



# *Family and Community Education Hi-lites*

*December – February 2014*  
[www.mdafce.org/mcfce.htm](http://www.mdafce.org/mcfce.htm)

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Montgomery County Association for Family and Community Education Newsletter

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*“When it comes to chocolate, resistance is futile”  
Author unknown*

## **Happenings**

### **December 2013**

- 10 9:45 am **Cookie Exchange and Crafts**, Extension office (garage)  
Call Pat with any questions 301 460 5451
- 15 **Send yearly reports to Vice President/Programs**

### **January 2014**

**Note: NO Association Meeting This Month**

- 1 **New Year’s Day – Happy New Year**
- 3 10:00 am – 3:00 pm **Blanket Making Sew-A-Thon**, Extension Office
- 21 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 Sew-A-Thon**, Extension Office
- 11 9:45 am **Association Meeting**, and Valentine Craft for Boy’s Ranch (garage)
- 18 10:00 am **Cookie Packing for the Troops**, Laurel Methodist Church
- 25 10:00 am **Executive Board Meeting** – Hi-Lites Folding Executive Board



### **March**

- 6 10:00 am – 3:00 pm **Blanket Making Sew-A-Thon**, Extension Office
- 11 9:45 am **International Pot Luck** – Bring a dish from your own heritage
- 18 10:00 am **Cookie Packing for the Troops**, Laurel Methodist Church

## *With Thanks*

Special thanks to: Ethel DeHaven, Cynthia Purich, Wen-Pei Wei, Rosalie Doerr, Genny Hagberg, Pat Kenney, Ele Ball, Ellie Kirk, Doris Lyerly, Mary Helen McIntosh, Frann Peters, Chris Hager, Barb Raab, and Judy Armitage for setting up for the Harvest Festival. Also to Skip Purich for driving a car full of craft items.

# PRESIDENT'S PARAGRAPH

## Reports

All report forms including your outreach hours should be returned to me by December 15. (Bring them to the cookie exchange.) In order to complete our State FCE Reports by December 31, we need your outreach hours and the programs your club presented this year. Your cooperation in this matter is greatly appreciated.

## International Day

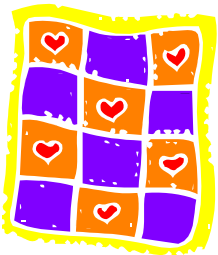
We had a great time learning about India and enjoying good food and great company. Thanks to everyone that made this a wonderful day.

## Cookie Exchange December 10, 2013

Bring on the COOKIES! Are you ready for some fun too? Bring 4 dozen cookies, the recipe and an empty container (to put your new cookies in) to the garage on December 10<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. If you would like to bring an **extra dozen** cookies for the Boys' Ranch, that would be appreciated.

## FCE Blanket Making Sew-A-Thon

January 3, 2014 Friday 10 AM - 3 PM  
February 7, 2014 Wednesday 10 AM - 9 PM  
March 6, 2014 Thursday 10 AM - 3 PM



As of the end of this year (September), we have made 1,228 blankets and 842 hats for kids. Beginning our 12<sup>th</sup> year (started in 2002), it continues to be a fun and rewarding project and a joy to see all the blankets.

If you haven't seen the "operation", I hope you will come. You do not have to sew, knit or crochet to take part – there is yarn to separate, and blankets to count and pack. Bring a sandwich (and a friend); we provide a drink and dessert. Come prepared to have some fun, exchange ideas and do something that may make your heart sing.

We are always looking for more yarn (our supply has been very, 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.

## 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. The fund goes to the state treasury to help defer mailing costs.

## Valentines for Sheriffs' Youth Ranch February 11 (downstairs)

We will be making Valentine's for the boys at the Sheriffs' Youth Ranch and have a short program.

## International Pot Luck March 11, 2014

Due to the fact that our regular second Tuesday of the month meeting falls on Veterans' Day in November, 2014 and the Extension Office is closed that day, we will be having a different type of International Day next year. We are having an **International POT Luck**. You are to bring a dish to share from your native country or ethnic family background. Be prepared to state the country, its capital, current population, major products and anything special or unique you know about it (especially something your parents or grandparents told you). I hope we will have many participants in this new twist on International Day.

Jeanne Purich, President



## TROOP UPDATE

To All Our Extraordinary Volunteers and Donors:

Thank you for being the best team ever. Without each and everyone of you our mission would not have been possible, nor would we have been able to sustain it for the last 61/2 years.

TREAT THE TROOPS	NO. OF COOKIES	NO. OF BOXES
TOTAL Cookies for 2013	63,986	392
TOTAL Cookies Since 2007	401,734	2,552
TOTAL COOKIES BAKED NATIONWIDE	3,546,934	

OPERATION SHOEBOX TOTAL FOR 2013		34
Helmet Liners	546	
Ditty Bags	719	
Christmas Stockings	1,408	
Drawstrings	1,782	
Beanie Babies	469	
Plastic Canvas Ribbon Angels	1,000	
MISC: Toothbrushes, toothpaste, floss, picks, mouthwash, chap sticks, deodorant, lotion, powder, energy drink, shampoo, conditioner, body wash, hand sanitizers, toilet paper, wipes, sun bloc, tissues, hand and toe warmers, combs, playing cards, McDonald toys, mini toys and games, matchbox and hot wheel cars, pens, pencils, crossword books, white socks		

TOTAL OPERATION SHOEBOX (2007 thru 2013)		267
Christmas Stockings	9,144	
Ditty Bags	5,946	
Helmet Liners	7,947	
Ribbon Angels	6,426	
Beanie Babies	5,143	

Our hearts are filled with gratitude to all of you for your selfless and continued support. May the spirit of the holidays and the warmth and love of family and friends sustain us all. Our heartfelt thanks.

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

## Cookie Exchange December 10, 2013

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

On December 10<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 invite a friend to join us. The more the merrier. There will be **door prizes** and other surprises. If you do not want to make cookies, come anyway and join in the fun.

We will go to **Old Country Buffet in Gaithersburg** for lunch.

Pat Kenney  
301-460-5451

## Notes from Frann Peters

The Boys Ranch is looking forward to the cookies that we provide them for their Christmas Party.

The Laytonsville Haven ladies would like some small easy to do crafts. If you have any kits, please bring them to the cookie exchange.

Although I have not heard from the Montgomery College yet, I know they appreciate the scholarship monies, unfortunately the paper work is very slow coming.

## Cleaning Fruit-Chemical free and EASY!

Fill sink with water, add 1 cup of vinegar and stir. Add all fruit and soak for 10 minutes. Water will be dirty and fruit will sparkle with no wax or dirty film. Great for berries too as it keeps them from molding. Do this with strawberries and they last for weeks!



## Twenty-seven ways to improve your memory

It only takes eight seconds of uninterrupted time to deposit information into your long-term memory bank, according to Thomas Crook, Ph.D., founder of the Memory Assessment Clinics based in Maryland. Here are some ideas to help.

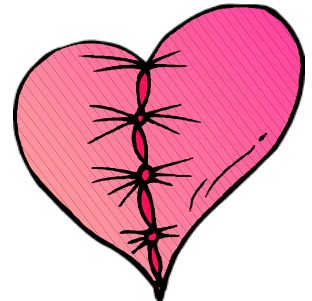
- 1) When in doubt about where to file information, first ask yourself, "Where's the first place I would look if I couldn't find this?" The answer is the place to put it.
- 2) Write reminders on "Post It Notes" and attach them to your car, your front door or wherever you need to see that note.
- 3) Staple or tape a note around the handle of your purse or briefcase or car keys.
- 4) Place transparent tape across the back of your hand and write yourself a note.
- 5) Call yourself and leave a message on your answering machine.
- 6) Use the same PIN number for each secret ID that you need. Do not use your birthday.
- 7) Don't be shy about asking banks and credit card companies to change your PIN if the one they have chosen is hard for you to recall.
- 8) Make a fictitious entry in your address book that you carry and give that "person" your PIN number.
- 9) Make a pen check mark on your household calendar each time you take your medicine or your vitamins or use a weekly pill sorter.
- 10) Make pill-taking a part of your daily routine. Do it at the same time each day.
- 11) Use a bar of soap to write a message on your bathroom mirror to remind yourself of something.
- 12) The best way to remember where your car keys (cell phone) are is to always put them in the same place each time.
- 13) Lock your car door with your key not the inside automatic lock button and you will never be locked out.
- 14) Always keep an extra copy of crucial keys in your wallet or with a friend or relative – then all you have to remember is who has the duplicate keys.
- 15) Place your keys on top of something you do not want to forget to take with you, such as the casserole or mail that must be dropped off.
- 16) Tie a bright ribbon or an artificial flower to your car antenna – result: easy to find your car in the lot.
- 17) Park your car in the same area at the mall.
- 18) Take a mental photograph of where you have parked – note columns, doors, aisles, signs, etc. Take a picture with your smart phone.
- 19) Use red pen to write on your household calendar all the birthdays that you do not want to forget.
- 20) Tuck birthday cards to be sent this month with your unpaid bills, you will remember to mail those cards too.
- 21) Note special dates such as birthdays/anniversaries in your phone book next to that person's name and phone number.
- 22) Post a list of morning to-do at eye level on the wall leading out from the bedroom.
- 23) A timer that rings five minutes before actual time to leave is a good reminder to hurry.
- 24) Just before falling asleep remind yourself what is on the agenda for tomorrow.
- 25) Set a timer by an appliance you worry about turning off, such as an iron or coffee pot.
- 26) Carry a small cassette and tape messages for yourself or use your cell phone.
- 27) Tape a list of your favorite cable channels and their numbers to the back of your remote control.

## A WOMAN'S HEART ATTACK

If you are a woman, recognizing a heart attack may have its own set of hurdles and obstacles. A recent study in women who were hospitalized for a heart attack found that they tended to be slightly less likely to have reported chest pain/discomfort than men.

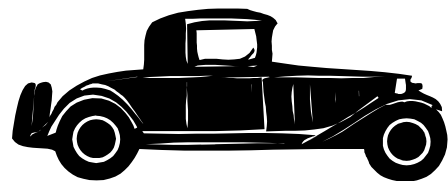
Instead, they may report what doctors call vague or less-typical symptoms, including the following:

- Upper back pain, shoulder pain,
- Jaw pain or pain spreading to the jaw,
- Pressure in the center of the chest,
- Some sweating,
- Light-headedness or dizziness, and/or
- Unusual fatigue, like they just ran a marathon.



## WINTER CAR CARE CHECKLIST

- **Battery and Charging System** – Have the battery and charging system tested by a trained technician. A fully charged battery in good condition is required to start an engine in cold weather. AAA members can request a visit from an AAA Mobile Battery Service technician who will test their battery and replace it on-site, if necessary. AAA Approved Auto Repair facilities can also test and replace weak batteries.
- **Battery Cables and Terminals** – Check the condition of the battery cables and terminals. Make sure all connections are secure and remove any corrosion from the terminals and posts.
- **Drive Belts** – Inspect belts for cracks or fraying. Don't just look at the smooth top surface of the belt, but turn it over and check the grooved underside where most belt wear occurs.
- **Engine Hoses** – Visually inspect the cooling system hoses for leaks, cracks or loose clamps. Also, squeeze the hoses to check for any that may be brittle or excessively spongy feeling and in need of replacement.
- **Tire Type and Tread** – In areas with heavy winter weather, changing to snow tires on all four wheels will provide the best winter traction. All-season tires will work well in light to moderate snow conditions, providing they have adequate tread depth. If any tire has less than 3/32-inches of tread, it should be replaced.
- **Tire Pressure** – Check tire pressure more frequently during winter months. As the temperature drops, so will the pressures in the tires — typically 1 PSI for every 10 degrees Fahrenheit. The proper tire pressure level is found on a sticker located on the driver's side doorjamb. Do not forget to check the spare.
- **Air Filter** – Check the engine's air filter by holding it up to a 60-watt light bulb. If light can be seen through much of the filter, it is still clean enough to work effectively. However, if the light is blocked by most of the filter, replace it.
- **Coolant Levels** – Check the coolant level when the engine is cold. If the coolant level is low, add a 50/50 solution of coolant and water to maintain the necessary antifreeze capability. The level of antifreeze protection can be checked with an inexpensive tester available at any auto parts store.
- **Lights** – Check the operation of all headlights, taillights, emergency flashers, turn signals, brake lights and back-up lights. Replace any burnt out bulbs.
- **Wiper Blades** – Blades should completely clear the glass with each swipe. Replace blades that leave streaks or miss spots. In areas with snowy conditions, consider installing winter wiper blades that wrap the blade in a rubber boot to prevent ice and snow buildup that can prevent good contact between the rubber blade and the glass.
- **Washer Fluid** – Fill the windshield washer fluid reservoir with a cleaning solution that has antifreeze components for cold weather use.
- **Brakes** – Have brakes inspected by a certified technician to ensure all components are in good working order.
- **Transmission, Brake and Power Steering Fluids** – Check all fluids to ensure they are at or above the minimum safe levels.
- **Emergency Road Kit** – Update the car's emergency kit for winter weather. The kit should include:
  - Bag of abrasive material (sand, salt, cat litter) or traction mats
  - Snow shovel
  - Snow brush
  - Flashlight with extra batteries
  - Window washer solvent
  - Ice scraper
  - Cloth or roll of paper towels
  - Jumper cables
  - Gloves, hats and blankets
  - Warning devices (flares or triangles)
  - Drinking water
  - Non-perishable snacks (energy or granola bars)
  - Extra clothes
  - First-aid kit
  - Basic toolkit (screwdrivers, pliers, adjustable wrench)
  - Mobile phone and car charger with important numbers programmed in it, including a roadside assistance provider.



## HANDLE AND PREPARE FOOD SAFELY



When it comes to preventing foodborne illness, there are four simple steps to food safety that you can practice every day. These steps are easy – and they will help protect you and those around you from harmful foodborne bacteria.

### **CLEAN: Clean hands and surfaces often**

Germs that cause foodborne illness can be spread throughout the kitchen and get onto hands from cutting boards, utensils, counter tops, and food. Here is how to help stop the spread of these germs:

- Clean your hands with warm water and soap for at least 20 seconds before and after handling food. If soap and water are not available, use an alcohol-based wipe or hand gel.
- Wash your cutting boards, dishes, utensils and counter tops with hot soapy water after preparing each food item and before you prepare the next food.
- Consider using paper towels to clean up kitchen surfaces. If you use cloth towels, wash them often using the hot cycle of your washing machine. If using a sponge to clean up, microwave it each evening for 30 seconds or place it in the dishwasher.
- Rinse *all* fresh fruits and vegetables under running tap water. This includes those with skins and rinds that are not eaten. For firm-skin fruits and vegetables, rub with your hands or scrub with a clean vegetable brush while rinsing.

### **SEPARATE: Do not cross-contaminate one food with another**

Cross-contamination occurs when bacteria spread from a food to a surface . . . from a surface to another food . . . or from one food to another. You

are helping to prevent cross-contamination when you:

- Separate raw meat, poultry, seafood and eggs from other foods in your grocery cart, grocery bags, and in your refrigerator. Be sure to use the plastic bags available in the meat and produce sections of the supermarket.
- Use one cutting board for fresh produce and a different one for raw meat, poultry and seafood.
- Never place cooked food on a plate that previously held raw meat, poultry, seafood, or eggs.
- Don't allow juices from meat, seafood, poultry, or eggs to drip on other foods in the refrigerator. Use containers to keep these foods from touching other foods.
- Never re-use marinades that were used on raw food, unless you bring them to a boil first.

### **COOK: Cook foods to proper temperatures**

Foods are safely cooked when they are heated for a long-enough time and at a high-enough temperature to kill the harmful bacteria that cause foodborne illness. The target temperature is different for different foods. The only way to know for sure that meat is cooked to a safe temperature is to use a food thermometer. Make sure it reaches the temperature recommended for each. Cooking temperatures are listed at [www.fightbac.org/heatitup.cfm](http://www.fightbac.org/heatitup.cfm) and USDA's special Web site at [www.isitdoneyet.gov](http://www.isitdoneyet.gov)

### **CHILL: Refrigerate foods promptly**

Cold temperatures slow the growth of harmful bacteria. So, refrigerate foods quickly. Do not over-stuff the refrigerator, as cold air must circulate to help keep food safe.

- Keeping a constant refrigerator temperature of 40° F or below is one of the most effective ways to reduce the risk of foodborne illness. Use an appliance thermometer to check the temperature.
  - The freezer temperature should be 0° F or below.
  - Plan when you shop: Buy perishable foods such as dairy products, fresh meat and hot cooked foods at the end of your shopping trip. Refrigerate foods as soon as possible to extend their storage life. Do not leave perishable foods out for more than two hours.
  - If preparing picnic foods, be sure to include an ice pack to keep cold foods cold.
  - Store leftovers properly.
- For more information, visit [www.fightbac.org](http://www.fightbac.org)

**MCAFCE COUNTY ASSOCIATION MEETING**  
**September 11, 2013**

The meeting began with Call to Order, Pledge and Creed.

**Treasurers' Report, Marilyn Simonds:** More dues are still coming in. Please send them in as soon as possible as they must go on to State and National FCE.

New Member: Judy Huges. Welcome. Membership forms were distributed. Please fill them in and return them to Marilyn as soon as possible.

**President's report, Jean Purich:** Outreach forms: Handed out. Please fill them out and return them at the Cookie Exchange in December.

Close Encounters: October 14 – 31 with goodie packing day on October 9<sup>th</sup>.

Troop Support: Keep baking cookies, providing snacks, knitting or crocheting hats, making ditty bags and Christmas Stockings. Next Cookie Packing is September 17<sup>th</sup> and then October 15<sup>th</sup>. We send approximately 40 boxes per month to the troops.

Fair: We had four booths, all 4 received blue ribbons with Derwood receiving the Grand Prize. Ethel DeHaven and Marilyn Simonds did "Go Green", Pat Kenney did "Blanket Making Project", Jeanne Purich did "Make My Plate" and Derwood won for "Community Action".

**Vice-President/Programs, Lou Marlin;** International Chennai, India and the December Cookie Exchange are the November and December meetings.

**International Day, Barbara Raab:** We need background on Chennai speakers and people to do recipes. Please see Barbara after the meeting to choose what you will be doing.

**Special Projects, Pat Kenney:** After this meeting, please stay to fill eggs for the Festival. Also I needs help to make the Tootsie Roll Pop Ghosts, date to be announced. It is easy to make the pops – just cover with a white tissue and tie a piece of yarn onto the stick.

The Fall Festival set up October 4<sup>th</sup>. We need lots of help both days. There are many just sitting jobs. Please sign up on sheet that is being distributed now. Linus is October 8 and November 6<sup>th</sup>.

**Scholarship, Frann Peters:** Frann shared letters we received from the scholarship committee. Laytonsville Haven is doing well. They need little craft kits items, also glue, paints, charms, and decoupage, etc.

Stamps: Keep them coming.

Boys Ranch: They installed 3 planters to use the plants that we donated and the boys in May and help them learned gardening and care of the flowers. There are only 13 boys at this time and they are staying for a shorter time than before, which is good. They loved the calculators, underwear, sheets, socks and other items. They would like computer games.

**County Fair, Kitty Cooley:** Thanks Kitty for your help!

Old business: Handbook for next year is underway and will be handed out in December.

**Publicity, Judy Armitage:** Send in any publicity items.

Meeting adjourned

Program:


Video: The Barns of Maryland

Book: The Pennsylvania Barns by Robert Ensminger; Barns of my Childhood by Jonathan Slade were shared.

Saying: A world without old barns is like a world without the possibility of a snow day from school.

Respectfully submitted,

Judy Armitage



"Be impeccable with your word. Speak with integrity. Say only what you mean. Avoid using the word to speak against yourself or to gossip about others. Use the power of your word in the direction of truth and love".

Miguel Angel Ruiz

## **STORMY NIGHT STEW WITH WHITE BEANS, LENTILS, & KALE**

Serves 4 Prep Time: 15 minutes, Cook Time: 35 minutes

### Ingredients

- 2 vegan chicken or vegetable bouillon cubes
- 1 medium yellow onion, chopped
- 4 cloves garlic, chopped
- 8 oz mushrooms, chopped
- 1 tbsp fresh oregano, chopped
- ½ tsp freshly ground pepper
- 1 14.5-oz can diced "re roasted" tomatoes
- 2 tbsp lemon juice
- 2 ½ C white beans (suggestion to use large Peruvian Limas)
- 1 C lentils
- 3 C chopped kale leaves

1. Dissolve bouillon cubes in 4 C boiling water to create the broth.

2. Transfer ½ C broth into a stockpot, and heat over medium high. Place the onions and garlic in the stockpot and cook for about 5 minutes or until tender. Add the mushrooms, oregano, and pepper and cook for another 3 minutes or until mushrooms are tender. Add the tomatoes, lemon juice, beans, lentils and the remainder of the broth. Bring to a boil and simmer for 30 minutes or until beans are tender.

3. Stir in the kale and let simmer for another 5-7 minutes. Adjust seasonings if necessary. Serve.

### NUTRITIONAL INFORMATION

**Calories:** 469 **Fat:** 1.5 **Sodium:** 252 **Carbohydrates:** 113 **Fiber:** 56.9 **Sugar:** 9.1 **Protein:** 40

This recipe contains 117% of your daily requirement for Vitamin C, 157% for Vitamin A and 70% iron.

## **FIRST CLASS MAIL**

**University of Maryland**

**Cooperative Extension Program**

**18410 MUNCASTER ROAD**

**DERWOOD MD 20855**

