



Family and Community Education Hi-lites

December – February 2013

www.mdafce.org/mcfce.htm

Montgomery County Association for Family and Community Education Newsletter

“Drive thee business, - - let not that drive thee”

Benjamin Franklin

Happenings

December

- | | | |
|----|---------|---|
| 11 | 9:45 am | Cookie Exchange and Crafts, Extension office (garage) |
| 15 | | Send yearly reports to Vice President/Programs |



January 2013

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 |
| 15 | 10:00 am | Cookie Packing for the Troops, Laurel Methodist Church |
| 27 | 12:30 pm- 4:30 pm | Legislative Day at Shady Grove Campus (\$15.00) |

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 |
| 6 | 10:00 am – 9:00 pm | Blanket Making for Project Linus Sew-A-Thon, Extension Office |
| 12 | 9:45 am | Association Meeting. and Valentine Craft for Boy’s Ranch (garage) |
| 19 | 10:00 am | Cookie Packing for the Troops, Laurel Methodist Church |
| 26 | 10:00 am | Executive Board Meeting – Hi-Lites Folding Executive Board |

March

- | | | |
|----|--------------------|---|
| 6 | 10:00 am – 3:00 pm | Blanket Making for Project Linus Sew-A-Thon, Extension Office |
| 12 | 9:45 am | Program to be Announced and Association Meeting. |
| 19 | 10:00 am | Cookie Packing for the Troops, Laurel Methodist Church |

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

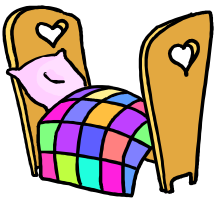
Thanks to everyone that made this a wonderful day. We learned much about Belgium and Luxembourg and enjoyed very good food and great company.

Cookie Exchange December 11, 2012

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 11th. 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. 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, 2013 Friday 10 AM - 3 PM
February 6, 2013 Wednesday 10 AM - 9 PM
March 7, 2013 Thursday 10 AM - 3 PM



As of the end of September, we have made 1,276 blankets and 1,203 hats for kids this year. As we begin our 11th 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, and blankets to count and pack. Something for everyone. Bring a sandwich (and a friend); we will provide a drink and dessert. Come prepared to have some fun, exchange ideas and do something that may make your heart sing. Yarn is provided.

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

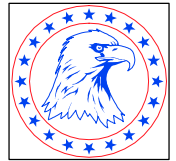
Handbooks

The Handbooks will be distributed at the Cookie Exchange in December. The Handbook is a very useful, quick reference to keep you updated, to enable you to contact your local and state officers and to 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 27

Legislative Day will be Sunday, January 27 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. Plan to attend and meet many of your local and state representatives.



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 12 (downstairs)

We will be making Valentine's for the boys at the Sheriffs' Youth Ranch.

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

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"Don't ask what the world needs. Ask what makes you come alive, and go do it. Because what the world needs **are** people who have come alive."

Howard Thurman

## Laundry Solutions for Holiday Stains



The longer stains sit on a fabric, the more difficult they may be to remove. American Cleaning Institute's Senior Vice President, Education Nancy Bock has these tips for removing some holiday stains:

**Turkey, gravy, butter, and salad dressing** (oil-based stains): Pretreat with a prewash stain remover. Launder in the hottest water that's safe for the fabric.

**Cranberry sauce, apple cider, and pumpkin pie** (fruit-based stains): Treat these stains promptly. Remove excess fruit and run the fabric under cold water. Wash the item as soon as possible using the warmest water and bleach that are safe for the fabric.

**Coffee, tea, wine, and soft drinks** (beverage stains): Soak or sponge stain in cool water. Pretreat with a prewash stain remover or liquid laundry detergent. Launder using oxygen bleach or chlorine bleach, if safe for fabric.

**Colorful cakes and desserts** (food-coloring stains): Sponge stain promptly with cool water. If this doesn't remove stain, soak stain in cool water for at least 30 minutes. After soaking, pretreat with a prewash stain remover or liquid laundry detergent, then launder.

**Wax stains:** Use a dull knife to scrape off surface wax. Place stain between paper towels and press with a warm iron, transferring the wax to the towels. Continue using clean towels, until the wax no longer transfers. Then, place stain facedown on another clean paper towel and sponge with a prewash stain remover; blot with paper towels. Let dry, then launder.

**Soot Stains:** Shake out garment. Don't rub; you may make the stain worse. Launder washable garments using laundry detergent and the hottest water suitable for the garments. Continue laundering garments until soot and/or smoke odor are removed. You may have to launder as many as five times.

## 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 went out November 20<sup>th</sup>.

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.

#### TREAT THE TROOPS

|                                | <u>COOKIES / BOXES</u> |       |
|--------------------------------|------------------------|-------|
| TOTAL for 2012                 | 63,274                 | 441   |
| TOTAL SINCE 2007               | 329,409                | 2,160 |
| TOTAL COOKIES BAKED NATIONWIDE | 3,154,160              |       |

#### OPERATION SHOEBOX

| <u>TOTAL FOR 2012</u>                                                                                                                                                                                                                                                                                                                                                 |       | 29  |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------|-----|
| Helmet Liners                                                                                                                                                                                                                                                                                                                                                         | 387   |     |
| Ditty Bags                                                                                                                                                                                                                                                                                                                                                            | 697   |     |
| Christmas Stockings                                                                                                                                                                                                                                                                                                                                                   | 1,885 |     |
| Drawstrings                                                                                                                                                                                                                                                                                                                                                           | 370   |     |
| Beanie Babies                                                                                                                                                                                                                                                                                                                                                         | 97    |     |
| Plastic Canvas Ribbon Angels                                                                                                                                                                                                                                                                                                                                          | 2,077 |     |
| MISC: Toothbrushes, toothpaste, floss, picks, mouthwash, chap sticks, deodorant, lotion, powder energy drink, shampoo, conditioner, body wash, hand sanitizers, toilet paper, wipes, sanitary napkins, tampons, nasal spray, Q-tips, band-aids, tissues razors, McDonald toys, mini toys and games, matchbox and hot wheel cars, Christmas card fronts, pens, pencils |       |     |
| TOTAL (2007 thru 2012)                                                                                                                                                                                                                                                                                                                                                |       | 233 |
| Christmas Stockings                                                                                                                                                                                                                                                                                                                                                   | 7,736 |     |
| Ditty Bags                                                                                                                                                                                                                                                                                                                                                            | 5,227 |     |
| Helmet Liners                                                                                                                                                                                                                                                                                                                                                         | 7,396 |     |
| Ribbon Angels                                                                                                                                                                                                                                                                                                                                                         | 5,426 |     |
| Beanie Babies                                                                                                                                                                                                                                                                                                                                                         | 4,674 |     |

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

Heart hugs,

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

## Cookie Exchange December 11, 2012

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

On December 12<sup>th</sup> 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 is 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 in Gaithersburg for lunch**. It works well for us and we do not need reservation.

Pat Kenney  
301-460-5451

## Slow Cookers and Food Safety

Opening the front door on a cold winter evening and being greeted by the inviting smells of beef stew or chicken noodle soup wafting from a slow cooker can be a diner's dream come true. But winter is not the only time a slow cooker is useful. In the summer, using this small electrical appliance can avoid introducing heat from a hot oven. At any time of year, a slow cooker can make life a little more convenient because by planning, you save time later. Also it takes less electricity to use a slow cooker rather than an oven.

**Is a slow cooker safe?**

Yes, the slow cooker, a countertop electrical appliance, cooks foods slowly at a low temperature—generally between 170° and 280° F. The low heat helps less expensive, leaner cuts of



meat become tender and shrinks less. The direct heat from the pot, lengthy cooking and steam created within the tightly covered container combine to destroy bacteria and make the slow cooker a safe process for cooking foods.

### Safe Beginnings

Begin with a clean cooker, clean utensils and a clean work area. Wash hands before and during food preparation. Keep perishable foods refrigerated until preparation time. If you cut up meat and vegetables in advance, store them separately in the refrigerator. The slow cooker may take several hours to reach a safe, bacteria-killing temperature. Constant refrigeration assures that bacteria, which multiply rapidly at room temperature, won't get a "head start" during the first few hours of cooking.

### Thaw Ingredients

Always thaw meat or poultry before putting it into a slow cooker. Choose to make foods with a high moisture content such as chili, soup, stew or spaghetti sauce. If using a commercially frozen slow cooker meal, prepare according to manufacturer's instructions.

### Use the right amount of food.

Vegetables cook slower than meat and poultry in a slow cooker so if using them, put the vegetables in first.

### REMINDERS:

- Always thaw meat or poultry before putting it into a slow cooker.
- Make sure the cooker is plugged in and turned on.
- Keep the lid in place.

Large cuts of meat and poultry may be cooked safely in a slow cooker, however since slow cookers are available in several sizes, consult the instruction booklet for suggested sizes of meat and poultry to cook in your slow cooker. Then add the meat and desired amount of liquid suggested in the recipe, such as broth, water or barbecue sauce. Keep the lid in place, removing only to stir the food or check for doneness.

### Settings

Most cookers have two or more settings. Foods take different times to cook depending upon the setting used. Certainly, foods will cook faster on high than on low. However, for all-day cooking or for less-tender cuts, you may want to use the low setting.

If possible, turn the cooker on the highest setting for the first hour of cooking time and then to low or the setting called for in your recipe. However, it is safe to cook foods on low the entire time — if you're leaving for work, for example, and preparation time is limited. While food is cooking and once it's done, food will stay safe as long as the cooker is operating.

### **Power Out**

If you are not at home during the entire slow-cooking process and the power goes out, throw away the food even if it looks done. If you are at home, finish cooking the ingredients immediately by some other means: on a gas stove, on the outdoor grill or at a house where the power is on. When you are at home, and if the food was completely cooked before the power went out, the food should remain safe up to two hours in the cooker with the power off.

### **Handling Leftovers**

Store leftovers in shallow covered containers and refrigerate within two hours after cooking is finished. Reheating leftovers in a slow cooker is not recommended. Cooked food should be reheated on the stove, in a microwave, or in a conventional oven until it reaches 165 °F. Then the hot food can be placed in a preheated slow cooker to keep it hot for serving—at least 140 °F as measured with a food thermometer.

## **DOs and DON'Ts for Poison Prevention**

Here are some simple guidelines to follow to help ensure that unintentional exposures do not occur. Post a copy of this list in all areas where cleaning products are stored.

**DO** store cleaning products in a locked closet or cabinet, away from food, and not accessible to young children.

**DO** store products in their original containers and never remove product labels.

- Product information, precautions, and first aid instructions vary according to the product's ingredients. It can be dangerous to use a product incorrectly or follow the wrong emergency treatment guidelines.
- If unintentional exposure should occur, you will need to give product details to the Poison Control Center expert who answers your call.

**DO** schedule routine cleaning of surfaces and dishwashing when there is a lull in activities, such as naptime, or when children are not in the room.

**DO** put the product away immediately after removing the amount needed for the cleaning job at hand.

**DO** rinse measuring cups after each use to avoid accidentally mixing products.

**DO** be aware that some cleaning products — like oven or drain cleaners — present a significant potential hazard. Use these products with great care.

- Usually they are packaged in child-resistant packaging as required by law, but exposures can still happen if the container cap is not properly closed and if the product is not stored out of reach. In childcare settings, train staff in proper handling, use, storage and safety procedures. Appoint a staff member to function as a safety officer.

**DO** dispose of empty cleaning product containers carefully and promptly.

- Use up all of the product.
- Follow label instructions for disposal.
- Replace the cap to protect children, pets and garbage handlers.
- Discard containers in a trash can (or recycling bin, if applicable) that has a secured lid.

**DON'T** mix cleaning products. Products, which are safe when used alone, can sometimes become dangerous if mixed with other products.

**DON'T** ever mix chlorine bleach or any product containing **chlorine bleach** (like some tub and tile cleaners, mildew removers, all-purpose cleaners, automatic dishwashing detergents) with:

- **ammonia**, or products which contain ammonia or ammonia-containing compounds (some hand dishwashing detergents and window cleaners)
- or**
- **acidic products** (toilet bowl cleaners, rust removers).

Dangerous gases can be released!

**DON'T** allow distractions or interruptions when an adult is cleaning.

**DON'T** leave cleaning buckets containing even small amounts of liquid unattended, and never allow unattended toddlers around buckets while in use.

- The U.S. Consumer Product Safety Commission warns that young children can drown in very small amounts of liquid.

Toddlers are “top heavy;” if they topple into a bucket, it may not tip over and they could drown.

- Five-gallon industrial containers, such as those used to package lawn care or home maintenance products, are especially dangerous. These containers are often brought home and used for household chores. They’re very sturdy and don’t tip over easily, even if a child falls into the bucket.

- Be sure to empty buckets *after each use*. Do not leave even a few inches of liquid in the bucket.

- If using cloth diapers, do not leave them soaking in buckets in an area where toddlers are present. If using a diaper pail, rinse the diapers in the toilet, then put them in the pail without adding water. Use a deodorizing tablet to help minimize odors. Launder as soon as possible.

### **Keep Children Away From Unattended Water**

In addition to cleaning buckets, also watch for these potential drowning hazards:

- toilet bowls
- bathtubs
- containers with drinking water for animals
- water with detergent for soaking clothes
- wall paper stripper with water

## **What If Unintentional Exposure Occurs?**

### **Poison Control Center**

**HOTLINE: 1-800-222-1222**

Despite our best efforts, sometimes accidents do happen. On such occasions, it’s important to act quickly and efficiently. The following guidelines should be followed by parents and caregivers in the event of unintentional poisoning:

#### *In Case of Exposure: AN ACTION LIST*

1. Keep calm.
2. Quickly try to identify what the person has ingested.



- If possible, quickly find the product container, check the label for first aid advice, and call the Poison Control Center (PCC) quickly.
- If you don’t know what was ingested, or if the label has no instructions, call the PCC immediately.

Note: It is better to err on the side of caution. While exposure to cleaning products usually causes *no significant medical effects*, always call the PCC for advice. They are trained professionals who are equipped to evaluate the seriousness of the exposure and its probable outcome.

#### 3. Give the PCC this information:

Any known information on health conditions existing prior to the exposure, including any medication being taken.

- An accurate description of any first aid given and a description of the patient’s current condition.

#### 4. Follow the PCC’s instructions.

- Ask questions if you do not understand the instructions!

#### 5. Keep the patient under observation and immediately report any changes to the PCC.

- In child care settings, inform parents/guardians of the incident and explain the advice given by the PCC. This is especially important if the incident happened later in the day so parents can continue to observe the child once at home.

#### 6. If the patient is advised to report to a physician or hospital, take along the product container and any vomitus and

- Brand name of product
- Company name and 800 number
- Type of product
- Contents, if listed on the label (another reason to keep label intact!)
- Estimated amount of product involved
- Mode of exposure (mouth, skin, eye, inhalation)
- Time exposure occurred
- Age, weight and general condition of the patient

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“The time is near for holiday cheer. For us to say thanks to those that are dear. Though we may travel, from shore to shore, to spend the coming days with those we adore. We should never forget those that have less, for it is they who remind us that we are truly blessed”. Author unknown

MCFCE ASSOCIATION MEETING
September 11, 2012

Call to Order, Creed and Pledge and a Moment of Silence for 9/11 losses.

Minutes approved as presented.

Treasurers' Report, Marilyn Simonds: Cash on Hand: Checking Account – 9,990.57 and CD 5,000.

Balance on hand as of 8/28/12 for scholarship - \$1,547.93.

President's report, Jean Purich:

The yard sale netted \$497.50. Fair: 4 booths – thank you Derwood Club for “The Benefits of Tea”, Pat Kenney for “Support the Troops” (Grand Prize Winner), Ethel DeHaven and Marilyn Simonds for showing the new recycling items, and for “Blanket Making” for the Project Linus.

Reminder: Fill out your membership forms and make check payable to MCFCE.

Outreach Form – Please fill out and turn in at the Cookie Exchange in December. Also send in any publicity items, etc.

We need help for the Harvest Festival. You can come and sit or direct traffic (inside) to the various rooms.

Regional Meeting Region I is October 17, 2012 in Carroll County. Region II meeting will be October 25 in Prince George's County, off of Route 29. Some of our members will be getting awards.

Close Encounters with Agriculture, October 15 through October 30.

Cookie Packing is October 10. Troop Support – Keep baking cookies, providing snacks, knitting or crocheting hats, ditty bags and Christmas Stockings. A flag that was flown in Afghanistan was sent to FCE via Maddi Klein along with a certificate from Air Force in appreciation of our support for the troops. There will NO October meeting.

Vice-President Programs, Lou Marlin: The next meeting will be the International Luncheon and in December we will have the cookie exchange. We will not be sponsoring the Women's Legislative Briefing on January 27 this year.

Special Projects, Pat Kenney: Our annual Fall Festival set-up is October 5. We will provide lunch on Friday and Saturday. We need help! We also need kids to help. Please let Pat know if you know of any youngsters that can help. The tables will already be set up for us. We will have a tent and table on the porch. Signs for outdoors will be provided. Let Pat or Jeanne know if you need a pass to come after 10:30 a.m. on Festival Day. If you come before then you will NOT need a pass. Please label the baked goods and no large cakes/pies. A sign up sheet is going around for you to sign up, please. Linus is October 4th and then November 9th.

County Fair, Kitty Cooley: Thank you Kitty for your help. We were moved from the far corner to the front corner of the building but the space is short by one and one half feet of space. This made it difficult to display one of the tables.

International Day, Barb Raab: Belgium and Luxembourg will be the theme. Please pick up your easy recipes from Barb today. The cost of the luncheon on November 13th is \$4.00 per person. You may sign up today.

Membership, Lou Marlin: Get your dues in by September 30th to Marilyn Simonds. Recruit a new member.

Publicity, Judy Armitage: Please send publicity in to me or call me with places where we may advertise for FREE.

Scholarship, Frann Peters: Thanks to all for your work to earn the money we need each year for the scholarships.

Old business: None

New Business: Barb has a cake knife and does not know to whom it belongs.

Judy Armitage, Secretary

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“A family is a place where principles are hammered and honed on the anvil of everyday living.”

Charles R. Swindoll

## **Blackened Tilapia With Buttered Carrots**

### **Ingredients**

- 1 ½ pounds carrots, cut into sticks if large
- 1 tablespoon unsalted butter
- 1 tablespoon chopped fresh oregano
- Kosher salt and black pepper
- 4 - 6-ounce tilapia fillets, split lengthwise
- 2 tablespoons blackening seasoning
- 3 tablespoons canola oil, plus more if needed
- corn bread, for serving



### **Directions**

1. Fill a large pot with 1 inch of water and fit with a steamer basket; bring the water to a boil. Place the carrots in the basket, cover, and steam until tender, 6 to 8 minutes; drain and toss with the butter, oregano, and ½ teaspoon salt.
2. Meanwhile, rub the tilapia with the blackening seasoning. Heat the oil in a large nonstick skillet over medium-high heat. Cook in batches until cooked through, 2 to 3 minutes per side, adding more oil to the pan if necessary. Serve with the carrots and corn bread.

## **FIRST CLASS MAIL**

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Cooperative Extension Program  
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