



Family and Community Education Hi-lites

March – May 2013

www.mdafce.org/mcfce.htm

Montgomery County Association for Family and Community Education Newsletter

Happenings

“Be curious, not judgmental”
Walt Whitman

March

- 7 WE FCE Blanket Making for Project Linus, 10 a.m. - 3 p.m.
12 TU Loving the Man in Your Life...Understanding How to Keep Them Healthy
Association Meeting, 9:45 a.m. Extension Office
Refreshments: Olney Sunshine
19 TU Cookie Packing, 10 a.m., Laurel Methodist Church

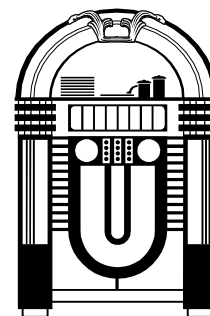


April

- 5 FI FCE Blanket Making Project Linus, 10 a.m. – 9 p.m.
9 TU “Invasive Plants”, 9:45 a.m. Extension Office
Refreshments: Olney Sunshine
16 TU Cookie Packing, 10 a.m., Laurel Methodist Church

May

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



June

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

Did you know:

Junk mail: Envelopes marked “address correction requested” or “return postage guaranteed” can be returned for free by writing “RETURN TO SENDER” on the envelope, then just drop it into the mail box.

President's Paragraphs

Loving The Man In Your Life... Understanding How To Keep Him Healthy March 12

Cooperative Extension Office 10:00 AM

We have often dealt with women's health often but what about our "men" (husbands, boyfriends, sons)? This program will give you some guidelines to men's health and preventative care.

FCE Blanket making for Project Linus

March 7 Thursday 10 AM - 3 PM

April 5 Friday 10 AM - 9 PM

May 1 Wednesday 10 AM - 3 PM

What to have an old time gab fest? Why not come to our blanket-making day? You will meet many interesting people and help children as well. You do not have to have any "sewing" skills to participate. Bring a sandwich (and a friend); we provide a drink and dessert. We need yarn, so be on the lookout for a supply.

"Invasive Plants" program by Master Gardeners April 9

Cooperative Extension Office 10:00 AM

Paula Jean Hallberg will inform us about invasive plants in our area, what damage they do and what type of plants to include in your garden.

WOMEN WALK THE WORLD FOR ACWW Monday April 29

On or around ACWW Day, April 29, 2013

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.

This began last year with the hope that it would become an annual outing. Where possible, participants should seek sponsorship. Check your Spring "Look What's Happening" for more information.

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. This is where your **Pennies for Friendship** are used.



Spring Luncheon, May 11 "The Fabulous Fifties"

(wear your poodle skirt!)

**Cooperative Extension Office 10:30 AM
Cost \$15.00**

Plans are well under way for the Spring Luncheon. Wear your poodle skirt, rolled up your jeans, polish your saddle shoes, or "house dress". Burtonsville 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 15

Cooperative Extension Office 5:30 PM

Don't forget that May 15th (Wednesday) is volunteer recognition day at the Extension Office. All are invited but you must RSVP if you plan to attend.



FUN DAY

Thursday, June 20

Mark your calendars now for Fun Day, Thursday, June 20th. Come to Lake Heritage for shopping, antiquing, sightseeing, boat rides (weather permitting), or just R and R. For additional information, see page 4.

Throughout this newsletter, you will find some of the recipes from the December cookie exchange.

We have interesting programs, projects and activities planned for 2013. I hope to see all of you at many of these events.

Jeanne Perich

Unsolicited Commercial Mail

For the mounds and pounds of unsolicited commercial mail and catalogs, you can register online with the Direct Marketing Association's Mail Preference Service at dmachoice.org. You may mail your request (with a \$1.00) processing fee to DMA Choice, Direct Marketing Association, P O B ox 643, Carmel, NY, 10512. Taken from Washing Post

Chatter from Extension

Rebecca Davis, M.S.

University of Maryland Extension

Nutrition and Health Educator

Eating healthfully in winter can be challenging, particularly if you are trying to eat more fruits and vegetables. Farmers' markets are closed for the season and most fruits and vegetables available from the grocery store come from other states or countries. Lack of tasty fresh produce, combined with higher prices, makes it hard to get the recommended 2.5-3 cups of vegetables and 1.5-2 cups of fruits each day as recommended by the USDA My Plate. (The amount of fruits and vegetables that you need depends on your age, sex and activity level. Visit www.choosemyplate.gov to see how much you need.)

Here are some tips to increase your fruit and vegetable intake, not only this time of year, but all year long.

- Frozen fruits and vegetables generally cost less and are more nutritious than some fresh versions as they have been frozen right after harvesting. Vegetables can be steamed, heated or added to your favorite casserole/pasta dish. Frozen fruits make great pancake toppings or can be added to hot cereal or used in yogurt smoothies.
- Try adding vegetables to everything you eat. Salad greens can be added to almost any sandwich, as well as tomatoes, spinach, peppers, and mushrooms. Every little bit adds up!
- Use ripe bananas and other fruit like apples and pears and to make fruit smoothies for breakfast, lunch or snacks. You can also add spinach or broccoli to your smoothies. You will not taste the vegetables in the smoothie if combined with fruit.
- Clean out your refrigerator and make some vegetable soup. Carrots, onions, celery, potatoes and some frozen vegetables make a hearty and healthy dinner for a cold evening.
- Add beans to your favorite soup or casserole. They pack a nutritional punch and are tasty too! Dry beans are a particularly good bargain, but if you are in a rush, canned beans are fine. Just rinse the beans well before using to remove some of the sodium.

- Include a green salad with your dinner every night.
- Shredded carrots can be added to most anything including meatloaf, casseroles, quick breads, and muffins.
- Use pureed, cooked vegetables such as potatoes to thicken stews, soups and gravies. These add flavor, nutrients, and texture.
- Grill vegetable kabobs as part of a barbecue meal or to try veggies a new way. Coat with some olive oil, skewer and place on the top shelf of your grill or use a countertop grill. Try tomatoes, mushrooms, green peppers, and onions. Other vegetables also grill well but you may want to pre-cook them a little before grilling.
- For something different, try roasting your vegetables. Roasting intensifies the flavor of most vegetables and does not add calories or fat. Potatoes, onions, carrots, squash, sweet potatoes, and cauliflower all are wonderful choices for roasted vegetables. Preheat your oven to 400-425 degrees. Toss the vegetables in a small amount of olive oil. Add a little kosher salt and pepper or other seasonings and toss well. Spread in an even layer on a jelly roll pan and roast for approximately 25-40 minutes, depending upon the vegetable.

Roasted Sweet Potatoes

Preheat oven to 425 degrees. In a roasting or jelly roll pan, combine 1 T olive oil, chopped fresh thyme, ½ t kosher salt, ¼ t fresh pepper and two sweet potatoes that have been peeled and cut into uniform pieces. Toss the potatoes and seasonings well. Roast potatoes for 20 minutes. Stir and roast for an additional 12-15 minutes or until done.

FCE OUTREACH PROGRAM

Notes from Frann Peters

Laytonsville Haven: The residents are currently enjoying painting. They have painted birdhouses, gourds, wooden and craft items. Any items you may have would be appreciated as these items are sold to help the women. During November and December, the activities included crochet thread angels, glass beads, candy cane ornaments,

pinecone trees (thank you Ginny) and the making of candy with molds using white, dark and light chocolate. Not only was this great fun but the residents then used the candy as gift for family and friends. Three residents had never made molded candy before and they really enjoyed themselves.

Maryland Sheriff's Youth Ranch: A great big thank you for the socks, jackets, sweatshirts, games, magazines and cookies. The December Christmas Party was a very special evening. Mr. Grover, director, welcomed everyone and read a list of donors for the party. The staff, board members, families and donors were treated to a buffet dinner followed by cookies and cake. Each boy received his gifts and a hug from Santa. One resident ended the evening by singing "We Wish You a Merry Christmas". As usual, the following items are needed: Paper towels, toilet paper, books, underwear (briefs), tee shirts and socks. Also needed are new sheets, blankets, pillows and bedspreads; twin size only and must be new.

Postage stamps: Thank you for saving used postage stamps, which are donated to Asbury Methodist Village and the Lutheran Village. The residents prepare the stamps for purchasing with the proceeds used to benefit their residents. Please leave at least one inch of envelope around each stamp. All stamps are needed.

Scholarships: David Sears, Senior Vice President of Advancement and Community Engagement wrote to give us the names of our scholarship recipients. Colleen Gannon studying Early Childhood Education and Kimberly Stearns, Next Step Education, are our recipients. Colleen is studying to become a Special Education Teacher. Kimberly is working part time to aid in her finances.

Nate May continues to excel at Montgomery College as an M C Scholar and student in Pre-Engineering. His environmental classes have taken him to local streams and creeks to test for bacteria or other problems. His class is still preparing to travel to Belize to improve the river water to make it safe for drinking. He is enthusiastic about his studies and appreciates our interest.

Fun Day

Mark your calendars now for Fun Day, Thursday, June 20th. Come to Lake Heritage for shopping, antiquing, sightseeing, boat rides (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. 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 turn right at Heritage Drive to right on Longstreet to # 197.

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

OUR TROOPS

For the past year and a half, we have included the USAID (U.S. Agency for International Development) and ISAF (International Security Assistance Force) in our monthly shipments of goodies. The numerous boxes of cookies, brownies and snack foods they each receive are shared with not only our military personnel, but civilians, coalition forces and even some of the local Afghan people who support our efforts.

In recent months, we have been receiving an increasing number of very warm letters from all of the above personnel thanking us for the packages. Because our USAID and ISAF staff are sharing these treats, it has helped to forge better relations and promote bonds of trust and friendship.

The notes we include in our boxes from individuals, school children, churches, etc., along with the goodies, are shared with not only the "boots on the ground" military personnel, but support elements, including logistical, maintenance, intelligence, administrative, medical, kitchen staff, etc. Many of these individuals are also placed in positions of great risk and endure the same



sacrifices and anxieties of loneliness and inconvenience as those placed upon the combat troops.

With that in mind, we are recommending that most of your notes and letters now be addressed to “hero”, “friend”, “to all”, etc. as opposed to “soldier”, “service person”, etc. to honor the efforts of all recipients of our packages—military, civilians, coalition forces, and local Afghans. Just a suggestion!!!

A special thanks to all involved in the incredible support you’ve provided over these past five and a half years to all those serving in Afghanistan and Iraq. Your efforts are a continuous morale booster to our men and women who sacrifice so much on our behalf and truly convey the message of love and appreciation to them all.

Gratefully,
Maddi and Eva
301-774-8088

Pineapple Squares

1 20 ounce can crushed pineapple
1 ½ C sugar
4 tbsp. Cornstarch
3 C flour
2 tsp. salt
1 C margarine
½ C milk
1 egg white – beaten
½ C chopped pecans

Combine: pineapple, sugar and cornstarch in saucepan. Cook for 10 minutes – stirring constantly. Let cool. Sift dry ingredients together into a bowl. Cut in margarine until crumbly. Add milk to make a soft dough. Divide dough into two portions. Cover cookie sheet with one portion of the dough. Spread cooled pineapple mixture over this portion. Top with remaining portion of pastry. Brush with beaten egg white. Sprinkle pecans over the top. Bake at 375 degrees for 30 to 40 minutes until golden. When cook but into squares.



Anytime Cookies

1 ¼ C brown sugar
2/3 C butter
½ C peanut butter
3 Tbs milk
2 Tbs vanilla
1 egg
1 Tbs baking soda
1 ¾ C flour

Mix all together and then mix two cups from following list:

Dark chocolate pieces, raisins, almonds, pineapple, coconut flakes, walnuts and dates. Drop 1 Tablespoon on sheet pan and bake at 375° for 8 minutes. Let cool two minutes on pan before placing on rack to finish cooling.

The “Invisible” KILLER

Carbon Monoxide (CO) is the “invisible” killer. Carbon monoxide is a colorless and odorless gas. Every year more than 100 people in the United States die from unintentional exposure to carbon monoxide associated with consumer products.

What is carbon monoxide?

Carbon monoxide is produced by burning fuel. Therefore, any fuel-burning appliance in your home is a potential CO source.

When cooking or heating appliances are kept in good working order, they produce little CO. Improperly operating appliances can produce fatal CO concentrations in your home. Running a car or generator in an attached garage can cause fatal CO poisoning in the home. So can running a generator or burning charcoal in the basement, crawlspace, or living area of the home.

What should you do?

Proper installation, operation, and maintenance of fuel-burning appliances in the home are the most important factor in reducing the risk of CO poisoning.

Make sure appliances are installed according to the manufacturer’s instructions and the local codes. Professionals should install most appliances.

Always follow the appliance manufacturer’s directions for safe operation.

Have the heating system (including chimneys and vents) inspected and serviced annually by a trained service technician.

Examine vents and chimneys regularly for improper connections, visible cracks, rust or stains.

Look for problems that could indicate improper appliance operations:

- Decreased hot water supply
- Furnace unable to heat house or runs continuously
- Sooting, especially on appliances and vents
- Unfamiliar, or burning odor
- Increased moisture inside of windows

Operate portable generators outdoors and away from open doors, windows, and vents that could allow CO to come indoors.

In addition, install battery-operated CO alarms or plug-in CO alarms with battery back-up in your home. Every home should have a CO alarm in the hallway near the bedrooms in each separate sleeping area. The CO alarms should be certified to the requirements of the most recent UL, IAS, or CSA standard for CO alarms. Test your CO alarms frequently and replace dead batteries. A CO alarm can provide added protection, but is no substitute for proper installation, use and upkeep of appliances that are potential CO sources.



Symptoms of CO poisoning

The initial symptoms of CO poisoning are similar to the flu (but without the fever) They include:

- Headache
- Fatigue
- Shortness of breath
- Nausea
- Dizziness

If you suspect that you are experiencing CO poisoning, get fresh air immediately. Leave the home and call for assistance from a neighbor's home. You could lose consciousness and die from CO poisoning if you stay in the home.

Get medical attention immediately and inform medical staff that CO poisoning is suspected. Call the Fire Department to determine when it is safe to reenter the home.

Carbon monoxide clues you can see...

- Rusting or water streaking on vent/chimney
- Loose or missing furnace panel
- Sooting
- Debris or soot falling from chimney, fireplace, or appliances
- Loose or disconnected vent/chimney, fireplace or appliance
- Loose masonry on chimney
- Moisture inside of windows

Carbon monoxide clues you cannot see...

- Internal appliance damage or malfunctioning components
- Improper burner adjustments
- Hidden blockage or damage in chimneys

Only a trained service technician can detect hidden problems and correct these conditions!

- CO poisoning symptoms have been experienced when you are home, but they lessen or disappear when you are away from home.

Warnings...

- Never leave a car running in a garage even with the garage door open.
- Never run a generator in the home, garage, or crawlspace. Opening doors and windows or using fans will NOT prevent CO build-up in the home. When running a generator outdoors, keep it away from open windows and doors.
- Never burn charcoal in homes, tents, vehicles, or garages.
- Never install or service combustion appliances without proper knowledge, skills, and tools.
- Never use a gas range, oven, or dryer for heating.
- Never put foil on bottom of a gas oven because it interferes with combustion.
- Never operate an unvented gas-burning appliance in a closed room or in a room in which you are sleeping.

To report a dangerous product or a product related injury, call CPSC's hotline at (800) 638-2772 or CPSC teletypewriter at (800) 638-8270. Consumers can obtain recall information at CPSC's web site at <http://www.cpsc.gov>. Consumers can report product hazards.

**U.S. Consumer Product Safety Commission
Washington, DC 20207**

Montgomery County Association FCE Meeting February 12, 2013

Fourteen attended and with two guests

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

Treasurers' Report, Marilyn Simonds: income \$855 for troops.

President's Report, Jean Purich: Thank you for filling out the Outreach and Program Forms. FCE programs and activities reached 389,524 people; \$2,750.00 was given in scholarships. FCE members (330) and friends (440) made 1,276 blankets and 1,203 baby hats in 2012. FCE donated 12,102 hours and reached 1,105,450 people in all outreach programs. New forms for Outreach are available.

February is Birthday Month; give the equivalent of your age or \$1.00. The money goes to allay the cost of postage. Also February is HEART month.

By now you should have received your new handbook.

THE SPRING LUNCHEON, meets upstairs on May 11 at 10:30 AM. The theme is "The Fabulous Fifties" (wear your poodle skirt). Burtonsville has the honor of luncheon chair.

Women Walk the World for ACWW is Monday April 29th. (It can be done on Sunday or Saturday if that is easier for you.) Do we want to do this formally? We will have more discussion in March.

Vice-President's Report, Lou Marlin: March 12 meeting – "Loving the Man in Your Life ... Understanding How to Keep Them Healthy". April 9th meeting – "Invasive Plants" program by Master Gardeners.

Special Projects, Pat Kenny: Thanks for making cookies for the Ranch for Christmas and for the cookie exchange. Everyone had a good time. Linus Project is Thursday March 7, 10 - 3 p.m. and Friday April 4, 10 - 9 p.m. The Harvest Festival is up coming. Please save the little items that we put in the goodie bags and in the eggs for the treasure hunt game.

Special Note from Jeanne Purich: Jeanne will not be at the Harvest Festival this year as she will be at the ACWW triennial. When the convention dates were first discussed there was no sign that it would be the same date as our festival. Jeanne will arrange for some men to bring the supplies in and take down. Please volunteer to help as we need many, many workers we can get. We will provide lunch on Friday and Saturday.

International Day, Barbara Raab: India (Chennai, the southern area) November 12

Membership, Lou Marlin: Our membership is down a little. Invite a friend. Keep FCE materials with you to hand out to those you meet.

Publicity, Judy Armitage: Judy is still looking for free places to advertise. Notices for March have been sent.

Scholarship Committee, Frann Peters: We have received letters from our recipients.

Laytonsville Haven & Boy's Ranch: The Ranch does not need school supplies any more. They have found a new place to get them, but we will continue to collect a limited amount of school supplies for the Greentree Shelter and Hope Alive. The Boy's Ranch needs bedding, single size beds, sheets, pillows, and blankets as well as underwear (briefs or boxers) and socks. There are 8 ladies at Laytonsville Haven now. They are doing well. We still need stamps – a lot please. (Be sure to leave a margin of white around each stamp.)

Old Business: None

New Business: We have some beautiful doilies. You may take any or all.

Program – Medicines that interact with grapefruit juice.

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

Respectfully submitted

Judy Armitage

Spring Luncheon May 11, 2013
Registration due by April 30, 2013

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

Name

email (if no email put phone number)

UNIVERSITY OF MARYLAND EXTENSION
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FIRST CLASS MAIL

