



Family and Community Education Hi-lites

December – February 2012
www.mdafce.org/mcfce.htm

Montgomery County Association for Family and Community Education Newsletter

“Temperance

Eat not to dullness; drink not to elevation”

Benjamin Franklin

Happenings

December

- | | | |
|----|-------------------|---|
| 13 | 9:45 am | Cookie Exchange and Crafts , Extension office (garage) |
| 15 | | Send yearly reports to Vice President/Programs |
| 29 | 12:30 pm- 4:30 pm | Legislative Day at Shady Grove Campus (\$15.00) |



January 2012

Note: NO Association Meeting This Month

- | | | |
|----|--------------------|---|
| 1 | | New Year’s Day – Happy New Year |
| 4 | 10:00 am – 3:00 pm | Blanket Making for Project Linus Sew-A-Thon, Extension Office |
| 17 | 10:00 am | Cookie Packing for the Troops, Laurel Methodist Church |

February

Collect “Birthday Monies” (1 penny for each year of member’s age or a \$1 to keep your age anonymous!)
Send check to Montgomery County FCE Treasurer.

- | | | |
|----|--------------------|---|
| 1 | | Hi-Lites and Look What’s Happening Deadline |
| 7 | 10:00 am – 9:00 pm | Blanket Making for Project Linus Sew-A-Thon, Extension Office |
| 14 | 9:45 am | Association Meeting. and Craft for Boy’s Ranch (garage) |
| 21 | 10:00 am | Executive Board Meeting – Hi-Lites Folding Executive Board |
| 21 | 10:00 am | Cookie Packing for the Troops, Laurel Methodist Church |

March

- | | | |
|----|--------------------|---|
| 7 | 10:00 am – 3:00 pm | Blanket Making for Project Linus Sew-A-Thon, Extension Office |
| 13 | 9:45 am | POT LUCK LUNCH (bring a dish to share) and Association Meeting.
Program “Mental Fitness” |
| 20 | 10:00 am | Cookie Packing for the Troops, Laurel Methodist Church |

Turkey Talk-Line®



No question is too tough for these turkey talkers, and they are ready and excited to tackle any challenge you throw at them. Give them a call at 1-800-BUTTERBALL (1-800-288-8372) or email them at talkline@butterball.com throughout November and December.

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

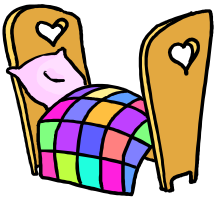
Thanks to everyone that made this a wonderful day. We learned much about the Heel of the Boot (southern Italy) and enjoyed good food and great company.

Cookie Exchange December 13, 2011

Are you ready for some football? Oh no, that is Monday nights. Are you ready for some cookies, good eats and fun too? Bring 4 dozen cookies, the recipe and an empty container (to put your new cookies in) to the garage on December 13th. 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. If you would like to bring an extra dozen cookies for the Boys' Ranch, that would be appreciated.

Blanket Making for Project Linus Sew-A-Thon

January 4, 2012 Tuesday 10 AM - 3 PM
February 7, 2012 Tuesday 10 AM - 9 PM
March 7, 2012 Tuesday 10 AM - 3 PM



As of the end of September, we have made 1,686 blankets and 839 hats for kids. As we begin our 10th year (we started in 2002, can you believe it?), it continues to be a fun and rewarding project and a joy to see all the blankets. If you haven't been there yet, I hope you will think about coming. You do not have to sew, knit or crochet to take part – there is yarn to separate, blankets to count and pack. Something for everyone. Bring a sandwich (and a friend); we will provide a drink and dessert. Bring your knitting needles, crochet hooks and scissors, come prepared to have some fun, exchange ideas and do something

that may make your heart sing. Yarn will be provided.

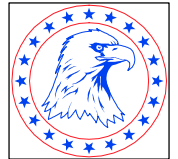
We are always looking for more yarn (our supply is low right now); if you know of anyone who wants to clean out their closet, keep us in mind.

Handbooks

The Handbooks will be distributed at the Cookie Exchange in December. The Handbook is a very useful, quick reference to keep updated, to enable you to contact your local and state officers and 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 29

Legislative Day will be Sunday, January 29 at Shady Grove Campus of University of Maryland from 12:30 PM to 4:30 PM. Cost is \$15.00 which includes your lunch. You can register on line at 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 family and 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.

Valentines for Sheriffs' Youth Ranch February 14 (downstairs)

It is Valentine's Day and we will be making Valentine's for the boys at the Sheriffs' Youth Ranch. They appreciate our efforts in thinking of them at this time.

There will NOT be an association (county) meeting in January. We hope that if we wait for warmer and better weather in February and have a fun program more of you will attend. But we hope to see some of you at the blanket making in January (January 4).

Jeanne Purich, President

Notes from Frann Peters



Stamps:

Thank you for saving used postage stamps. We are now giving the stamps to Asbury Methodist Village and to the Lutheran Home. At this time, we were unable to locate a military related source that could use these stamps.

PREPPING THE STAMPS:

Trim the stamps but be sure to leave white (or color of the envelope) - approx ¼ inch - around each stamp. The residents will prepare the stamps for sorting, soaking and packaging. The proceeds from the sale of the stamps at the Lutheran Home are used for monthly birthday cakes and a Christmas gift for each resident, and occasionally for special needs. The Asbury stamp committee contributes the proceeds to their Benevolent Fund. To date we have collected just over 37,000 stamps in three years.

The Sheriff's Youth Ranch:

Once again the ranch has serious state funding losses. There are few funds for activities and extras. Please continue to support their efforts with library books, clothing, jeans, underwear, socks, sports equipment, skateboards, games, towels, twin size bedding...all things pertaining to teens, cookies and even microwave popcorn. You may even sponsor a boy yourself; here's how: Make a money donation to: Maryland Sheriffs' Youth Ranch, P O Box 42, Buckeystown, MD 21717-9989. A \$200.00 donation will cover one boy and the ranch will do the shopping, wrapping and delivery. If \$200.00 is too much, any amount would be greatly appreciated.

Laytonville Haven:

A great big THANK YOU to everyone who has helped or donated this year. The ladies are most grateful.

Scholarships:

Stephanie Seaman and Monica Lopez are the recipients this year. Their letters have not reached us in time for this publication.

Nate May wrote to say that he is attending Honors classes 2 days/week and pre-engineering classes 2 days/week. There are 25 students in his Honor class. He is doing well and working very hard.

EIGHT THINGS TO DO AFTER LOSING YOUR WALLET

- * Make a list of what you had in your wallet (hopefully you have done this ahead of time) and tackle the important things first.
 - * Immediately cancel **ALL** of your credit and debit cards, letting your bank know that your wallet was stolen or lost. **Request new copies of each card with a NEW account number.**
 - * If you were a victim of theft, file a police report so that there will be an official record.
 - * Report a missing driver's license to state department of motor vehicles and request new copy.
 - * Alert fraud departments of the three major credit reporting companies. They will place a fraud alert on your name and Social Security number. You may also request they alert you before opening a line of credit in your name. (Equifax: 800 525-6285; Experian (formerly TRW): 888 397-3742; Trans Union: 800 680-7289).
 - * Request a replacement Social Security card and consider not carrying it in your wallet in the future.
 - * Contact your company's Human Resources or your health insurance provider to get a replacement card. Contact Medicare and the Social Security to get replacement cards.
 - * For other club memberships, video rentals, bonus club cards you will have to contact each individually. Lastly go and select a new wallet.
- Tips came from the Federal Citizen Info Center.

WITH THE HOLIDAYS COMING HERE ARE SOME TIPS TO SHELLING NUTS

Brazil Nuts: Bake at 350°, or freeze. Crack and shell.

Chestnuts: Cut a slit in the flat side of each nut; cover with water; boil for 10 minutes. Use a paring knife to peel off the shell and the membrane.

Walnuts: If it is important to get the nut out whole, soak overnight in salt water before GENTLY cracking.

Coconuts: Puncture the eyes with an ice pick and drain out the milk. Place coconut in a shallow pan and bake at 350° for 45 minutes to one hour, until the shell begins to crack. Cool it enough to handle and then tap it smartly with a hammer. Pry out the meat with a knife

Chatter from Extension

Healthy Holiday Eating Tips

It can be difficult to maintain a healthy eating plan any time of year, but it is particularly challenging during the holiday season. High fat and calorie-laden snacks and meals are everywhere: in restaurants, at work, meetings, luncheons and most social events.

Most of the traditional foods we consume during the holidays are perfectly healthy. It's what we do to them and how much we eat that makes it challenging to maintain your healthy eating habits. Focus on not overeating and keeping your portion sizes in control and you'll be equipped to face those buffets, dinner parties and luncheons with a good attitude. Here are a few tips.

First, remember that healthy eating is a gift you give to yourself. It doesn't mean that you deprive yourself of all of the foods that you like best. Tell yourself that you are important enough to care about what goes into your body. High fat and calorie foods are not good fuel for a healthy body. People who eat healthfully, maintain a normal body weight, and exercise regularly reduce their risk for chronic disease, and you are worth the effort!

Plan before you go to a party or celebration. Eat before you arrive if you suspect there may be few healthy options. Have some fresh fruit, a handful of nuts or small sandwich before you arrive so your stomach does not feel empty. When you arrive, check out all the food options and develop a plan that enables you to sample some of the foods you enjoy without abandoning the healthy habits that you've worked so hard to develop. Remember, that it is fine to eat a few holiday treats; take them one at a time and savor each one as opposed to heaping several on your plate.

Offer to bring a healthy dish. That way you know there will be at least one thing you can eat and your host will appreciate your offer.

Move away from the buffet and snack table. Many of us consume hundreds of calories by "mindless" eating; i.e., not paying close attention to what goes in our mouths. Be mindful of every bite you take. Food is to be enjoyed, not devoured without thinking.

Take small portions. This is one of the most important things you can do. A small serving will usually satisfy your cravings if you enjoy it slowly and fill up on lots of healthy foods like fruits and vegetables.

Don't forget to exercise. Exercise not only helps control weight, but it lowers your blood glucose levels and helps to lower stress.

Modify your favorite holiday recipes. Some recipes will not be affected by reducing the amount of sugar or substituting fruit puree for oil. Fruit adds flavor, moisture and tenderness to baked goods.

Vegetables are your friends. Serve a variety of veggies at each holiday meal or social event and fill up on them first. Besides being rich in vitamins and minerals, most are high in fiber, which will make you feel fuller for longer.

Finally, enjoy the holidays, your friends and family and most of all the food, just not too much of it!

Rebecca Davis, CES Educator

Benefits of Disinfecting Household Surfaces



- Regular cleaning products do a good job of removing soil, but only disinfectants or disinfectant cleaners (also known as antibacterial cleaners) kill the germs that can cause many illnesses.
- Surfaces like kitchen and bathroom counters, door knobs, toilet seats and children's toys may be contaminated with bacteria even when not visibly soiled.
- Germs can be spread to other surfaces on dirty cleaning cloths and sponges.
- Products that claim to kill germs must meet guidelines established by the U.S. Environmental Protection Agency (EPA), and must be registered with EPA and carry an EPA registration number on their label.
- In order for surfaces to be effectively disinfected, the instructions on product labels need to be followed carefully.
- To clean glass shower doors, rub with a sponge dampened in white vinegar.



TROOP UPDATE

Supporting Our Troops

A huge thank you to everyone for coming through for our troops by providing special treats, items/decorations, etc. for their Christmas goody packages that will be going out Nov. 16th.

We are also grateful for the tremendous amount of work put in by our volunteers to make the Christmas stockings, helmet liners, ditty bags, drawstrings and ribbon angels.

It is a huge relief to know that our troops serving in Iraq will be home by the end of this year. They have served long and hard and they and their families have had to make many sacrifices during this long conflict. They deserve a hero's welcome. Hopefully we can say the same thing soon for those still serving in Afghanistan.

Our focus will now be on our troops serving in Afghanistan. It has been a real struggle to get enough cards and letters written to send to our troops each month. For them, this is the most precious gift they receive. Please consider writing a few cards monthly with words of gratitude and encouragement for their service and sacrifices.

Wishing you all a very Happy Thanksgiving and blessings for the holidays ahead.

Heart hugs,

Maddi (301-774-8088) and Eva (301-725-7038)

Welcome to ACWW

ACWW is the largest international organization for rural women. It has a uniquely down-to-earth approach, offering mutual support, friendship and practical help to its members.

The organization has a membership of nine million through its 365 Member Societies (FCE is a member society) in over 70 countries

ACWW'S Aims and Objectives:

To raise the standard of living of rural women and families through education, training and community development programs.

To provide practical support to its members and help them set up income-generating schemes.

To give rural women a voice at international level through its links with UN agencies.

ADULT ABUSE

WHAT IS ADULT ABUSE?

Adult abuse generally refers to mistreatment of an older person by someone who has a special relationship with the elder – such as a spouse, sibling, child, friend, or caregiver. Abuse may take the form of one or all of the following: physical, financial or emotional abuse, neglect or abandonment. Abuse includes the willful infliction of serious pain or injury, unreasonable confinement, intimidation or force sexual contact.

WHO ARE THE ABUSERS?

Typically, the abuser is a relative, frequently an adult child of the victim. The abuser may suffer from alcohol or drug abuse. Sometimes the abusers were abused as children. The abuser may be emotionally unstable. Sometimes, the caregiver can no longer cope with a stressful situation and does not know where to turn for assistance.

WHY ABUSE IS NOT REPORTED?

Many who suffer from abuse may feel ashamed and embarrassed and suffer from low self-esteem. Some do not want to report their own child as an abuser. Often the abused simply fear more abuse if they report it. Others are too feeble to think clearly, or they may not realize that help is available.

WHAT IF I MAKE A MISTAKE?

The person you are worried about can refuse intervention. The merely eccentric will be left in peace. And your identity will be protected, because reports are confidential.

WHAT SHOULD I DO?

It is up to YOU to break the silence. Certain people are required by law to report abusers. They are conservators and guardians, court-appointed mental retardation advocates, police officers, licensed health-care administrators and social workers. Others – such as neighbors, church members, relatives and friends -- may report voluntarily. Person reporting voluntarily need not identify themselves.

WHO DO I CALL FOR HELP?

The hotline number is: 202-541-3950

TEN SUPER FOODS

Sweet Potatoes

A nutritional all star-one of the best vegetables you can eat. They are loaded with carotenoids, vitamin C, potassium, and fiber. Bake and then mix in some unsweetened applesauce or crushed pineapple for extra moisture and sweetness.

Crispbreads

Whole grain rye crackers, like Wasa, Kavli and Ryvita – usually called crispbreads are loaded with fiber and often fat free. Drizzle a little honey and sprinkle with cinnamon to satisfy your sweet tooth.

Mangoes

Just one cup of mango supplies 100% of a day's vitamin C, 1/3 of a day's vitamin A, decent dose of blood pressure lowering potassium, and 3 grams of fiber. Bonus: This is one of fruit least likely to have pesticide residue.

Garbanzo Beans

While all beans are good, these are rich in fiber, iron, magnesium, potassium, and zinc. Just drain, rinse and toss a handful into stews, curries, soups, brown rice, whole wheat couscous, bulgur, or other whole grains.

Unsweetened Greek Yogurt

Non-fat, plain Greek yogurt has a pleasant tartness that is a perfect foil for natural sweetness of berries or bananas or your favorite cereal.

Watermelon

Watermelon is a heavyweight in the nutrient department. A standard serving (about 2 cups) has 1/3 of a day's vitamins A and C, a nice shot of potassium, and a healthy dose of lycopene for only 80 fat free, salt free calories.

Broccoli

It has lots of vitamin C, carotenoids, vitamin K, and folic acid. Steam it just enough so that it is still firm and add a sprinkle of red pepper flakes and a spritz of lemon juice.

Butternut Squash

Steam a sliced squash or buy peeled, diced butternut squash at the supermarket that's ready to go into the oven, a stir-fry, or a soup. It is an easy way to get lots of vitamins A and C and fiber.

Wild Salmon

The omega 3 fats in fatty fish like salmon can help reduce the risk of sudden death heart

attacks. And wild caught salmon has LESS PCB contaminates than farmed salmon

Leafy Greens

Do not miss out on power house greens like kale, collard, spinach, turnip greens, mustard greens, and Swiss chard. These stand out greens are jam packed with vitamins A, C, and K, folate, potassium, magnesium, calcium, iron, lutein, and fiber. Serve with a splash of lemon juice or red wine vinegar.



A Good Night's Sleep

A good night's sleep is a critical component of an active lifestyle and essential to maintaining energy levels.

Here are some tips from the better sleep council:

- keep a consistent sleep and wake schedule, including weekends.
- create a bedtime routine that is relaxing. Try reading a book, listening to soothing music or soaking in a hot bath.
- keep work materials, computers and televisions out of the bedroom.
- exercise regularly, but complete workouts at least two hours before bedtime.
- avoid caffeine and alcohol (like coffee, tea, soft drinks, chocolate) close to bedtime. It can keep you awake.
- finish eating at least two to three hours before bedtime. This gives your body plenty of time to digest before attempting to relax and sleep.

JUNK MAIL

To reduce junk mail call 888 567 8688 and ask to be put on the Suppressed File or write to:

Mail Preference Service
Direct Marketing Association
P O Box 9008
Farmington, NY 11735 9008

When giving to charities ask that your name not be given or sold to other organizations.

Minutes of County (Association) FCE Meeting September 13, 2011

The meeting was called to order at 10:15 AM and the creed and Pledge of Allegiance were recited. There were 16 members present.

Call to Order, Creed, and Pledge Minutes, approved as presented.

Treasurers' Report, Marilyn Simonds: There is \$10,707.94 in the general fund, which includes \$5,000 in the CD. The scholarship disbursement of \$2,400 was sent. Cash on hand as of 9/13/11 is \$1,914.93

President's Report: Jeanne Purich

Fair – 4 booths-Thanks to Derwood Club for their “The Dirt on Soil” (grand prize winner). The other three: Bags, Bags, Bags; Lead in Your Home; Blanket Making for Project Linus.

Membership Form, Outreach forms distributed.

Send in any publicity items, etc.

State Conference – Frederick MD Oct. 20 and 21. Dinner theater – “Chicago” \$40.00 for just theater/dinner. There are 35 going to State meeting.

Close Encounters with Agriculture, Oct 17 – 28. Training day is Oct 14. Try to attend.

Troop Support – keep baking cookies, providing snacks, knitting or crocheting hats, ditty bags & Christmas stockings.

Note: NO MEETING IN OCTOBER

Vice-President/Programs, Lou Marlin: Next meeting International Day; December cookie exchange

Vice-President/Public Policy, Lou Marlin:

Women's Legislative Briefing January 29th. Cost and registration required. The Women's commission was disbanded due to lack of funds. We do sponsor the Legislative Briefing.

Special Projects, Pat Kenney: Fall Festival-OCT 1. Set-up is Sept. 30; and clean up Monday Oct 3. **We need help,** craft and baked items. A signup sheet going around. We need more grab bags, more Beanie Babies, and more very small items to put into the eggs. No permit is needed for the bake sale. NO popcorn even with a permit. Lunch will be provided on Friday and Saturday. Saturday is potluck style. Parking passes will be available. Blanket making on September 3 and October 4 and November 15.

County Fair, Kitty Cooley: Thanks Kitty for your help. Thanks to Pat, Ethel, Marilyn, Judy, Helga and Sharon for preparing wonderful booths.

International Day: Barbara Raab: “The Shank of the Boot” Discussion about recipes and topics. Recipes will be fish and tomatoes, mostly. Pick up recipes TODAY. Luncheon is November 8. Bring any Italian items you might have.

Cost: \$4.00/person. You may sign up today.

Get your Dues in by September 30 to Marilyn Simonds. Recruit a new member and get a STAR!

Publicity, Judy Armitage: We are still looking for free places to advertise.

Scholarship Committee, Frann Peters: Fun day was hit, as usual. The ladies at Laytonville Haven are doing well. One lady is almost ready to take her naturalization test. The cost is \$700. Also they will take the stamps that we collect. Kathy Stevens sent a thank you for the scholarship money as did David Sears. \$1,200 went to Child Care and \$1,200 went to Next Step.

Old Business: none

New Business: Ground turkey and peanut butter recall. Watch the news for more information.

Judy Armitage

Cookie Exchange December 12, 2011



It's time to get out your favorite cookie recipes and make those fabulous cookies for our annual cookie exchange.

On December 12, 2011 starting at 9:30 AM, please bring **48 homemade** cookies. This will be 42 to exchange and 6 to sample while we are busy making a few **crafts** prepared by Ginny Hagberg. It's a fun time for all and so please invite a friend to join us. The more the merrier. There will be **door prizes** and other surprises. If you don't want to make cookies come anyway and join in the fun.

As usual we'll go to **Old Country Buffet for lunch**. It works well for us and we don't need reservation.

Broccoli Salad

Recipe courtesy Paula Deen

Prep Time: 15 min

6 to 8 servings



Ingredients

- 1 head broccoli
- 6 to 8 slices cooked bacon, crumbled
- 1/2 cup chopped red onion
- 1/2 cup raisins, optional
- 8 ounces sharp Cheddar, cut into very small chunks
- 1 cup mayonnaise
- 2 tablespoons white vinegar
- 1/4 cup sugar
- 1/2 cup halved cherry tomatoes
- Salt and freshly ground black pepper

Directions

Trim off the large leaves from the broccoli stem. Remove the tough stalk at the end and wash broccoli head thoroughly. Cut the head into flowerets and the stem into bite-size pieces. Place in a large bowl. Add the crumbled bacon, onion, raisins if using, and cheese. In a small bowl, combine the remaining ingredients, stirring well. Add to broccoli mixture and toss gently.

FIRST CLASS MAIL

University of Maryland

Cooperative Extension Program

18410 MUNCASTER ROAD

DERWOOD MD 20855

