls plans to obtain a degree in early childhood education and also a degree in business. In addition to attending MC, she works full time to help her single mother pay the bills and works as much as she can to help make ends meet. She is the first in her family to receive a college education and could never have done it without the help of scholarship funds. Meghan is a 2007 graduate of Paint Branch High School and currently holds a 3.40 grade point average.

The MCAFCE Scholarship's generous assistance will provide students with additional resources to continue their education at Montgomery College. We truly appreciate and thank you for your support of Montgomery College.

Sincerely, Patricia Lopez  
Scholarships Program Director

August 18, 2008

Dear MCAFCE Membership:

I would like to take this opportunity to thank you for sponsoring my scholarship. This means so much to my mother and me. Without your organization's help, I would not be able to afford to go to school at this time. My mother is a single mother and it is just the two of us to pay for our housing and our education. My mother does not have a college degree at this time so it's even more of an accomplishment for me to achieve my degree.

I am presently attending Montgomery College to earn my Associate Degree in Early Childhood Development as well as working on my one-year certificate in the same field. My goal is to start and run my own childcare center. I love working with

young children and I am looking forward to working in this field. I work part-time at Riderwood Retirement Community in Silver Spring while attending school. I love going to school and I will be the first in my family to finish college.

I greatly appreciate the scholarship money that you have awarded to me. Thank you for believing in me! This scholarship will make a big impact on my life. This means a great deal to my family and me. Thank you again for the M.C.A.F.C.E. Scholarship. It means so much to me.

Sincerely,  
Meghan Earls

September 11, 2008

Dear MCAFCE Membership:

On behalf of Montgomery College and the Montgomery College Scholarship Foundation, it is my pleasure to inform you that the following student has been selected as the recipient of the ***Next Step Program Scholarship*** for the 2008-2009 fall and spring semester.

Regina Woods is a business major holding a 4.00 grade point average at the College. Her fall schedule consists of Introduction to Computer Applications, Elementary Algebra, The World in the 20<sup>th</sup> Century and American Government. She is a non-traditional student pursuing a dream of earning a college education. Because of different life circumstances, she attended a community college right out of high school but it just did not work for Regina, as she had no financial support from her family. A year ago, she re-evaluated her life and decided to return to college. Her goals are to earn a degree from Montgomery College in Business and later transfer to a four-year university such as American University to pursue a degree in Social Science. Regina wants to become a social worker and help children who are in neglected or abusive households. This Scholarship is helping her get one step closer to achieving her dream and goals.

The Next Step Program Scholarship's generous assistance will provide students with additional resources to continue their education at Montgomery College. We truly appreciate and thank you for your support of Montgomery College.

Sincerely, Patricia Lopez  
Scholarships Program Director

Monday, September 22, 2008

Dear MCAFCE Membership:

It is with great appreciation that I write this letter to thank you for the funds I have been awarded through The Next Step Program Scholarship. I come from a large family most of which have barely passed high school, and many who are currently living below or at the poverty level. I knew early on in my life that if I wanted to break the cycle of living in poverty, that I would need to attend college.

Actually, trying to escape poverty was only part of the reason why I wanted to go to college; the other reason was because I have a great thirst for learning.

Some people think that those with all the money have all the power, and undoubtedly there is some truth to that, but I am a firm believer that those with knowledge possess the most power. So thanks to you and other kind-hearted individuals like you, for helping me realize my dreams of going to college and obtaining a degree. I don't think you can ever truly realize what a positive impact scholarships like The Next Step Program Scholarship and others like it, have on individual lives, and the positive impact it has on the communities of the recipients of such scholarships. So again I want to thank you very much, and assure you that it is a very good investment.

Sincerely,  
Regina Y. Woods  
College Student

June 18, 2008

Dear MCAFCE Membership:

On behalf of Montgomery County Public Schools and the Division of Career and Technology Education (CTE), I want to thank you for contributing to the success of our CTE Student Awards Program. By sponsoring the Family and Consumer Science Award, you helped to foster student excellence and achievement.

Your generous contribution of \$250 is key to promoting and recognizing student achievement and is greatly appreciated.

Sincerely,  
Shelley. A. Johnson, Director  
Division of Career and Technology  
Education

## **Frann Peters, Scholarship Chairman FCE Outreach Programs**

### **Postage Stamps**

The Veterans Medical Facility in Martinsburg, W.VA no longer sponsors stamp collecting for their residents. The Damascus Lions Club can no longer use our stamps.

However, there is Good News!

We will be taking the stamps to the Military Retirement Home in Charlotte Hall. This facility is located in the Southern Maryland District of the American Legion. Please continue to save your cancelled postage for this outreach project. It is best to leave a generous amount of envelope (1 inch or so) for easier removal of stamps from the envelopes.

Members of the American Legion in Damascus and other chapters will soon provide gift-wrapping, holiday programs and many goodies to eat to our vets.

Thank you for supporting veterans with your stamps and a special thank you to Barbara Raab for suggesting this new project.

### **Laytonville Safe Havens**

The ladies at Laytonville Safe Havens appreciate your interest and support. Underwear (all sizes) socks, robes, sleepwear, personal care items such as toothbrushes and hairbrushes, and kitchen items are always helpful. Bedding is always fun in the way of something new. They also enjoy your gently used magazines.

### **Maryland Sheriffs' Youth Ranch**

As always, the boys at the Youth Ranch can use many items: sweat shirts, jeans, jackets, hats, socks, underwear, library books, computer items, and "boy" craft supplies (wood, glue, model airplanes & cars). Nature, animal and travel magazines and books are useful for their many science, current events and map projects.

The staff at the Ranch appreciates your interest and support.

## One Flaw In Women

(you will see what it is in the end)  
Women have strengths that amaze men.  
They bear hardships and they carry burdens,  
but they hold happiness, love and joy.  
They smile when they want to scream.  
They sing when they want to cry.  
They cry when they are happy  
and laugh when they are nervous.  
They fight for what they believe in.  
They stand up to injustice.  
They don't take 'no' for an answer  
when they believe there is a better solution.  
They go without so their family can have.  
They go to the doctor with a frightened friend.  
They love unconditionally.  
They cry when their children excel  
and cheer when their friends get awards.  
They are happy when they hear about  
a birth or a wedding.  
Their hearts break when a friend dies.  
They grieve at the loss of a family member,  
yet they are strong when they  
think there is no strength left.  
They know that a hug and a kiss  
can heal a broken heart.  
Women come in all shapes, sizes and colors.  
They'll drive, fly, walk, run or e-mail you  
to show how much they care about you.  
The heart of a woman is what makes the world keep  
turning.  
They bring joy, hope and love.  
They have the compassion and ideas.  
They give moral support to their  
family and friends.  
Women have vital things to say  
and everything to give.  
**HOWEVER, IF THERE IS ONE FLAW IN  
WOMEN,  
IT IS THAT THEY FORGET THEIR WORTH.**



## Lemon Lush

Crust: 1 ½ Cup flour  
½ Cup ground (or chopped) walnuts  
1 ½ stick Butter  
Filling: 8 oz. Cream Cheese  
1 Cup Powdered Sugar  
1 Teaspoon Vanilla  
1 Cup Cool Whip  
Topping: 2 small packages Instant Lemon Pudding  
3 Cups Cold Milk  
Using a pastry cutter combine ingredients for crust  
and pat into the bottom of a 9 x 13 pan. Bake at 325  
degrees for 30 minutes. Let cool.  
For the filling mix all ingredients well and spread  
over the cooled crust. Refrigerate.  
For the topping, mix the packages of lemon pudding  
with the milk. Once this mixture has thickened pour  
over the cold filling. Top with more Cool Whip and  
a few nuts.

Maddi Kline

## FRESH APPLE CAKE

2 Sticks Margarine  
2 Cups Sugar  
2 Cups Flour  
3 Eggs  
1 Cup Pecans  
2 Cups chopped Apples  
1 Teaspoon Cinnamon  
1 Teaspoon Nutmeg  
1 Teaspoon Soda  
½ Teaspoon Salt  
1 Teaspoon Vanilla

Cream margarine, sugar, eggs, and all seasons  
together. Add flour. Fold in the apples. Spoon into  
a greased and flour tube pan. Bake for 50 to 60  
minutes or until cake tester comes out clean.

Chris White

## Slow Cooker Chicken

In the bottom of a slow cooker (crock pot) place  
frozen or thawed boneless chicken breasts. Cover  
with 2 jars of Bar-B-Q Sauce, 2 Cans of Cream of  
Chicken Soup or one Can of Cheddar Cheese Soup.  
Add 1 Cup of Italian Dressing, ½ Cup Brown Sugar,  
and 1/3 Cup Spicy Mustard. Cook until juice is  
clear.

## **NO MORE BAD BREATH**

A multitude of foods and dental products are touted as breath fresheners, but when Japanese researchers tested a variety in the lab, there was only one winner – GREEN TEA. Sulfur compounds created when bacteria in the mouth breaks down proteins largely cause bad breath, so the scientists measured how well would-be fresheners could either deodorize the compounds or

halt their formation. Sugarless gum, mints, and parsley-oil products all struck out. Toothpaste removed the odor but did not cut production of stinky substances. Only GREEN TEA succeeded at both challenges. The secret: a chemical in the tea that also has antioxidant properties. So end dinner with a dessert of green tea ice cream. The fat in the ice cream helps remove odor-producing bacteria.

Ken Yaegaki, D.D.S., Ph.D.

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