



# Family and Community Education Hi-lites December – February 2017

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Montgomery County Association for Family and Community Education Newsletter

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“I wonder if the snow *loves* the trees and fields, that it kisses them so gently? And then it covers them up snug, you know, with a white quilt; and perhaps it says, "Go to sleep, darlings, till the summer comes again.”

Lewis Carroll, Alice's Adventures in Wonderland & Through the Looking-Glass

## Happenings

### December 2016

- 13 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 2017

**Note: NO Association Meeting This Month**

- 2 **New Year's Day Celebrated – Happy New Year**
- 6 10:00 am – 3:00 pm **Blanket Making Sew-A-Thon**, Extension Office
- 17 10:00 am **Cookie Packing for the Troops**, Laurel Methodist Church



### February

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

- 1 **Hi-Lites and Look What's Happening Deadline**
- 10 10:00 am – 9:00 pm **Blanket Making Sew-A-Thon**, Extension Office
- 14 9:45 am **Association Meeting**, and Valentine Craft (garage)
- 21 10:00 am **Cookie Packing for the Troops**, Laurel Methodist Church
- 28 10:00 am **Executive Board Meeting** – Hi-Lites Folding Executive Board

### March

- 2 10:00 am – 3:00 pm **Blanket Making Sew-A-Thon**, Extension Office
- 14 9:45 am **Senior Driving Tips-Car Fit**
- 21 10:00 am **Cookie Packing for the Troops**, Laurel Methodist Church



“You must not lose faith in humanity. Humanity is like an ocean; if a few drops of the ocean are dirty, the ocean does not become dirty.”

Mahatma Gandhi

## PRESIDENT'S PARAGRAPH

### Reports

In order to complete our State FCE reports by December 31<sup>st</sup>, we need your outreach hours and the program report from your club for 2016. All report forms including your outreach hours should be returned to me by December 15<sup>th</sup>. Why not bring them to the cookie exchange on December 13<sup>th</sup>?

### Cookie Exchange

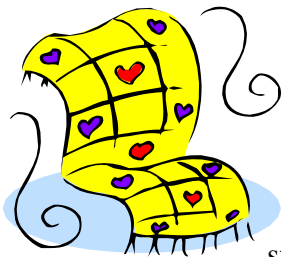
**December 13, 2016 9:30 AM**

COOKIES! COOKIES! COOKIES! Are you ready for some fun? Bring 4 dozen cookies, the recipe and an empty container (to put your new cookies in) to the garage on December 13<sup>th</sup>. We will have a craft or two, maybe some singing or games. It will be a great Holiday Party. We will go to lunch after the party.

### FCE Blanket Making

#### Sew-A-Thon

**January 6, 2017 Friday 10 AM - 3 PM**  
**February 10, 2017 Friday 10 AM - 9 PM**  
**March 2, 2017 Thursday 10 AM - 3 PM**



As of the end of this year, we have made 1,293 blankets (17,626 to date) and 821 hats for kids. Can you believe it we are starting our 16<sup>th</sup> year? It still remains 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 is cleaning out their closet, keep us in mind. We can also use KID print fabric. Please wash and iron the cotton or cotton poly fabric before you donate it.

### 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. The handbook explains FCE programs (i.e. Pennies for Friendship, ACWW etc.) and most importantly keeps 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 FCE treasury to help defer mailing costs for the newsletter.



### Valentines

**February 14, 2017 (garage)**  
**10 AM**

We will be making Valentine's. We have several places where we can distribute them. We are also checking with the Boy's Ranch to see if they can accept the Valentines.

### Senior Driving Tips - Car Fit

**March 14, 2017 10 AM**

What are some of the ways you can improve your driving skills? We all want to keep driving for as long as possible. Come learn some ways to help you drive safely longer. Program by AAA.

### 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 2017. So you win three ways; new member, star pin and a chance to win a free registration to the conference. We all know someone we can invite to be a member. Come on, let's do it. Let's have Montgomery County be the county that gets everyone to recruit a new member!!!

A handwritten signature in black ink that reads "Jeanne Purich". The signature is written in a cursive style.

Jeanne Purich, President

## TROOP UPDATE

### TO OUR AMAZING TEAM OF SUPPORTERS,

To each and every one of our volunteers and supporters:

There are no words to adequately express my deepest gratitude to all of you for the "above and beyond" support you have shown to our troops over the past 9 ½ years. The gifts of your generosity and dedication exceeded my wildest expectations and you are the reason we have been so successful in our mission of supporting our troops through the Treat the Troops and Operation Shoebox organizations.



My heart swells with pride when we receive letters of appreciation from our military, their civilian counterparts, coalition forces, as well as the Afghan and Iraqi citizens who support our nation's mission. Their expressions of thanks are not just for all the goodies and letters we send, but for the very clear message it portrays about how much we care. This means the world to them!!!

To all of you who give of your precious time, money and skills year round to bake, purchase snack foods, pack the goodie boxes (including those who provide the quality control), cut and sew Christmas stockings, ditty bags, knit and crochet helmet liners, make plastic canvas ribbon angels, craft holiday decorations, sort and count all the items for Operation Shoebox, collect and donate essentials and extra, write cards and letters, provide the monetary donations that have made it possible for us to continue this very worthwhile endeavor - my sincerest and heartfelt thanks for your unending commitment and support!!!

Maddi 301-774-8088  
maddik@comcast.net

*The old year stands with empty hands...soon he will be no more...The new year waits, anticipates the future's open door.*

## TREAT THE TROOPS

November 2015 to October 2016

<u>Date</u>	<u>No. of Boxes</u>	<u>No. of Cookies</u>
Nov 2015	42	8,560
Jan 2016	34	5,613
Feb 2016	37	5,175
Mar 2016	37	6,068
Apr 2016	35	6,576
May 2016	37	5,785
Jun 2016	37	5,984
Jul 2016	35	5,839
Aug 2016	36	5,414
Sep 2016	32	4,711
Oct 2016	33	5,681
	<b>395</b>	<b>65,406</b>

## TOTAL TREAT THE TROOPS

(2007 Through 2016)

<b>TOTAL COOKIES BAKED</b>	<b>600,963</b>
<b>TOTAL BOXES SHIPPED</b>	<b>3,785</b>
<b>TOTAL COOKIES BAKED NATIONWIDE</b>	<b>5,035,180</b>

## OPERATION SHOEBOX

January 2016 to October 2016

19 boxes shipped to Florida

804	Christmas Stockings
194	Ditty Bags
576	Helmet Liners
725	Plastic Canvas Ribbon Angels

## TOTAL OPERATION SHOEBOX

(2007 through 2016, 324 boxes shipped to Florida)

11,275	Christmas Stockings
6,423	Ditty Bags
9,098	Helmet Liners
2,270	Plastic Canvas Ribbon Angels

White socks, toiletries, dental products, hand and foot warmers, wipes, hand sanitizers, cotton balls, chap stick, combs, tissues, razors, sunscreen, Q-tips, powder, puzzle books

## Hugs from Frann

**Scholarship:** We have not yet received information from Montgomery College on this year's scholarship recipients.

The Child Care Early Childhood Education was established in 1989 and MCAFCE has donated a total of **\$31,000**.

The Next Step Project Scholarship was established in 1993 and MCAFCE had donated a total of **\$29,000**.

As of July 2016 - **\$60,000** has been donated in scholarships from Montgomery County FCE to Montgomery College. Thank you for all your generosity and hard work.

**Youth Ranch:** The Youth Ranch is very grateful for the donations of sheets. (Single bed size with a pillow case.)

At the September meeting Linda Clark reported that they did not have any boys enrolled for treatment due to the parent's financial situations. The program has been reworked and as of this month, they are certified to bill insurance companies. The Youth Ranch has now received National Accreditation and is fully certified. Some of the process to receive this status involved planning policies on emergency and trauma care. Naturally, there was a lot to do and more upcoming. Six youths are scheduled to interview this week and two more next week.

**Stamps:** Thank you for saving postage stamps. (Remember to leave a bit of the envelope showing around each stamp.) This year's collection will be given to Asbury Village.

Stamp albums and loose stamps were donated by Sharon Hume and Priscilla Labovitz. These stamps were displayed at the Harvest Festival in hopes that an interested collector would be found. Sandy Staples a 4-H leader asked for one of the albums and expressed interest in the second album. We waited until the closing of the festival to see if anyone else came forward. When no one else came, we offered the second album to Sandy. She was delighted! She has 4-H members who are doing a stamp study of the states by flags, flowers, birds and such. She also has a family member who is a collector. We were glad to see the albums go on to enrich lives.

Frann Peters

301-253-2589

## Cookie Exchange

December 13, 2016

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

On December 13<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.

Afterwards, we will go out for lunch.

Pat Kenney

301-460-5451

### In Sympathy:

Hugs and sympathy is extended to Judy Hughes, Lunch Bunch, on the passing of her husband, Bill. Bill was a retired Montgomery County math teacher and was currently teaching algebra at Montgomery College. He was also a private pilot and aircraft mechanic. Our heartfelt sympathy goes out to the Hughes family.

## WINTER IS COMING

Winter is coming and we need to keep safe!



Check your shoes/boot soles.

Grooved soles help with traction.

Leave your hands out (wear gloves).

Putting your hands in your pocket will not help to keep your balance.

Walk slowly

Ice can hide under snow so no texting or talking on the phone, just watch where you are going.

Hold on

Use the railing on the stairs, hold on to stationary objects (car, bush, bench, etc)

Take shorter strides

Small steps keep your center of gravity over your legs and gives you more control.

## How to Clean Your Windows

Quick tips for making your windows sparkle!!

### 1. Clean From Top to Bottom

If you really want your window or mirror to be streak free, clean from top to bottom. Begin at the top and work your way down to make sure that no drips will happen on the glass surfaces that are already perfectly cleaned.

### 2. Use a squeegee.

It's amazing what a difference this one simple tool makes on glass. Having to rewipe areas of glass is a guarantee that you'll have streaks. Using a squeegee makes it effortless to polish each section of the window. A long handled squeegee is a must if you'll be doing tall windows, and it will do double duty in cleaning shower walls as well.

### 3. Wash windows on a cloudy day.

The sun can prematurely dry the window you're washing, leaving residue and streaks. Wait for a cloudy day to wash your windows and you'll end up with a brilliant streak-free shine.

### 4. Clean corners with cotton swabs.

No matter how hard you try, residue seems to buildup in the corners of our glass. It can be very difficult to get to that residue, unless you have the right tool. Try using a cotton swab to clean those hard to reach areas of the windows in your home.

### 5. Try an old t-shirt.

Try washing windows with an old worn t-shirt. Old t-shirts won't have any lint residue and they are just absorbent enough to get a window polished clean. Plus, using old tees instead of paper towels is a great way to save money on housekeeping costs.

### 6. Avoid woodwork.

Many glass and window cleaners can cause damage to the framed wood areas of our mirrors and windows. Be careful not to allow drips onto the wood that can damage these surfaces. Avoid spraying too much cleaner at once. Instead spray the window in small sections working from the top down to the bottom of the glass.

### 7. Try homemade window cleaner.

Mix together 1 cup rubbing alcohol, 1 cup water, and 1 tablespoon vinegar. Using isopropyl alcohol

and white vinegar together makes a quickly evaporating spray glass and mirror cleaner that competes with national brands. This can also be used to give a nice shine to hard tiles, chrome, and other surfaces.

### 8. Use newspapers, do or don't.

There are many people who love to use newspapers to polish their glass surfaces. It does work and can work well. If you don't like getting newsprint on your hand, wear gloves. The newspaper also doesn't hold up very well when it gets wet. But it's worth giving it a try.

## 10 EASY WAYS TO SLASH SUGAR FROM YOUR DIET



You may not be eating Oreos by the roll or guzzling cans of Coke, but that doesn't mean sugar is absent from your diet. You're likely eating sugar throughout the day without even realizing it, says Amari Thomsen, RD, owner of Chicago-based nutrition consulting practice Eat Chic Chicago. Sugar is added to foods that don't taste all that sweet, like breads, condiments, and sauces. And it adds up: although the American Heart Association recommends women consume no more than six teaspoons of added sugar per day (or about 100 calories), most of us take in double that. (One note: we're talking about *added* sugar, not the naturally occurring sugars found in dairy and fruit.) A high-sugar diet boosts your odds of tooth decay, heart disease, and diabetes, not to mention weight gain. Slash your sugar intake now with these 10 tips.

### Read food labels

You'll quickly realize just how often sugar is added to foods when you look for it on ingredients lists. "Even things that you don't think are sweet, like tomato sauce, crackers, condiments, and salad dressings can be packed with sugar," says Diane Sanfilippo, certified nutrition consultant. Ingredients are listed in order of how much exists in the product, so if sugar's near the top, it's a red flag.



## **Learn sugar's aliases**

When you read food labels, you'll need to look for more than just the word "sugar". Sugar hides under several names, including high fructose corn syrup, dried cane syrup, invert sugar, molasses, sucrose (or any word ending in "-ose"), brown rice syrup, honey, and maple syrup. These can be listed separately on ingredients lists, and so many foods, even seemingly healthy ones like yogurt and cereal, may contain three or four different types of sweeteners. If several sugars appear on the label, it's an indication that the food is less healthy than you may think.

## **Buy unsweetened**

Once you know where sugar hides, you can start making changes. One strategy: buy foods labeled "no added sugar" or "unsweetened." You'll find unsweetened versions of these common foods in most grocery stores: non-dairy milk like almond and soy, nut butters (look for those made with only nuts and salt), applesauce, oatmeal, and canned fruit (they should be packed in juice — not syrup).

## **Don't go cold turkey**

Going cold turkey on sugar isn't realistic for most people. Thomsen suggests cutting back slowly. If you normally put two packets of sugar in your coffee, for instance, try one for a week, then half, and finally add only a splash of milk. For your yogurt, mix half a serving of sweetened yogurt with half a serving of plain, and eventually move on to adding natural sweetness with fresh fruit.

## **Think protein and fat**

Unhealthy carbs loaded with sugar can cause blood sugar to rise rapidly (and dive just as quickly, leaving you hungry again). To minimize this rapid rise and fall, pair protein, healthy fats, and fiber with your meal, all of which can slow down the release of blood sugar in your body and keep you full for longer. (At breakfast, that means adding almonds to your oatmeal or pairing eggs with your morning toast, and for your midday snack, a slice of turkey breast or cheese along with your apple.) Fats are a key player because they help keep you fuller for longer, thus helping to decrease your desire for sugar. Focus on fats like avocados, nuts, seeds, and heart-healthy oils like olive oil, walnut oil, and coconut oil.

## **Never go fake**

When you're reducing your sugar intake, you may be tempted to switch to artificial sugars for your sweet fix. But resist reaching for the diet soda,

sugar-free candy, and packets of fake sugar in your latte. "These can mess up your taste for sweet," says Sanfilippo. "When you eat something sweet, your body expects calories and nutrition, but artificial sugars don't give your body those things." That may be why fake sugars are associated with weight gain - not loss, according to a 2010 review in the *Yale Journal of Biology and Medicine*.

## **Add more flavor**

Use vanilla bean and vanilla extract, spices, and citrus zests to add sweetness to foods without having to use sugar - and for zero calories. Order an unsweetened latte and add flavor with cocoa or vanilla powder. Skip the flavored oatmeal and add a sweet kick with cinnamon, nutmeg, and ginger. One bonus for sprinkling on the cinnamon: according to a meta-analysis in the *Journal of Medicinal Food*, the spice has been shown to naturally regulate blood sugar, which helps control your appetite.

## **Don't drink it**

Avoiding soda is a good idea, but that's not the only sugar-packed drink out there. Even drinks that are considered healthy can contain more of the sweet stuff than you're supposed to have in an entire day. Case in point: "enhanced" waters (eight teaspoons per bottle), bottled iced teas (more than nine teaspoons per bottle), energy drinks (almost seven teaspoons per can), bottled coffee drinks (eight teaspoons per bottle), and store-bought smoothies (more than a dozen teaspoons - for a **small**).

## **Enjoy dessert**

You can still indulge in an occasional sweet treat after you resolve to slash sugar. The idea is to avoid wasting your daily sugar quota on non-dessert foods like cereals, ketchup, and bread. To avoid overdoing it, set specific rules about when you may enjoy dessert: only after dinner on the weekends or at restaurants as a special treat.

## **Stick with it!**

At first, cutting down on sugar can feel like an impossible task. Eventually, though, your taste buds will adjust. Super-sweet foods like ice cream and candy will start to taste too sweet. When you could have a whole slice of cake before, now a couple bites will be enough. You'll notice the natural sweetness in fruits and vegetables - and they'll taste better, too.

*[This article originally appeared on Health.com](#)*

# MCAFCE COUNTY ASSOCIATION MEETING

November 9, 2016

The meeting began with Call to Order, Pledge and Creed. Eighteen in attendance and 1 speaker  
Treasurers' Report and Budget: Marilyn Simonds: Scholarship balance brought forward as of 11/9/16 is \$4,127.36. General Fund \$9,536.43

President's Report, Jeanne Purich: Thank you for all the items and help at the craft days for the Fall Festival. Approximately 1300 people attended.

Some of the "left overs" and some new donations for the yard sale have been taken to a thrift shop for which we receive some money.

Membership forms are available. Bring a new member and become eligible for a drawing to the next year's state conference.

Troop support: Keep baking cookies (chocolate chip are okay now), knitting or crocheting hats, ditty bags & Christmas stockings.

Special Projects, Pat Kenny: Cookie exchange is December 13<sup>th</sup>. Please bring 4 dozen cookies. We will make a craft and then we will go out to lunch. (Place to be determined.)

The new calendar for blanket making is now available.

State Conference, Kathy Mack: Kathy gave an overview of the conference and encouraged others to come to the next one. Genie Sidwell, a first – time attendee, gave her thoughts on the conference as well.

Membership, Lou Marlin: Get your dues to Marilyn Simonds. Recruit a new member

Publicity, Judy Armitage: A thank you note will be sent out to those who have graciously put our ad in their papers this past year. Also Kathy Mack is now sending out announcements of our blanket making project.

Scholarship Committee, Frann Peters: The Boy's Ranch is reopening as a drug and alcohol treatment facility. Please continue to collect stamps and toiletries for the Laytonsville Haven and Boy's Ranch.

Spring Luncheon Committee – Burtonsville Club will host the luncheon in 2017. We will be discussing the particulars at a later date.

Program: South Africa PowerPoint® show. Robin Nicholson gave an excellent talk with pictures about her trips to South Africa and then we tasted some cuisine of South Africa. Robin also brought bowls and bracelets made by the women in the area she visits.

Respectfully submitted,  
Judy Armitage

## CAKE FOR ONE

It is called the 3, 2, 1 cake

In an air tight container:

Take one box of regular cake mix

Add one box of Angel food cake mix



## TO USE:

Put 3 tablespoons of mix into a microwave safe cup

Add 2 tablespoons of water, Stir

Microwave for one minute

Enjoy



# Root Vegetable Bake

## Directions

1. Preheat oven to 400 degrees F.
2. Combine red potatoes, yam, carrots, parsnip, jicama, and turnips in a large baking dish.
3. Mix rosemary, olive oil, garlic, and sea salt in a small bowl; pour over vegetables and toss to coat.
4. Bake in the preheated oven until vegetables are tender, 35 to 45 minutes.

Prep time 25 minutes; Cook time 35 minutes

## Ingredients

- 1 cup cubed red potatoes
- 1 large yam, peeled and chopped
- 4 large carrots, peeled and sliced
- 1 large parsnip, peeled and chopped
- 1 jicama, peeled and chopped
- 2 turnips, peeled and chopped
- 1/4 cup minced fresh rosemary, or to taste
- 5 tablespoons olive oil
- 6 cloves garlic, minced
- 1 tablespoon sea salt

## FIRST CLASS MAIL

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