



Family and Community Education Hi-lites

December – February 2016

www.mdafce.org/mcfce.htm

Montgomery County Association for Family and Community Education Newsletter

“If you have good thoughts, they will shine out of your face like sunbeams and you will always look lovely”.

Ronald Dahl

Happenings

December 2015

- 8 9:30 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 2016

Note: NO Association Meeting This Month

- 1 **New Year’s Day – Happy New Year**
- 7 10:00 am – 3:00 pm **Blanket Making Sew-A-Thon**, Extension Office
- 19 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
- 9 9:45 am **Association Meeting**, and ?Valentine Craft (garage)
- 16 10:00 am **Cookie Packing for the Troops**, Laurel Methodist Church
- 23 10:00 am **Executive Board Meeting** – Hi-Lites Folding Executive Board

March

- 4 10:00 am – 3:00 pm **Blanket Making Sew-A-Thon**, Extension Office
- 8 9:45 am **Popping Pills: RX Drug Abuse**
- 15 10:00 am **Cookie Packing for the Troops**, Laurel Methodist Church



“I could not, at any age, be content to take my place by the fireside and simply look on. Life was meant to be lived. Curiosity must be kept alive. One must never, for whatever reason, turn his back on life.”

Eleanor Roosevelt

PRESIDENT'S PARAGRAPH

Reports

In order to complete our State FCE Reports by December 31st, we need your outreach hours and the program report from your club in 2015. All report forms including your outreach hours should be returned to me by December 15th. Why not bring them to the cookie exchange on December 8th?

Cookie Exchange

December 8, 2015 9:30 AM

COOKIES! COOKIES! 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 8th. We will have a craft or two, maybe some singing or games. It will be a great Holiday Party. We will go to lunch at the Old Country Buffet after the party.

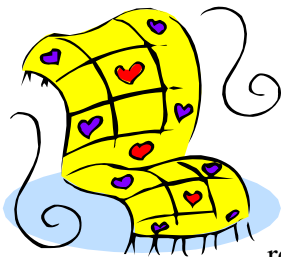
FCE Blanket Making

Sew-A-Thon

January 7, 2016 Thursday 10 AM - 3 PM

February 5, 2016 Friday 10 AM - 9 PM

March 4, 2016 Friday 10 AM - 3 PM



As of the end of this year (October), we have made 1,178 blankets (16,323 to date) and 701 hats for kids. Beginning our 15th year, 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 to come. You do not have to sew, knit or crochet to take part – there is yarn to sort, and blankets to count and pack. Bring a sandwich (and a friend); we provide drink and dessert. Come prepared to have some fun, exchange ideas and do something that makes a difference.

We are always looking for more yarn; if you know of anyone who wants to clean out their closet, keep us in mind. We can also use boy print fabric. We have lots of girlie flowers and princesses but the boy fabric are lacking.

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 events and programs.

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 \$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 for the newsletter.



?Valentines

February 9, 2016 (garage)

10 AM

At this time we will not be making Valentine's for the Sheriffs' Youth Ranch. However we are looking for another venue for our lovely creations.

Popping Pills: RX Drug Abuse

March 8, 2016 10 AM

Prescription drug abuse is the nation's fastest growing drug problem and has been classified as an epidemic by the Centers for Disease Control and Prevention. Education is the first step to prevention. This is an informative program about signs, symptoms and prevention of the ever growing problem.

Membership

National FCE has challenged every member to get a new member. Here in Montgomery County, we also have a great need to increase membership. So let's take the NAFCE challenge and get a new member. You will receive a "star" pin 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 in fall of 2016. 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 OUR AMAZING TEAM OF SUPPORTERS,

Words cannot begin to express our deep appreciation for each and every one of you. Without your continued support we could never have accomplished our very impressive numbers. Our troops and their civilian counterparts have come to know our organization very well. They have repeatedly expressed their appreciation and respect for all that we do to boost their morale, tickle their palate and remind them how much we care.



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 and Eva
301-774-8088

Cookie Exchange December 8, 2015

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

On December 8th 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

TREAT THE TROOPS	NO. OF COOKIES	NO. OF BOXES
TOTAL Cookies for 2015	63,519	397
TOTAL Cookies Since 2007	535,557	3,390
TOTAL COOKIES BAKED NATIONWIDE	4,562,956	

OPERATION SHOEBOX TOTAL FOR 2015		20
Helmet Liners	1237	
Ditty Bags	80	
Christmas Stockings	616	
Beanie Babies	119	
Plastic Canvas Ribbon Angels	545	
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 2015)		305
Christmas Stockings	10,471	
Ditty Bags	6,229	
Helmet Liners	8,522	
Ribbon Angels	5,971	
Beanie Babies	5,262	

Winter is Coming Keep These in Your Car



Trash Bag - to put dirty or wet clothes in or to keep you dry.

Warm clothing - spare gloves, hat and extra socks.

Duct Tape - help with many quick repairs.

Plastic Butter type dish with lid – holds small car parts or hold water for you or your pet

Kitty Litter - absorbs spills and is good for traction if you get stuck.

Non-Perishable Food - A pack of peanuts, cheese crackers or granola bar, etc.

Wet Wipe - for any unexpected mess.

Whistle - if you are stuck somewhere and are hard to see, it can make you easier to be heard.

Self-Charging Flashlight - never have to worry about dead batteries if it is self-charging.

Rubber Bands - holds a flashlight to keep your hands free.

Hugs from Frann

Postage Stamps:

Thank you for saving used postage stamps. This year's collection will be given to the Rockville Village, formerly called Lutheran Village. These stamps will be processed by the residents and offered for sale. The proceeds will be used for monthly birthday cakes, holiday gifts and emergency expenses. This activity is helpful in keeping the hands strong and becomes a social time also. So saving stamps help in many ways.

Scholarships:

We have not heard from Montgomery College concerning who will be our new recipients.

Laytonville Safe Haven:

We are desperate for craft ideas for the winter and summer. We are not collecting clothing at this time but we do collect toiletries.

The Ranch:

Maryland's Sheriffs Youth Ranch will be opening in March or April but trying for an earlier opening. They will begin with sixteen youths, ages 13 to 18, who will have drug and alcohol dependency issues. They will have in-house schooling not related to public schools. The Ranch will be a private pay home. There is a great need in this area for a treatment facility of this kind. The Ranch hopes to establish a scholarship fund to help parents who are unable to pay the tuition. The Ranch hopes that FCE will again be involved.

(Note: We will be in touch with the Ranch and will see in what way we may be of assistance.)

Frann Peters 301-253-2589

Are These Eggs Fresh?



In a bowl of water place one egg (in the shell)...if it lies on its side IT IS FRESH, if it stands at an angle it is at least 3 days old. If it stands upright (at attention) it is at least 10 days old.

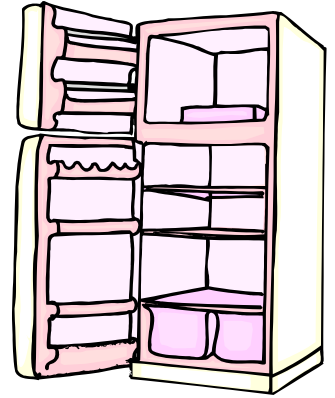
Cloudy Windshield?

Wash the windshield with vinegar, rise with water and dry.

Cleaning the Refrigerator

National Clean Out Your Refrigerator Day was November 15th. But if you were busy that day, you don't have to wait a whole year to tackle that appliance. If you have the Owner's Manual, follow the cleaning instructions.

If you don't have the Manual, just follow these easy steps:



INTERIOR

(Note: do this before going to the grocery store for your weekly shopping)

1. Unplug the fridge and slide a coil brush under the unit's kick plate to remove dust.
2. Empty the contents of the entire fridge. Toss anything past its prime.
3. Remove the drawers and scrub with a sponge, warm water and liquid dish soap.
4. Spray the (now empty) interior with a multi-surface spray and wipe down the walls and each shelf. You can use an old toothbrush and cleanser to remove grime from the cracks.
5. Plug the fridge back in and return the drawers and food while wiping down bottles and jars.
6. Place a small box of baking soda in the door or in the back of the fridge to keep odors at bay.

EXTERIOR

- **Stainless steel** Use a microfiber cloth and stainless steel surface spray, and rub in the direction of the grain.
- **Enameled steel** Use a multi-surface spray and paper towels.

The above may seem like a once a year job, but the truth is, you can work towards keeping a clean fridge every day. Wipe up spills with a paper towel and warm water as they occur. (Or, you can use cleanser, but apply it to the paper towel first and not directly into a fridge full of food.) Keep baking soda in the fridge year round. And every week, do a quick purge of food that has expired or gone bad.

Cell Phone Cleaning

You use your cell phone every day. It goes from your pocket or purse to your face. You hand it to your kid to play a game, take it into the bathroom with you and leave it by your bed at night. And everywhere your phone goes, germs follow. In fact, a recent study, 82% of cell phones tested had bacteria contamination and 16% (that's 1 in 6) had E. coli (fecal in origin). Ewww!

Fortunately, you can reduce the number of germs on your cell phone. The American Cleaning Institute offers these simple tips for keeping your phone clean:

- Before you begin, check the owner's manual for any cleaning instructions specific to your device.
- Dirt, oil or germs from hands can markup cell phones. Wipe the screen at least daily with a microfiber cloth.
- The fancy case you added to your phone can trap dirt and grime along the edges. Take the cover off weekly. Use a disinfecting wipe on the case, both inside and out. Let it dry completely before putting the case back on.
- Keep the keys from sticking (pun intended) and extend the life of your electronics by keeping your cell phones away from food and drinks.
- Wash your hands before using your phone to wash away germs and minimize the grime.

Keep Tomatoes Fresher, Longer new

They keep better when stored stem side down and at room temperature. If you refrigerate them the texture turns mealy.

Winter is Coming and Bugs Want In

Sprinkle Spices around the door, windows and other places where they might enter. Try cinnamon, cream of tartar, dried paprika, ground cloves, red peppers or 20 Mule Team Borax.



Safe Minimum Cooking Temperatures

Use this chart and a food thermometer to ensure that meat, poultry, seafood, and other cooked foods reach a safe minimum internal temperature.

Remember, you can't tell whether meat is safely cooked by looking at it. Any cooked, uncured red meats – including pork – can be pink, even when the meat has reached a safe internal temperature.

Category	Food	Temperature (°F)
Ground Meat & Meat Mixtures	Beef, Pork, Veal, Lamb	160
	Turkey, Chicken	165
Fresh Beef, Veal, Lamb	Steaks, roasts, chops	145
Poultry	Chicken & Turkey, whole	165
	Poultry breasts, roasts	165
	Poultry thighs, legs, wings	165
	Duck & Goose	165
	Stuffing (cooked alone or in bird)	165
Pork and Ham	Fresh pork	145
	Fresh ham (raw)	145
	Precooked ham (to reheat)	140
Eggs & Egg Dishes	Eggs	Cook until yolk and white are firm
	Egg dishes	160
Leftovers & Casseroles	Leftovers	165
	Casseroles	165
Seafood	Fin Fish	145 or cook until flesh is opaque and separates easily with a fork.
	Shrimp, lobster, and crabs	Cook until flesh is pearly and opaque.
	Clams, oysters, and mussels	Cook until shells open during cooking.
	Scallops	Cook until flesh is milky white or opaque and firm.

What Is Asthma?

Asthma is a chronic (long-term) lung disease that inflames and narrows the airways. Asthma causes recurring periods of wheezing (a whistling sound when you breathe), chest tightness, shortness of breath, and coughing. The coughing often occurs at night or early in the morning.

Asthma affects people of all ages, but it most often starts during childhood. In the United States, more than 25 million (7 million are children) people are known to have asthma.

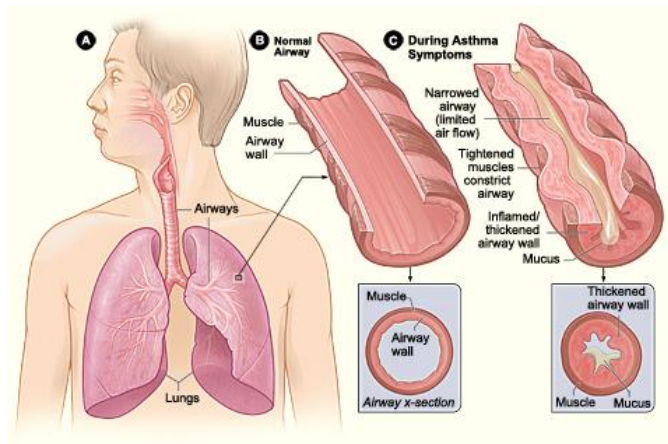


Figure A shows the location of the lungs and airways in the body. Figure B shows a cross-section of a normal airway. Figure C shows a cross-section of an airway during asthma symptoms.

Sometimes asthma symptoms are mild and go away on their own or after minimal treatment with asthma medicine. Other times, symptoms continue to get worse. When symptoms get more intense and/or more symptoms occur, you're having an asthma attack. Asthma attacks also are called flare-ups or exacerbations.

Treating symptoms when you first notice them is important. This will help prevent the symptoms from worsening and causing a severe asthma attack. Severe asthma attacks may require emergency care and they can be fatal.

Causes

The exact cause of asthma isn't known. Researchers think some genetic and environmental factors interact to cause asthma, most often early in life. These factors include:

- An inherited tendency to develop allergies, called atopy (AT-o-pe)
- Parents who have asthma

- Certain respiratory infections during childhood
- Contact with some airborne allergens or exposure to some viral infections in infancy or in early childhood when the immune system is developing

If asthma runs in your family, exposure to irritants (for example, tobacco smoke) may make your airways more reactive to substances in the air. Some factors may be more likely to cause asthma in some people than in others.

The "Hygiene Hypothesis"

One theory researchers have for what causes asthma is the "hygiene hypothesis." They believe that our Western lifestyle — with its emphasis on hygiene and sanitation — has resulted in changes in our living conditions and an overall decline in infections in early childhood.

Many young children no longer have the same types of environmental exposures and infections as children did in the past. This affects the way that young children's immune systems develop during very early childhood and it may increase their risk for atopy and asthma.

Many things can trigger or worsen asthma symptoms. Your doctor will help you find out which things (sometimes called triggers) may cause your asthma to flare up if you come in contact with them. Triggers may include:

- Allergens from dust, animal fur, cockroaches, mold, and pollens from trees, grasses, and flowers
- Irritants such as cigarette smoke, air pollution, chemicals or dust in the workplace, compounds in home décor products, and sprays (such as hairspray)
- Medicines such as aspirin or other nonsteroidal anti-inflammatory drugs and nonselective beta-blockers
- Sulfites in foods and drinks
- Viral upper respiratory infections, such as colds
- Physical activity, including exercise

Treatment

Most people who have asthma need to take long-term control medicines daily to help prevent symptoms. The most effective long-term medicines reduce airway inflammation, which helps prevent symptoms from starting. These medicines don't give you quick relief from symptoms.

<http://www.nhlbi.nih.gov/health/health-topics/topics/asthma>

MCAFCE COUNTY ASSOCIATION MEETING
September 8, 2015

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

Treasurers' Report and Budget, Marilyn Simonds: Marilyn read the report. Income: \$3,700.43, disbursements \$2,683.38. Checking account balance is \$9,632.37

President's Report: Jeanne Purich

We had 4 Fair booths. Thanks to Derwood Club for "Where's The Salt", Ethel DeHaven and Marilyn Simonds for "Wipes in Your Pipes", Jeanne Purich for "Diabetes-Are You At risk?" and Pat Kenney for "FCE Blanket Making For Kids". Congratulations to Derwood for Grand Champion Ribbon and Blue Ribbons for the others. Membership Forms: Make Check payable to MCAFCE. The forms is also on our web page.

Outreach Form: Please fill out and turn it in at the cookie exchange in December. Send in any publicity items, etc. for the newsletter.

Close Encounters with Agriculture, October 12 – 30. Goodie bag packing date is October 7th.

Troop Support: We need cookies, letters and or cards, snacks, knitting or crochet hats, ditty bags and Christmas Stockings. Next packing is September 15 and October 20.

Bluegrass Festival is Saturday September 19. Cathy Mack and Judy Armitage will "man" our booth.

Bus Trip: December 16 to the American Theatre for "Deck the Halls". Lunch will be at Miillers. We will leave Liberty Grove Church at 7:45 a.m. and return about 4:30 p.m. The cost is \$105.00 which includes bus, theater ticket, lunch and tips. Make check payable to L S F C.

County Fair, Kitty Cooley: Thank to Kitty Cooley for all her help.

Frann Peters - Fun Day: Patty Borja told about her 26 mile walk in two days for Breast Cancer. We also had a retired general who now flies military persons on Honor flights or to hospitals for treatment.

Stamps: Please keep saving them. They will go to Rockville Village this time.

Laytonville Home: Please keep in mind that we need small craft ideas and magazines.

The Ranch: No good news, YET!

Montgomery College: The letter from the college was distributed for all to see and an excerpt was in the last newsletter along with notes from our 2015 recipients.

International Day, Barbara Raab: Brunch November 10th. We will need four tables – decorated.

Back to School: Thank you Barb Raab for the use of your home for the Back to School Supplies picnic.

Everyone had a good time and a lot of items were collected. The count is not complete yet so the numbers will be given at a later date.

Special Projects, Pat Kenney: Get ready for the Harvest Festival on October 2nd for set-up and October 3rd for the day. We need many hands to help. Cookie Exchange - December 8th. Beth will be coming to teach us how to make a German Star on December 8th at the Extension office.

Publicity, Judy Armitage: The Gazette is no longer in business. Please look for local papers that might accept our ad and give that information to Judy.

Old Business: We need new members and new board members in all position.

New Business: Spring Luncheon Committee – Derwood. The Spring luncheon will be Saturday, April 30.

Respectfully submitted,
Judy Armitage

LEMON BAKED FISH WITH DILL PANKO TOPPING

1 lemon
4 six ounce tilapia fillets, rinsed and patted dry
2 T extra virgin olive oil
1 T butter (margarine can be used)
½ cup panko bread crumbs
1 T chopped fresh dill weed

Preheat oven to 425 F. Finely shred the peel from the lemon and set aside.

Thinly slice half of one lemon.

Coat a shallow baking pan with non-stick spray or use non-stick Aluminum foil and no spray.

Arrange lemon slices in a single layer in pan.

Brush with 1 tablespoon of the oil. Put fillets on top of lemon slices.

Season with pepper and a little salt.

Bake for 15 to 18 minutes OR until fish flakes easily.

Meanwhile melt butter in a large skillet over MEDIUM heat. Add the panko and cook only one or two minutes or until golden in color BUT STIR constantly - do not overcook. Remove from heat.

Add remaining 1 tablespoon of oil, dill and reserved lemon peel. Mix well.

Transfer fish only to serving platter. Squeeze remaining lemon over fish. Top with the panko mixture.

Yield 4 servings.

Source: Better Homes and Gardens

FIRST CLASS MAIL

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