



Family and Community Education Hi-lites

March – May 2012

www.mdafce.org/mcfce.htm

Montgomery County Association for Family and Community Education Newsletter

Happenings

“Tis easy to see, hard to foresee”
Ben Franklin



March

- 7 WE FCE Blanket Making for Project Linus, 10 a.m. - 3 p.m.
13 TU **POT LUCK LUNCH** and “Mental Fitness”
Association Meeting, 9:45 a.m. Extension Office
Refreshments: Burtonsville
20 TU Cookie Packing, 10 a.m., Laurel Methodist Church

April

- 10 TU Tips on Decorating your Home, 9:45 a.m. Extension Office
Refreshments: Lunch Bunch
13 FR FCE Blanket Making Project Linus, 10 a.m. – 9 p.m.
17 TU Cookie Packing, 10 a.m., Laurel Methodist Church

May

- 1 TU **Hi-Lites Deadline**
Look What's Happening deadline
2 WE FCE Blanket Making for Project Linus, 10 a.m. - 3 p.m.
5 SA “Tea and Conversation” Spring Luncheon,
10:30 a.m. – 2 p.m., Extension Office
Derwood Club Hosts
15 TU Cookie Packing, 10 a.m., Laurel Methodist Church
16 WE Volunteer Recognition, 5:30 p.m., Extension Office
22 TU Executive Board Meeting, 10 a.m., Extension Office
Hi-Lites folding
28 MO Office Closed (Memorial Day)

June

- 5 TU FCE Blanket Making for Project Linus, 10 a.m. – 9 p.m.
19 TU Cookie Packing, 10 a.m., Laurel Methodist Church
21 TH Fun Day at Gettysburg – Registration required (\$10.00)



Did you know?



Squirrels everywhere? Sprinkle the leaves of your plants with cayenne pepper which will not harm the plant but the squirrels will not eat the plants.

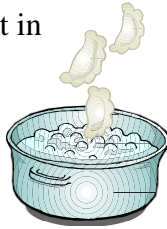
President's Paragraphs

POT LUCK LUNCH

March 13

Cooperative Extension Office 10:00 AM

We are trying something different in March. We are having a **POT LUCK LUNCH** and hope all of you will attend. Bring a dish to share (4-6 serving size). Call Pat Kenney (310-641-4878) to let her know what you will bring.



FCE Blanket making for Project Linus

March 7 Wednesday 10 AM - 3 PM

April 13 Friday 10 AM - 9 PM

May 2 Wednesday 10 AM - 3 PM

We need people to sew at our blanket-making day. We have many cut blankets (2 pieces of fabric with batting) that need to be sewed together. You can bring your own sewing machine or use the sewing machines that are at the Extension Office. Bring a sandwich (and a friend); we provide a drink and dessert. We also need yarn, so be on the lookout for a supply.

Tips on Decorating your Home

April 10

Cooperative Extension Office 10:00 AM

A speaker from Will's Decorating in Beltsville will give us tips on sprucing up your home. Bring your decorating questions and learn the latest decorating nuances.

WOMEN WALK THE WORLD FOR ACWW

Sunday April 29

On or around ACWW Day, April 29, 2012 friends throughout the world are joining in **Women Walk the World**, aiming to raise funds for ACWW's work. ACWW hopes that members will take part by arranging walks locally. Where possible, participants should seek sponsorship.

ACWW is active in over 70 countries, offering women and their communities the chance of a better life with mutual support, friendship and practical help through development programs and projects. ACWW gives women a voice at international level by its links with the United Nations.



Projects, proposed by local club or communities, may relate to clean water, sanitation, food production, leadership and skill training, nutrition, education, literacy, health, income generating schemes, etc. Projects are monitored and assessed to ensure a successful outcome.

Your participation in Women Walk the World will help ACWW achieve its goals. We are trying to organize a walk for MC FCE members and friends. Bring your ideas to the March meeting so a plan can be chosen and time and place can be advertised. For more information go to www.acww.org.uk and click on **Women Walk The World**.

Spring Luncheon, May 5

"Tea and Conversation"

Cooperative Extension Office 10:30 AM

Plans are well under way for the Spring Luncheon. Derwood is organizing this wonderful day. **Each club is to provide a minimum of 3 door prizes (more is appreciated) and a flat of annuals for The Boy's Ranch.** Look for the registration form on page 8.

Volunteer Recognition Day

May 16

Cooperative Extension Office 5:30 PM

Don't forget that May 16th (Wednesday) is volunteer recognition day at the Extension Office. All are invited.



FUN DAY

Thursday, June 21

Mark your calendars now for Fun Day, Thursday, June 21st. Come to Lake Heritage for shopping, antiques, sightseeing, boat ride (weather permitting), or just R and R. For additional information, see page 5.

We have interesting programs, projects and activities planned for 2012. I hope to see all of you at many of these events.

Jeanne Perich

Chatter from Extension

Rebecca Davis, M.S.
University of Maryland Extension
Nutrition and Health Educator

Winter Squash: Now is the time to Enjoy!

There was a time in the not-too-distant past when enjoying winter squash usually meant eating acorn, pumpkin or butternut squash. And, they were usually eaten the same way: baked in a pie, or roasted in the oven with butter, brown sugar and maybe some cinnamon. Now, visit any grocery store or farmers' market and you'll see your old favorites as well as a plethora of others including many heirloom varieties. Some of these delicious varieties include the Kabocha, a dark green squash with slight spotting and striping; Delicata, striped, oblong squash with yellow flesh; Golden Nugget, which resemble mini pumpkins; Jarrahdale or Australian pumpkins, a greenish-grey beauty, among many other kinds. Preparation of these or any squash is only limited by your imagination: they can be baked, broiled, steamed, microwaved, pureed or sauced.

Although most large, hard squash are available year-round, they are generally best this time of year. When choosing squash at the grocer press them to make sure there is no give. Soft squash is either too old or too young to eat. It should be rock solid. One of the advantages of squash is that if you purchase them in good shape, they will last for months in a well-ventilated dry area, preferably below 60 degrees. Do not refrigerate squash until it is cut.

Squash also freezes well. After it is cooked, peeled and pureed it can be stored in the freezer to use as a side dishes as well as to make into soups, sauces or thickeners (see homemade macaroni and cheese made with pureed butternut squash recipe below).

Squash is a nutritional giant, high in potassium, beta-carotene, Vitamin C, and fiber as well as other phytonutrients and antioxidants, which is even more reason to eat it often and in as many different ways as possible!

Butternut squash has been added to the following recipe to substitute for the buttery, heavy sauce normally found in homemade mac and cheese. This mac and cheese recipe is a comfort food that you will feel good about eating!

Yummy Butternut Squash Mac and Cheese

- 3 cups cubed peeled butternut squash or other similar variety
- 1 ¼ cups fat-free, lower-sodium chicken broth
- 1 ½ cups fat-free milk
- 2 garlic cloves
- 1 teaspoon kosher salt
- ½ teaspoon freshly ground black pepper
- 2 tablespoons fat-free Greek yogurt
- 1 ¼ cups (5 ounces) shredded Swiss cheese
- 1 cup (4 ounces) grated pecorino Romano cheese
- ¼ cup (1 ounce) finely grated fresh Parmigiano-Reggiano cheese, divided
- 1 pound uncooked cavatappi or other small pasta
- Cooking spray
- 1 teaspoon olive oil
- ½ cup panko (Japanese breadcrumbs)
- 2 tablespoons chopped fresh parsley
- ½ tsp (or to taste) grated fresh nutmeg

Preparation

1. Preheat oven to 375°.
2. Combine squash, broth, milk, and garlic in a medium saucepan; bring to a boil over medium-high heat. Reduce heat to medium, and simmer until squash is tender when pierced with a fork, about 25 minutes. Remove from heat.
3. Place the hot squash mixture in a blender. Add salt, pepper, nutmeg, and Greek yogurt. Remove the center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth. Place blended squash mixture in a bowl; stir in Swiss cheese, pecorino Romano, and 2 tablespoons Parmigiano-Reggiano. Stir until combined.
4. Cook pasta according to package directions, omitting salt and fat; drain well. Add pasta to squash mixture, and stir until combined. Spread mixture evenly into a 13 x 9-inch glass or ceramic baking dish coated with cooking spray.
5. Heat oil in a medium skillet over medium heat. Add panko, and cook for 2 minutes or until golden brown. Remove from heat; stir in remaining 2 tablespoons Parmigiano-Reggiano cheese. Sprinkle evenly over the hot pasta mixture. Lightly coat topping with cooking spray.
6. Bake at 375° for 25 minutes or until bubbly. Sprinkle with parsley, and serve immediately.

Adapted from Cooking Light Magazine

FCE OUTREACH PROGRAM

Frann Peters

Laytonsville Haven

The Haven is not accepting donations of clothing at this time. They are very appreciative of your support and thank you for the many donations. Watch for an update when clothing may again be accepted.

Maryland Sheriff's Youth Ranch

Books, clothing, games, toothbrushes and more were some of the variety of donations from MCAFCE members.

The boys made a Christmas "wish list" – not to exceed \$200.00. Each boy must donate \$25.00 of that \$200.00 to a needy Frederick family for the purchase of Christmas gifts for that family.

The Christmas Party for the boys and guests was held in the gymnasium for a fun-filled evening. Candle centerpieces and real tablecloths with a buffet of turkey, ham, mashed potatoes, salad, green beans followed by cookies – many were from the FCE Members. Santa arrived and each youth was photographed with him. The gifts for each boy were placed under a large paper stocking which has his name stenciled on it. It was a happy evening for all.

The Ranch sent a most gracious letter thanking MCAFCE for the cash donation and for the homemade cookies. They always need paper products, laundry detergent, socks, underwear and office supplies. A few movie tickets would also be a blessing.

Hugs and Kisses:

Several of our members and other clubs have donated monies to the Ranch on their own. If you are interested in doing so the address is below:

Maryland Sheriffs' Youth Ranch
P O Box 42
Buckeystown, MD 21717-9989

Stamps

Please continue to collect used postage stamps which will be donated to Asbury's and Lutheran Village's Benevolent Fund.

Russell Weber, from Asbury, wrote a nice letter thanking us for past participation.

Asbury and the Lutheran Home residents prepare the stamps for sale. Asbury uses the funds

to help residents with needs. The Lutheran Home uses the funds for Christmas or Birthday Gifts for residents with special needs.

Nate May

We received a very nice letter from Nate in which he thanks all of us for the donation (MCAFCE donated \$300.00 and PGAFCE donated \$250) and tells of his college classes where he has a 3.85 GPA and has made the Dean's List. The following is an excerpt from that letter:

"In one class, my partner and I wrote a 29 page research paper where we reviewed previously attempted agricultural development projects done in Indonesia by the U. S. Agency for Indonesia Development. In the paper, we developed our own project based on the hypothetical implementation of the project. In my Engineering Design I had to build a robot that could climb up a flight of stairs. It was the most successful in the entire class.

I plan to continue to be a member of the Engineers Without Borders where we are planning and preparing a trip to Belize this summer. We will build latrines for a community that has NO running water. We will also build a water pumping system that will send water from a nearby river to holding tanks in the village.

With the money, I have been able to pay for the very expensive books that are so necessary for my classes.

I am forever grateful for what you have done for me in helping me to achieve my educational goals."

Note: Nate plans to become an environmental engineer.

Scholarship

Monica Lopez wrote to express her thanks us for our support. She plans to continue in her endeavor to become a teacher. Monica was our Next Step recipient for the 2011 spring semester. Her mother and sister joined her at our Spring Luncheon.

Stephanie Seaman wrote to express her thanks and to say that she also plans to become a teacher. She has two young daughters at home and our support has helped immensely.

Fun Day

Mark your calendars now for Fun Day, Thursday, June 21st. Come to Lake Heritage for

shopping, antiquing, sightseeing, boat ride (weather permitting), or just R and R.

We will begin with coffee and a program at 10 a.m., followed by lunch. Then off to do whatever you desire. Come back for dinner and more fellowship. The cost is only \$10.00 and all of the proceeds benefit the Mary Irene Waters Scholarship Fund. Line up a ride now. Any questions or comments call Frann Peters at 301 253 2589. For a ride call Pat or Jeanne.

Reservations: Check made to: MCAFCE for \$10.00 and mailed to Marilyn Simonds at 13708 Lionel Lane, Rockville, MD 20853

Directions: 270 North to Rt. 15 through Thurmont to PA. Exit Baltimore Street right. See flags @ Gettysburg Village Outlets. Then right at Heritage Drive to right on Longstreet to # 197.

Or: Route 97 to end at Heritage Drive. See you there.

Seasons in Health

Vegetable Roasting 101

You can roast just about anything, but vegetables especially benefit from the high, dry heat of the oven. Their flavor becomes concentrated and their natural sugars caramelize, transforming them into richly satisfying sides. For every two (2) pounds of vegetables, toss with 1 tablespoon olive oil prior to roasting. Spread in a single layer, with space in between pieces, if possible, or they will steam instead. You may roast different veggies together if their cooking times are similar. Cut into uniform size pieces before roasting.

Asparagus	10 to 15 minutes
Beets	1 hour
Broccoli	10 to 15 minutes
Butternut Squash	40 minutes
Brussels Sprouts	15 to 20 minutes
Carrots	30 to 40 minutes
Cauliflower	20 to 30 minutes
Eggplant	20 to 25 minutes
Green Beans	20 to 30 minutes
Onions	20 to 30 minutes
Potatoes (2 in pieces)	45 minutes
Sweet Peppers	30 minutes
Turnips	45 to 50 minutes
Zucchini	15 to 20 minutes

APHORISM: A Short, Pointed Sentence That Expresses a Wise or Clever Observation or a General Truth.

1. The nicest thing about the future is . . . that it always starts tomorrow.
2. Money will buy a fine dog, but only kindness will make him wag his tail.
3. If you don't have a sense of humor, you probably don't have any sense at all.
4. Seat belts are not as confining as wheelchairs.
5. A good time to keep your mouth shut is when you are in deep water.
6. Why does it take so little time for a child who is afraid of the dark to become a teenager who wants to stay out all night?
7. Business conventions are important because they demonstrate how many people a company can operate without.
8. Why is it that at class reunions you feel younger than everyone else looks?
9. Scratch a cat . . . and you will have a permanent job.
10. No one has more driving ambition than the teenage boy who wants to buy a car.
11. There are worse things than getting a call for a wrong number at 4 a.m. - like, it could be the right number.
12. No one ever says, "It's only a game" when their team is winning.
13. I have reached the age where 'happy hour' is a nap.
14. Be careful about reading the fine print. . . . there's no way you're going to like it.
15. The trouble with bucket seats is that not everybody has the same size bucket.
16. Do you realize that, in about 40 years, we will have thousands of old ladies running around with tattoos?
17. And rap music will be the Golden Oldies!
18. Money can't buy happiness -- but somehow it's more comfortable to cry in a Cadillac than in a Yugo.
19. After 60, if you don't wake up aching in every joint, you're probably dead.
20. Always be yourself because the people that matter don't mind and the ones that mind don't matter.
21. Life isn't tied with a bow but it's still a gift.

UN Millennium Development Goals

These goals were developed by the United Nations as world goals for 2012. What can we do?

1. Eradicate extreme poverty and hunger.
Reduce by half the proportion of people living on less than a dollar a day. Reduce by half the proportion of people who suffer from hunger.
2. Achieve universal primary education.
Ensure that all boys and girls complete full course of primary schooling.
3. Promote gender equality and empower women.
Eliminate gender disparity in primary and secondary education, preferably by 2005 and at all levels by 2015.
4. Reduce child mortality.
Reduce by two thirds the mortality rate among children under five.
5. Improve maternal health.
Reduce by three quarters the maternal mortality ratio.
6. Combat HIV/AIDS, malaria and other diseases.
Halt and begin to reverse the spread of HIV/AIDS
Halt and begin to reverse the incidence of malaria and other major diseases.
7. Ensure Environmental Sustainability.
Integrating principles of sustainable development, reversing loss of environmental resources, access to safe drinking water, and improvements to lives of slum dwellers.
8. Develop a Global Partnership for Development.
Develop further an open trading and financial system that is rule-based, predictable, and non-discriminatory.

Scam – Be Careful!

When using your credit card at ANY store be sure to check your receipt. Some unscrupulous persons are adding a cash back line. They are not giving the cash back to the credit card holder but to themselves. So read your receipts.



A Great Salad

- 4 large stalks of celery, chopped
- 1 medium purple onion, chopped
- ½ cup salad oil
- 1 cup of red vinegar
- 1 tablespoon salt
- 1 small jar chopped pimientos
- 16 oz. English (petite) frozen peas, drained
- 16 oz. French style green beans, drained.
- 1 teaspoon paprika

Mix all vegetables in large bowl. Combine oil, sugar, salt, paprika and vinegar then pour over vegetables and mix well, turning several times to marinate vegetables. Place bowl in refrigerator for 24 hours. Drain and serve.

Spinach Balls

- 2 10 oz. pkg. frozen spinach, chopped & thawed
 - 2 cup pkg. herb-seasoned stuffing mix, crushed
 - 1 cup grated parmesan cheese
 - Dash nutmeg
 - 6 eggs, beaten
 - ¾ cup (1 ½ sticks) butter, softened
- Thaw spinach. Drain and squeeze out all excess moisture. Place in a medium size bowl and blend in remaining ingredients.
- Shape into balls the size of walnuts. Refrigerate.
- Place chilled balls on a lightly greased baking sheet and bake at 350° for 10 to 15 minutes or until hot.
- Drain on paper towels and serve with spicy mustard sauce.

Mustard Sauce

- ¼ (or less to taste) cup dry mustard
 - ½ cup white vinegar
 - ½ cup sugar
 - 1 egg yolk, beaten
- Combine mustard, vinegar, and sugar over low heat. Whisk 1 tablespoon of the mustard into the beaten egg. Return egg mixture to saucepan and simmer over very LOW heat 1 to 2 minutes or until slightly thickened. Cover and store in refrigerator.
- Serve at room temperature.

Montgomery County Association FCE Meeting February 14, 2012

Thirteen attended and with one guest (Zelda Shuman)

Call to order, Creed, and Pledge presented. Minutes approved as presented in newsletter.

Treasurers' Report and Budget: Marilyn Simonds

We have about \$9,000 in our account minus \$400 for Blanket making supplies. We also have one membership renewal.

The Pennies for Friendship for ACWW was distributed.

Reminder: February is Birthday Month. A can was distributed for us to donate today.

Presidents report: Jeanne Purich

Thank you for filling out the outreach and program form. New forms are now available.

If you have not yet received your new handbook, please let me know.

February is birthday month. Pay one dollar to keep your age a secret or put one cent in for each year of age. The money goes to defray postage costs.

The National FCE newsletter, "FCE Today", has your new membership card on the back page, be sure to cut it out and place in your wallet.

The ACWW is asking for "walkers" on April 29th for "Women Walk the World". We need suggestions as to where to walk. Needwood Lake was suggested.

Patty Borja's husband died on Saturday after a 20-year illness. The visitation is from 2 to 4 PM or 6 to 8 PM at De Vol Funeral Home. A card was passed for us to sign.

Empty envelopes are being distributed for anyone who can use them, perhaps for stamps?

Vice-President: Lou Marlin

Lou Marlin has a bad shoulder and did not attend, so Jeanne spoke.

The March meeting will be a Pot Luck Lunch on March 13th. The theme is "Mental Fitness". A signup sheet was distributed.

The April meeting will provide tips on decorating your home with a speaker from Will's decorating.

Special Projects: Pat Kenney

She reminded everyone to keep saving stuffed animals and the McDonald prizes for the Harvest Festival.

International Day: Barbara Raab

Barb Raab could not come today but Jeanne reminded us that in November we will be studying Luxembourg and Belgium.

Membership: Lou Marlin

The membership drive is still on. Invite a friend. Keep FCE materials with you.

Publicity: Judy Armitage is continuing to advertise as before.

Scholarship: Frann Peters

Frann Peters stated that we have received letters from our two scholarship recipients, Monica Lopez and Stephanie Seaman.

Stamps: We have sent about 37,000 stamps that were divided between Asbury and the Lutheran Home.

Ranch: They appreciate all that we have done for them. FCE's donations were recognized in their newsletter. There are some things that they also need: paper products, detergent, socks, computer stuff (including paper), shampoo, sports equipment and clothes, boys magazines, calendars, popcorn, games, bedding, towels, T. P., toothbrushes, bedroom slippers, hobby stuff, some puzzles and of course snack stuffs. At Christmas time, someone donated a tree and decorations.

Laytonsville Haven: Please no clothing donations at this time. Please hold all clothing until later.

Fun Day: June 21st is the date to HOLD. We need program ideas. This is the 150th anniversary of the Gettysburg battle. Perhaps we could have a speaker? Or perhaps a walking tour? Feedback is needed. Contact Frann Peters.

New Business:

Eleanor's grandson (age 38) passed away and her sister is now in Hospice. Keep her in your prayers.

Yard sale: We are hoping to have a yard sale this year. More on this at a later date.

Executive Committee meeting is Tuesday February 28 – not as listed in our booklet and on August 28, again not as listed in our booklets. Please make corrections.

Meeting adjourned so we can make the Valentine Boxes for the Ranch.

Judy Armitage

Spring Luncheon May 5, 2012
Registration due by April 27, 2012

Make check for \$15.00 per person payable to MCFCE and send to:
Marilyn Simonds
13708 Lionel Lane
Rockville MD 20853

Name	Phone #

UNIVERSITY OF MARYLAND EXTENSION
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DERWOOD, MD 20855

FIRST CLASS MAIL

