



Family and Community Education Hi-lites

December – February 2015
www.mdafce.org/mcfce.htm

Montgomery County Association for Family and Community Education Newsletter

*“Words Are Works of Art.
RBC Ministries, Vol. 59 Numbers 6, 7 and 8*

Happenings

December 2015

- 9 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**
- 9 10:00 am – 3:00 pm **Blanket Making Sew-A-Thon**, Extension Office
- 20 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**
- 5 10:00 am – 9:00 pm **Blanket Making Sew-A-Thon**, Extension Office
- 10 9:45 am **Association Meeting**, and Valentine Craft for Boy’s Ranch (garage)
- 17 10:00 am **Cookie Packing for the Troops**, Laurel Methodist Church
- 24 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
- 10 9:45 am **Scams-You can be a victim and not know it**. (Speaker)
- 17 10:00 am **Cookie Packing for the Troops**, Laurel Methodist Church



“My idea of Christmas, whether old-fashioned or modern, is very simple: loving others. Come to think of it, why do we have to wait for Christmas to do that?”

Bob Hope

PRESIDENT'S PARAGRAPH

Reports

All report forms including your outreach hours should be returned to me by December 15. Why not bring them to the cookie exchange on December 9?) In order to complete our State FCE Reports by December 31, we need your outreach hours and the programs your club presented this year

Cookie Exchange

December 9, 2014 9:30 AM

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 9th. 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.

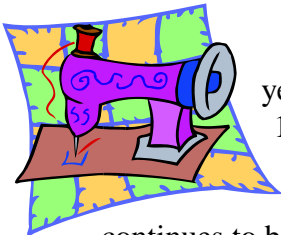
FCE Blanket Making

Sew-A-Thon

January 9, 2015 Friday 10 AM - 3 PM

February 5, 2015 Thursday 10 AM - 9 PM

March 6, 2015 Friday 10 AM - 3 PM



As of the end of this year (October), we have made 1,234 blankets and 1,928 hats for kids. Beginning our 13th year, starting in 2002, it

continues to be a rewarding and fun project and a joy to see all the blankets. If you haven't seen the "operation", I encourage 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

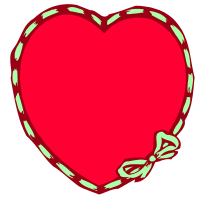
Happy Birthday! Remember that February is birthday month. Clubs should collect a penny for each year of each member's life (or give \$1.00 so no one will know your age) and send to Marilyn Simonds. The fund goes to the state treasury to help defer mailing costs.

Valentines for Sheriffs' Youth Ranch

February 10, 2015 (downstairs)

10 AM

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



Scams - You can be a victim and not know it

March 10, 2015 10 AM

You have heard about people stealing your pin number at an ATM, but did you know that there are some scams where you are contacted on the phone? The people intimidate and scare you into thinking you must pay them; then they take your money. One of our FCE members was scammed in this way, she will be telling her story. You will also learn some ways to protect yourself and how not to be intimidated by perpetrators.

National FCE has challenged every member to get a new member this year. Here in Montgomery County, we also have a great need to increase membership. We have lost approximately 18 members this year through age related concerns, moving to retirement homes or out of state or death. So let's take the NAFCE challenge and get a new member. Remember you will get a "star" from NAFCE for each new member you recruit and you and your new recruit will be entered into a drawing for free registration at the Maryland FCE Annual Conference next fall. So you win three ways; new member, star pin and a chance to win registration to the conference. Come on, let's do it. Let's have Montgomery County be the county that gets everyone to recruit a new member!!!

Jeanne Purich, President



TROOP UPDATE

To All Our Extraordinary Volunteers and Donors:
 Thank you for being the best team ever.
 Without each and every one of you our mission would not have been possible, nor would we have been able to sustain it for the last 7 ½ years.

TREAT THE TROOPS	NO. OF COOKIES	NO. OF BOXES
TOTAL Cookies for 2014	70,304	423
TOTAL Cookies Since 2007	472,038	2,993
TOTAL COOKIES BAKED NATIONWIDE	4,011,121	

OPERATION SHOEBOX TOTAL FOR 2014		18
Helmet Liners	338	
Ditty Bags	203	
Christmas Stockings	711	
Drawstrings	137	
Beanie Babies	119	
Plastic Canvas Ribbon Angels	0	
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 2014)		285
Christmas Stockings	9,855	
Ditty Bags	6,149	
Helmet Liners	8,285	
Ribbon Angels	6,426	
Beanie Babies	5,262	

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 9, 2014

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

On December 9th 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

Four Seasonings That May Improve Your Health

- Chili Peppers give heat which may boost metabolism, which increases our ability to burn calories.
- Cinnamon may help to control blood sugars, cholesterol, and triglyceride levels in person with type 2 diabetes.
- Sage may improve cognitive performance in people with mild to moderate Alzheimer's disease and boost memory in young adults.
- Turmeric may ease osteoarthritis symptoms and slow the proliferation of certain cancer cells.

Consumer Reports Vol. 26, November 3, 2014

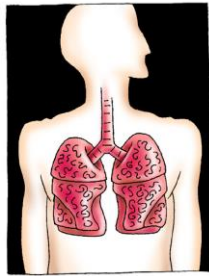


I'm going to stand outside, so if anyone asks i am outstanding

And each of you is Outstanding too!

Is Lung Cancer Screening Right for You?

You may have heard about CT (computed tomography) scans to detect lung cancer. Screening saves lives—but it works better for some people than others.



Low-dose CT scans of the chest can spot lung cancer early, when doctors have a chance of curing it. However, the test has risks as well as benefits. For one thing, it sometimes produces false positives (you're told you have cancer but you actually don't). What's more, it exposes you to small levels of radiation, which also has risks. Because of these risks, doctors are trying to determine exactly who gains the most from lung cancer screening.

Screening Helps the Most Those at Highest Risk

In a new study, which appears in the *New England Journal of Medicine*, the group of patients with the greatest risk of developing lung cancer—those in the top 20 percent—saw the most benefit from undergoing scanning. They also had fewer false positives than people at lower risk.

Health experts may soon refine lung cancer screening guidelines to reflect this new information. Right now, several groups recommend the scan for anyone who meets all of the following criteria:

- Ages 55 to 79 years old
- History of heavy smoking (a pack a day for 30 years)
- Smokes now or has quit within the past 15 years

If all of these people got low-dose CT scans, it's possible that 20% fewer people would die of lung cancer. The bottom line? If you smoke, or did in the past, discuss your lung cancer risk with your doctor. He or she can help you decide if screening makes sense for you.

Symptoms May Appear Late

Symptoms of lung cancer often don't show up until the disease has advanced. The American Lung Association notes that symptoms may include:

- A cough that doesn't go away and gets worse over time
- A chronic cough or "smoker's cough"
- Hoarseness

- Constant chest pain
- Shortness of breath, or wheezing
- Frequent lung infections, such as bronchitis or pneumonia
- Coughing up blood

How to Breathe Easier

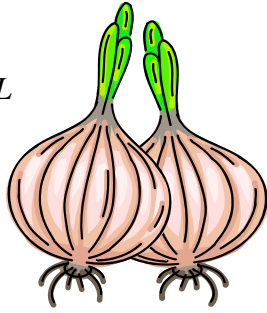
Whether or not you need screenings, you can reduce your risk by testing your home for radon and avoiding all smoke, whether from your own tobacco products or others'. More research is under way, but some studies show that people who eat a lot of fruits or vegetables and are physically active have a lower risk of lung cancer.

Sources

1. "American Association for Thoracic Surgery Supports USPSTF Recommendation for Lung Cancer Screening." American Association for Thoracic Surgery, August 2013, www.newswise.com/articles/view/607079?print-article.
2. "Lung Cancer Screening (PDQ)." National Cancer Institute, November 2012. www.cancer.gov/cancertopics/pdq/screening/lung/Patient/page1
3. "Lung Cancer Prevention (PDQ)." National Cancer Institute, www.cancer.gov/cancertopics/pdq/prevention/lung/Patient/page1/AllPages.
4. "Targeting of Low-Dose CT Screening According to the Risk of Lung-Cancer Death." S. A. Kovalchik et al. *The New England Journal of Medicine*. Vol. 369, no. 3, pp. 245-54, www.nejm.org/doi/full/10.1056/NEJMoa1301851.
5. "Final Recommendation Statement, Lung Cancer: Screening." U.S. Preventive Services Task Force, December 2013. <http://www.uspreventiveservicestaskforce.org/Page/Document/RecommendationStatementFinal/lung-cancer-screening>
6. "What Are the Symptoms of Lung Cancer?" American Lung Association, www.lung.org/lung-disease/lung-cancer/learning-more-about-lung-cancer/understanding-lung-cancer/symptoms.html.

Freezing Onions!

Alice Henneman, MS, RD, UNL
Extension in Lancaster County



If you like cooking with fresh onions, but frequently toss an unused portion, try freezing it! The following method works for **fully mature onions**:

1. Wash, peel and chop raw, fully mature onions into about 1/2" pieces. There is no need to blanch onions.
2. Bag and freeze in **freezer** bags for best quality and odor protection. Package -- flat -- in freezer bags to hasten freezing and make it easier to break off sections as needed. Express out the air and place bags on cookie sheets or metal pans until onions are frozen. Then, restack bags to take up less room.
3. Use in **cooked** products, such as soups and stews, ground meat mixtures, casseroles, etc. For most dishes, frozen onions may be used with little or no thawing. (Will keep 3-6 months.)

Did you know ...

According to the National Onion Association:

- After you purchase onions, you should store them in a cool, dry, ventilated place – not in your refrigerator. Avoid storing onions in plastic bags during storage outside of the refrigerator; the lack of air movement will reduce their storage life. After onions are chopped or sliced, store them in a sealed container in your refrigerator for up to 7 days
- One medium onion yields about 1 cup of chopped onions.
- Use low or medium heat when sautéing onions. High heat will make them bitter.
- Reduce crying when cutting onions by first chilling them for 30 minutes. Leave the root end intact when cutting onions. The root end has the highest concentration of the sulphuric compounds that cause tearing.

“Being a woman is a terribly difficult task, since it consists principally in dealing with men”.

Joseph Conrad

Wash Your Hands the Right Way

HELP STOP THE SPREAD OF COLDS/FLU

1. Wet hands with clean, running water (warm or cold) and apply soap, either in bar or liquid form.
2. Rub hands together to make a lather and scrub them well; be sure to scrub the backs of your hands, between your fingers, and under your nails. Do this away from running water, so the lather isn't washed away.
3. Continue rubbing your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
4. Rinse your hands well under running water.
5. Dry your hands using a clean towel or air dry them.



Alcohol based hand sanitizers or gels or antibacterial wipes are useful alternatives if soap and water are not available (for example, when traveling in the car or taxi on the way to a business meeting, before eating an in-flight meal or snack, outdoor work settings, etc.).

When to Wash Hands at the Workplace or at a Meeting

Recommendations:

- Each time you use the restroom,
- Before and after staff meetings if food is served,
- After scanning papers, newspapers or magazines,
- Before and after your lunch or when you eat,
- After using your friend's keyboard or tools,
- Before and after a meet and greet activity, and
- When using shared equipment like scissors, pens, copiers, phones, etc.

Hair Conditioner

Use your hair conditioner to shave your legs. It's a lot cheaper than shaving cream and leaves your legs really smooth. It's also a great way to use up the conditioner you bought but didn't like when you tried it in your hair.

De-clutter in Gift-Giving Season

'Tis the season of giving ... which means it's also the season of getting. And while receiving gifts can bring great joy, it can also lead to a home overrun with clutter.



Here are some tips for paring down – which not only leave you with a cleaner house, but also can help others in need and lead to more sustainable living.

One In, One Out rule

For every new item that comes into your home – be it an article of clothing, decorative item, book or toy – get rid of a similar item. If you're feeling really overrun, change the ratio: one in, two out.

Room by Room

Don't look around your entire house in despair. After all, Rome wasn't built in a day. Focus on one room at a time. Perhaps one week, you clear out only old magazines and catalogues that have piled up everywhere. Or, maybe you just tackle the playroom. Success breeds success, so if you can see just a little bit of progress, you'll be more motivated to continue with the task at hand.

Unwanted gifts

Fortunately, fruitcakes can't last in your home too long. (They'll either get eaten, or ants.) But for other unwanted gifts with a longer shelf life, it's important to realize that you don't need to keep everything you get. You can try to return items if you know where they came from. Or you can sell them on eBay or Craig's List. Many communities even have social media-based swaps.

Fill a basket (or bag)

Get the whole family in on the fun. Give each member a basket or paper grocery bag, set the timer, and see who can fill it the fastest, with the most stuff. Just make sure kids stick to their own rooms. Nothing kills the spirit of cleaning like a little sister poking through her big brother's treasures.

Now, what to do with all of these items you've cleared? You can sell them, or donate. Sure, you might make some cash selling the items. And that's great. But they may not sell quickly or easily or at the price you think they should. Fortunately, there are a lot of organizations that will happily take

your goods. Some will even pick up boxes or bags left outside of your house. Consider the following:

- Local libraries for books
- Day cares, preschools or children's hospitals for toys (just make sure there are no recall items.)

- [Dress for Success](#) for business attire

The following organizations happily accept clothing, toys, appliances, housewares and more, and may come to your home or office to pick them up:

- [The Lupus Foundation](#)
- [Vietnam Veterans of America](#)
- [Big Brothers Big Sisters](#)

And there are more charities to be found at [The Giving Effect](#).

Remember, it's not the season of gifting, but giving - with wishes of peace on Earth and goodwill to all.

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info@cleaninginstitute.org

Arsenic in Foods

The risk of arsenic in the food supply have been on our radar in tests in 2010 and 2011 where we found worrisome levels of the heavy metal in rice and apple juice. Newer evidence released in the past year has increased our knowledge about possible long-term health risks of consuming arsenic.

What to Do:

Diversify your grain consumption in include grains other than rice. Rinse rice before cooking, using a ratio of 6 cups of water to one cup of rice – be sure to drain this water very well. Limit children's consumption of apple juice and grape juice. To learn more go to: GreenerChoices.org/arsenic

Reheating Refrigerated Bread

To warm biscuits, pancakes, or muffins that were refrigerated, place them in a microwave with a cup of water. The increased moisture will keep the food moist and help it reheat faster.

Broken Glass

Use a dry cotton ball to pick up little broken glass pieces of glass -- the fibers catch ones you can't see!

MCAFCE COUNTY ASSOCIATION MEETING

September 9, 2014

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

Treasurers' Report and Budget, Marilyn Simonds: Marilyn read the report. Income: \$173.80 from dues, \$3.33 from interest, \$2,488.52 from Troop Boxes, \$26.10 from Pennies, \$40.70 from Dollars for, \$48.70 from Birthday, \$233.85 from blanket making, and \$510 from the luncheon. Disbursements: \$184. & \$2,487.52 for Troop Boxes, \$21.58 for candy for Valentines for Ranch, \$473.83 for blanket making Project, \$43.32 for yarn, \$200. For Women Walk the World, \$50. for president's gift, \$65.80 for dues. \$9,442.10 balance.
Scholarship income: \$1565.33. Paid out 2400.00.

President's Report, Jeanne Purich: First we wish to express our condolences to Jean Horner on the loss of her husband, Don.

The Fair: We had four booths. Thanks to Derwood Club for the Re-Think Your Drink, Ethel DeHaven and Marilyn Simonds for Go Green-Extra Things You Can Recycle, Pat Kenney for FCE Blanket Making (Note: Jeanne Purich's booth was Is Your Food Safe?) We have no number yet on fair attendance.

Jeanne distributed approximately 125 flyers about our blanket making project & FCE. Many people showed an interest. The Friday Night Hookers, a crochet group came to our last blanket making. We hope they will continue to come. And please remember to invite others.

Membership Forms: Make your check payable to MCAFCE and turn them in today with your check or cash. We need to invite new members. Get your dues in by September 30 to Marilyn Simonds. There is **NO OCTOBER COUNTY MEETING & NO NOVEMBER COUNTY MEETING**. The cookie exchange is scheduled for Tuesday December 9th. Bring 4 dozen cookies, an extra container to take your cookies home and the recipe.

Outreach Form: Please fill out (a clipboard is being distributed). Send in any publicity items, etc.

Close Encounters with Agriculture is October 13 through the 30th (no weekends)

Cookie Packing: Please keep baking cookies, providing snacks, knitting or crocheting hats, ditty bags and Christmas Stockings. The next cookie packing day is September 16 and then October 21. We need to get the Christmas stocking sewn as soon as possible. We need cutters and sewers.

Bus trip: "The Grand Ole Opry" in Mercersburg, PA is \$85.00 which includes lunch, bus fare and driver tip. We are teaming up with Belles and Beaux for this trip. We had a good time on the spring trip and this one looks like it also will be a good one.

Chuck Schuster will be one of the speakers at the MDAFCE conference this year. Terry Serrio from Carroll County will speak on food safety. Rosie the Riveter will make a guest appearance. The Elderly Brothers will provide the entertainment. The cost is \$145.00 which includes your meals and room. Plan to share a room at this cost. Singles are more expensive and triples are less. So gather up your friends and let us all go.

International Luncheon, Barb Raab. It was decided to do "Breakfast Around the World" for the 2015 International Day.

Outreach, Frann Peters: The Ranch was tickled with the flowers and all of the items that we sent. The scholarships are up to date but we do not have the names of the recipients yet. An age stipulation is now in place...age 35 or younger. Since we did not have the Harvest Festival, we are looking for places to sell our crafts. If any of you hear of any flea markets please contact Jeanne with all of the information. The first weekend in December, Resurrection Church might have a flea market with a table for \$65.00. Also, St. Andrews in Olney might start having flea markets again.

Publicity, Judy Armitage asks that if you see our group advertised anywhere to please bring that advertisement in to her so that she can thank them. Perhaps this will encourage them to print our monthly requests.

Old Business: We are looking for new members of the board for ALL positions. Pat Kenney brought in a 1916 Extension Book to share. What a delight!

Respectfully submitted,
Judy Armitage

Chocolate-Pistachio Torte

Ingredients for the Cake

- 1/2 cup (1 stick) unsalted butter, cut into small pieces, plus more for pan
- 1 cup all-purpose flour, (spooned and leveled), plus more for pan
- 1/2 teaspoon salt
- 1/4 teaspoon baking powder
- 8 ounces semisweet chocolate, coarsely chopped
- 1 1/4 cups sugar
- 1 teaspoon pure vanilla extract
- 2 large eggs
- 1/2 cup low-fat buttermilk
- 3/4 cup shelled, unsalted pistachios, coarsely chopped

For the Chocolate Ganache and Topping

- 1/2 cup heavy cream
- 4 ounces semisweet chocolate, coarsely chopped
- 1/4 cup shelled unsalted pistachios, coarsely chopped

Directions

1. Make cake: Preheat oven to 350 degrees. Butter and flour an 8-inch round cake pan; line bottom with parchment or waxed paper. In a medium bowl, whisk together flour, salt, and baking powder. Set aside.

2. In a large heatproof bowl set over (not in) a saucepan of simmering water, melt butter and chocolate, stirring frequently, 4 to 5 minutes. Remove bowl from pan. Whisk in sugar and vanilla, then eggs, buttermilk, and pistachios. Fold in flour mixture just until combined.

3. Pour batter into prepared pan. Bake until a toothpick inserted in center comes out with a few moist crumbs attached, 60 to 70 minutes. Let cool in pan 5 minutes; run a knife around edge, and invert onto a wire rack. Remove paper, and let cool completely, about 3 hours. (To store, wrap in plastic, and keep at room temperature, up to 3 days).

4. Make ganache: In a small saucepan, bring cream to a simmer; remove from heat. Add chocolate, and let stand 5 minutes; whisk until smooth. Let cool until mixture falls back in ribbons when lifted with a spoon, 2 to 6 minutes.

5. Set cake on a serving platter; tuck strips of parchment paper under edge of cake to prevent ganache from dripping on platter. Pour ganache onto center of cake; using a table knife, spread evenly over the top and down the sides. Let set, about 30 minutes. Remove paper from under cake; sprinkle top with pistachios

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