

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 Irish day. We learned much and enjoyed good food and great company.

Cookie Exchange

December 8

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 8th. We will have a craft or 2, maybe some singing or games. It will be a great Holiday Party. Afterwards we will go out to lunch.



Sexting

January 12

Our January program will deal with what is sexting and its consequences. How can we educate young people to this dangerous practice?

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 this project. Bring a sandwich (and a friend); we will provide a drink and dessert. Call Pat @ 301-460-5451 for more information. Bring your knitting needles, crochet hook and scissors, come prepared to have some fun, exchange ideas and do something really worthwhile. Yarn will be provided. 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

or plain bright colored fabric for quilt backs, please bring it along as well.

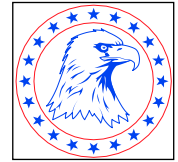
Handbooks

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 31

Legislative Day will be Sunday, January 31 at Shady Grove Campus of University of Maryland. Cost is \$10.00. You can register on line at www.montgomerycountymd.gov/apps/wlb/index.asp. Directions will be available at the January meeting. The program will deal with family and women's issues. Keynote speaker is Libby Ledbetter who sued Goodyear for equal pay.



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.

H1N1 Update

Valentines for Boy's Ranch

February 9

Do you know the latest information about "the flu"? This program will update you on what's happening with this pandemic. Also have some fun and make a Valentine for a special boy 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 know 2010 will continue to present new opportunities for all FCE members

Have a wonderful and safe New Year!

Jeannie Purich

Chatter from Extension

How is it possible that 30+ years have passed since I joined the University of Maryland Cooperative Extension Service? I started my career in August 1979 as an Extension 4-H Youth Educator here in Montgomery County, a position I so enjoyed for nearly six years. However, both my parents were teachers, as were my grandmother and my sister, so the urge to teach was strong.

When my colleague, Mary Ann Hewitt, left her Home Economics position in Montgomery County in 1985, I applied for and was transferred to that unit, where I've remained ever since.

As you may remember, Extension went through serious budget cuts in 1992 and your beloved advisor and friend, Madeleine Greene, was transferred to a similar position in Howard County. No one, including me, wanted to see her go! However, you warmly welcomed me as your new advisor and a lovely partnership began.

November 30, 2009 will be my final day with the University of Maryland Extension as I become an official retiree. I've often been asked, "What are you going to do with your time?" Well, I'm giving myself a year or so to decide what I want to do in retirement. Rest assured that my "to do" list is a mile long, starting with a thorough house cleaning and a commitment to healthier living (i.e., exercise and better nutrition).

Our son, Ryan, is a freshman at Damascus High School so I'll continue to start my day at 5:30 AM in order to get him to the bus on time. I will welcome the flexibility to travel to Kansas more often to visit my 92 year old mother and to visit extended family, high school and college friends. Ed plans to work 5-10 more years so we're staying close to home, but with a little more time for travel. I suspect my days will be busy and satisfying.

I would like to thank each of you for extending a hand in friendship, for sharing your gifts of time, creativity and talent, for fun times and laughter, for just being yourselves. What a ride it's.

Thank you, thank you, thank you! May each of you experience the fullness of this upcoming holiday season

Susan K. Morris

WE WILL MISS YOU, SUSAN,
LOVE from FCE MEMBERS

TROOP UPDATE

February 2009 through October, 2009

Cookie Count **114,966**

In November, a total of 53 boxes filled with Hats, Beanie Babies, Ditty Bags, Drawstring Bags, Christmas Stockings, Toiletries, Miscellaneous Toys, Female Products, Deodorant, Moisturizers, Lotions, Shampoo, Soap, Talc, Wipes, Hand Sanitizers, Stuffed Animal Toys, Christmas Cards, and Razors was shipped to Operation Shoebox.

Heartfelt thanks and hugs to all for your hard work and dedicated support. Your expressions of love and gratitude for our men and women serving in Iraq and Afghanistan have touched each and everyone of our troops in ways that can never be measured. Just know that they feel our love.

Heart hugs to all and Happy Holidays.

Maddi Klein and Eva Black

Diet, Cognitive Ability May Play Role in Heart Disease

Seniors who eat plenty of fruits and vegetables and who have good cognitive function are much less likely to die from heart disease than those who have poorer cognitive function and eat fewer fruits and vegetables, a new study has found.

Cognitive function refers to the ability to think, remember, plan and organize information. Researchers at the Drexel University School of Public Health in Philadelphia analyzed diet and cognitive data on 4,879 people (3,101 women and 1,778 men), age 70 and older, who took part in the U.S. Longitudinal Study of Aging. The participants were followed for an average of seven years. The analysis revealed that:

- Those who ate three or more servings of vegetables daily had a 30 % lower risk for dying from heart disease and a 15 % lower risk of dying from any cause during the follow-up period than those who ate fewer than three servings of vegetables a day.
- There was a significant association between higher consumption of fruits and vegetables and decreased prevalence of cognitive impairment.
- People who scored high on cognitive functions tests were less likely to die from heart disease or any other cause during the follow-up than were those with low scores.

FCE Assoc. Meeting Sept. 8 Minutes

Twenty-one (21) members present.

Minutes approved as presented in the Hi Lites.

Treasurer's report: Marilyn Simmons left a copy of the report before she went on a mission trip. The report was approved as read by Jeanne Purich.

President's Report, Jeanne Purich:

A thank you note from Susan Morris was read. (She had gallbladder surgery).

We had four booths at the fair. Derwood did The Dark Side of the Sun and won a red ribbon. Inhalants, Linus Project and BYOB (bag) all won blue ribbons. We now have a permanent FCE display in the Heritage Hall. Jeanne and Pat Kenney spent two hot days arranging and setting up this display. Look for it any time you go to the fair grounds. (It is near the ladies room.) A special thanks to Kitty for our spaces this year.

Membership forms are on the table. Please fill them out and add \$2.00 for county and your own club dues.

The convention is at Ocean City this year. October 26, 27 and 28. It is only \$75.00. The deadline is Sept. 15th. Good speakers and a lovely hotel building.

The ACWW Triennial conference (NGO (non-government organization) will be in Arkansas in April, 2010. Seventy countries with about 9 million members. They make recommendations and resolutions for the countries to follow.

School supplies are still being collected. We still need cookies for the troops.

Note: Irene Holinger died in July

Special Projects, Pat Kenney:

Thank you for coming to the county fair. We had some great kids stop by. One put some squares together; another brought in what she had made; two nurses from Shady Grove stopped to say thank you for the blankets that she gave out. One child who is now older still takes that blanket to bed each night.

Harvest Festival: The signs are ready. WE NEED HELP!! Set up – baking table – grab bag filling – need teenagers and persons to just sit and direct traffic.

Sign up sheet was circulate for bake sale, helping, and bringing a dish to share. Also we need stickers for the pumpkins.

Set up for Harvest festival is 10/2 The festival is the 3rd and 4th of October. We need bodies.

CES Advisor, Susan Morris:

Retiring date is December 1, 2009. I will not sign up for anything for six months as I need to clean up my home and handle my parents' furniture. Note: Ruth Proctor from 4H has pulmonary fibrosis and she is on oxygen 24/7. Kathy can give you her home address to send cards. Keep her in your thoughts/prayers. Close Encounters: Three weeks in October. Sorry it is the same time as the state meeting. Will do trail mix now – no granola. Jackie Marsh is setting up schedule for Close Encounter Program. Extension office is on hiring freeze. The grant dollars are just not available for at least a year if not longer. Susan put the Harvest Festival item in the Four H Newsletter asking for helpers. The students would earn Student Service Learning Hours.

(Note Retirement party November 20 at the Extension \$25.00. **The FCE party will be December 5, call Barbara Raab 301-330-5447 to RSVP.**)

County Fair, Kitty Cooley: Thanks again, Kitty.

We had a great space at the fair.

Publicity, Judy Armitage said please continue to watch for free places to advertise. Montgomery Village is now putting our advertisement in their newsletter, thanks to Helga Ruckett.

International Day, Barb Raab:

The cost is \$4.00, the subject is Ireland There are still books available to read and to do reports. Recipes were handed out.

The president reiterated that we need officers.

Respectfully submitted, Judy Armitage

B O L O (Be On The Lookout) from Centers for Disease Control and Prevention:

Protect yourself, protect others this flu season.
Stay home if you are sick
Put used tissue into waste container
Clean or WASH your hands OFTEN
Avoid touching your eyes, face, mouth
Cover your nose and mouth when you cough/sneeze
Use paper towels to touch possibly contaminated surfaces (i.e., faucets)
Use Alcohol based sanitizers
Practice Good Health!

Notes from Frann Peters

Stamps:

Thank you for saving used postage stamps for the military retirement home. Reminder: please leave a good amount of (white) space on the envelope around each stamp as the stamps are soaked off the envelope thus enabling the vets to carefully handle each stamp.

Boy's Ranch:

The Boy's Ranch was delighted with the generous donations of school supplies which were greatly needed.

Needed items: Books and magazines (appropriate for boys) and craft items, sports equipment, clothing, bed linens, personal hygiene items, wood for bird houses, games and other appropriate items are always appreciated.

Laytonsville Haven:

The boxes of clothing, pajamas, nightgowns are always great fully welcomed. Personal care items, magazines, games and things of this nature can be used.

Angela, a volunteer at the parrot sanctuary attended a yard sale and purchased and then donated 105 beanie babies for the troop boxes. She also made a double batch of chocolate chip cookies.

Needed items: Shoe boxes, small flashlights, magazines. with pictures of boys, cats, boats, stars, trees, bicycles etc. The residents at Laytonsville need these items for projects they are making. Any paint by number kits and used Christmas cards are high on the list of items desired.

Hugs and Kisses:

Regina Woods, Next Step scholarship recipient (last year), helped all day in the Children's Craft Room at our Annual Fall Festival. Regina thoughtfully brought along a friend who was also pressed into service. Regina has been accepted at American University to study to become a social worker. She will work with children within the court system after she graduates from Montgomery College next spring.

A special "thank you" to both of them and to all of the others who so diligently helped at the Harvest Festival.

Thank you letters:

We received a letter from Valessia Samaras, Montgomery College Director of Development thanking us for the scholarship support that we have made toward the Childcare/Early Childhood Education Scholarship award, which was given to Brittany Barber. We also received a thank you letter from Ms. Barber. We received a thank you letter from Ms. Samaras thanking us for the scholarship to the Next Step Program which was awarded to Jackie Gonzalz. Ms. Gonzalz's thank you letter stated that she hopes to major in Mass Communication with a emphasis in advertising.

Excerpts from the thank you letters:

Dear MCAFCE Members

On behalf of Montgomery College and the Montgomery College Foundation, I am delighted to inform you about your scholarship recipient for the upcoming fall semester. Your scholarship support is truly making a difference and for that I thank you. The MCAFCE (Next Step Program Scholarship) has been awarded to Jackie Gonzalez. Your generosity is providing our students with much needed resources to continue their education at Montgomery College. I truly appreciate your support and wish you a wonder fall. Valessia Samaras

Dear MCAFCE,

On behalf of Montgomery College, its students, faculty and the Foundation, I thank you for your gift. I am truly grateful for you generosity. Now more that ever, Montgomery College requires the support of its alumni and friends to address its pressing current and future needs. As requested, your gift has been designated to Child Care/Early Childhood Education and the Next Step Program Scholarship Programs.

Excerpts from the Ranch Newsletter:

Christmas Ranch Style:

This is the time of year when Christmas looms on the horizon and we begin to make preparations! Our residents will soon fill their Christmas wish lists. There is a \$200 limit per resident, and \$25 of that amount will go to a needy family that our boys will adopt. In the true spirit of Christmas, this shows our boys that it is not only good to receive but to give.

If you would be interested in adopting a boy for Christmas, there are several ways for this to happen:

You may donate money toward the wish list of one resident, or a partial list.

You may donate money toward the Christmas Party for all of the residents.

You may adopt a resident's wish list, shop and wrap the gifts yourself.

You may make home baked goodies.

It is our hope that you will be a part of making a boy's Christmas wish come true!

Frann Peters

Editors Note:

“The Maryland Sheriff's Youth Ranch has received notification that the State of Maryland will be required to reduce their approved budget by 1% as of October 2009. This is on top of the imposed 1% reduction and the instituted budget freeze from last year. This is a devastating blow in an already difficult financial time. We are now in the process of looking at parts of our program that will need to be cut. 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, the Fred Price Educational Auction, and summer activities”.

Back to School Items

Thank you to everyone who donated items for Back To School 2009. We received and distributed: 3-ring binders, back pack with rollers, black pens, blue pens, calculators, colored markers, colored paper, composition books, construction paper, copy paper, crayons, dry erase markers, big pink erasers, glue sticks, highlighters, insulated lunch bags, liquid glue, notebook paper, pencil erasers, pencil pouches for 3-hole binders, pencil sharpeners, pencils, pocket folders, protractors, rulers, scissors, black sharpies, assorted sizes socks, spiral notebooks, watercolor paints, and writing pads. Items were given to The Sheriff's Youth Boys Ranch, The Greentree Shelter, and Hope Alive.



8 WAYS TO REDUCE AND REUSE

First: Reach for reusable

One microfiber cloth can take the place of 60 rolls of paper towels.

Second: Mug around

Bring your own travel mug. Also carry your own reusable water bottle.

Third: Be a jug head

Try switching to plastic jugs that are recyclable.

Fourth: Hug a tree

Before you hit “print” consider your options. Perhaps the back side of already used paper would do.

Fifth: Refill 'er up

Many cleaning products are available in large jugs which can be put into smaller sizes for easier use.



Sixth: Switch your portable power

It is hard to find a program that recycles one-use batteries, whereas rechargeable ones can and should be recycled – and NEVER into a land fill, since they contain cadmium. An added benefit is you will be spending less money on batteries.

Seventh: Dry-clean greener

You may already bring reusable bags to the grocery, but here's a way to waste less at the dry cleaners, too. The Clothesnik bag (about \$35) lets you tote clothes to the cleaners –and never have to deal with pesky plastic sheaths again. Contact reusenik.com to more information.

Eighth: Bulk up

For foods that come in hard to recycle tubs get the largest size container and dole into smaller reusable ones as needed. Reminder DO NOT microwave in plastic containers.

Ninth: CFL light bulbs

Unlike old incandescent, these bulbs can NOT be trashed, because they contain a small amount of mercury. Home Depot, Office Depot, and IKEA accept old (though not broken) bulbs. And lastly you may visit eBay.com/greenteam to discover eco-friendly shopping tips and how those shopping trips can have a positive impact.

Gardening Gets You Moving

As a healthy activity, gardening has got it all. It's a way to get physical activity, grow nutritious fruits and vegetables, and add color to your surroundings,

Working in the yard or garden burns between 250 and 500 calories an hour. Digging, spreading mulch, pruning, raking, and weeding are moderately aerobic activities. Being active will help your heart and lungs work better.

Experts recommend exercising moderately for 30 minutes on most days of the week. So, break out the hoe and rake and get your workout. To avoid aches and pains warm up first by walking a few minutes, then take another short walk afterwards to cool down. Don't forget to finish by stretching the muscles that you used.

Before There Were Turn Signals in Cars...

We were all taught the arm motion to use before turning or stopping; or if we lived in someplace like Minneapolis, in the winter, we were taught how to partly open the car door, without falling out, to signal to others on the road we were going to do "something".

Early in 1950 we found that our new vehicles came out with something new attached to the steering column – TURN SIGNALS. In 2009 it would seem that many of us have forgotten to use them. Today, a turn signal remains one of the easiest to use safety features in your car, and very likely the most neglected. It is time for each of us to do whatever we need to do to remind ourselves to use the signals as we prepare to turn at intersections and also to alert drivers around us when we intend to change lanes in traffic.

Safety on our roadways is a top priority.

Keeping your information safe requires vigilance

C. Benjamin Ford

Protecting one's good name means more than it did in the past. Stolen identities can result in

poor credit ratings, mounds of paperwork and months of delay to straighten out records.

What Can You Do

Annually review your credit report. Call at least one of the three major credit reporting agencies:

Equifax, Experian, or TransUnion, or go online to a free reporting site.

Use a firewall and virus protection software to protect against computer hackers. Update the virus software frequently.

Never store credit card or bank account numbers in your computer. Do not open files or links or click on Web links sent by someone you do not know. Beware of people asking for personal information.

(True Story) Recently one of our members went to a store to do an even exchange. The clerk insisted she give her social security number. She refused. He settled for her zip code.

Beware of people asking for personal information.

Shred anything that has your name, or any identifying number on it.

If you have a problem immediately close that account. File an account fraud affidavit and notify the police to obtain a report to submit to creditors.

Trans Union 1-800-680-7289

Experian 1-888-397-3742

Equifax 1-888-766-0008

Identity Theft Resource Center 1-858-693-7935

Remind your loved ones that after you die to contact these to tell them that your accounts are closed.

Who Needs Sleep?

Think of the effects of massive sleep deprivation as similar to the effects of a tequila bender. When it comes to your health and the risk you impose on others, you're as dangerous as a drunk driver. Lack of sleep leads to bad food choices and other health risks. Schedule shuteye as you do a doctor's visit. It is one appointment you can not afford to miss.



PUMPKIN BREAD

1 can (15 oz) Pumpkin
1 Cup Sugar
1/4 Cup Vegetable Oil
1 Cup Plain Low-fat Yogurt
1 1/2 Cups All-purpose Flour
1 1/2 Cups Whole-wheat Flour
2 Tsp. Baking Powder
2 Tsp. Baking Soda
2 Tsp. Cinnamon
1/2 Tsp. Salt
1 Cup Raisins

Preheat oven to 350 degrees.

Directions

In large bowl, beat together pumpkin, sugar, oil and yogurt.

In medium bowl, combine flours, baking powder, baking soda, cinnamon and salt.

Add to pumpkins mixture, stirring until moistened. Stir in raisins.

Pour into 2 greased 9x5x3-inch loaf pan.

Bake 50 to 60 minutes, remove and cool completely.

Per Serving: Calories 110, Total Fat 2 g, Sodium 150 mg, Total Carbohydrate 21 g, Dietary Fiber 1 g, Sugars 10 g.

From Dept. of Agriculture 2009

FIRST CLASS MAIL

**University of Maryland
Cooperative Extension Program
18410 MUNCASTER ROAD
DERWOOD MD 20855**

