



Family and Community Education Hi-lites

March – May 2014

www.mdafce.org/mcfce.htm

Montgomery County Association for Family and Community Education Newsletter

Happenings

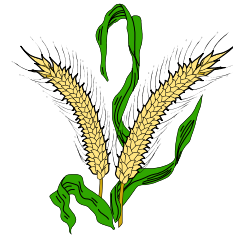
“First a howling blizzard woke us, Then the rain came down to soak us,
And now before the eye can focus – CROCUS” – Lilja Rogers

March

- 6 TH FCE Blanket Making, 10 a.m. - 3 p.m.
11 TU International POT LUCK – bring a dish from your ethnic heritage
Association Meeting, 9:45 a.m. Extension Office
Refreshments: Olney Sunshine
18 TU Cookie Packing, 10 a.m., Laurel Methodist Church

April

- 2 WE FCE Blanket Making, 10 a.m. – 9 p.m.
8 TU “Great Grains”, 9:45 a.m. Extension Office,
program by Karen Basinger,
CES Educator, Howard County
Refreshments: Burtonsville
15 TU Cookie Packing, 10 a.m., Laurel Methodist Church
29 TU Women Walk the World



May

- 1 TH *Hi-Lites* Deadline
Look What's Happening deadline
10 SA Spring Luncheon, “Honoring Mothers” 10:30 a.m. – 2 p.m.
12 MO FCE Blanket Making, 10 a.m. - 3 p.m.
14 WE Volunteer Recognition, 5:30 p.m., Extension Office RSVP
20 TU Cookie Packing, 10 a.m., Laurel Methodist Church
22 TH Bus trip to Turkey Hill Food Factory and Lancaster PA. Leave at 9 a.m. from Liberty
Grove Church, Burtonsville MD
26 MO Office Closed (Memorial Day)
27 TU Executive Board Meeting, 10 a.m., Extension Office
Hi-Lites folding

June

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

The first day of spring was once the time for taking the young virgins into the fields, there frolicking to set an example of fertility for nature to follow. Now we just set the clocks an hour ahead and change the oil in the crankcase. E. B. White, “Hot Weather”, 1944

President's Paragraphs

Well, the weather gods have not been kind to us this winter. We had to cancel both the Cookie Exchange in December and blanket making in January. Hopefully, the snow and cold are over and we can get along with our activities.

International Pot Luck March 11

Cooperative Extension Office 9:45 AM

Bring a dish from the country of your choice (maybe from your ethnic background). Hopefully we will have many different dishes and will enjoy a delightful "lunch".

FCE Blanket Making March 6 Thursday 10 AM - 3 PM April 2 Wednesday 10 AM - 9 PM May 12 Monday 10 AM - 3 PM

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.

"GREAT GRAINS" program by Karen Bassinger April 9

Cooperative Extension Office 9:45 AM

Karen Bassinger, CES Educator from Howard County will speak about the old and new grains and how to cook and use them. These are part of a healthy diet plan. Please come for an informative program and some camaraderie.

WOMEN WALK THE WORLD FOR ACWW Tuesday April 29

On or around ACWW Day, April 29, 2014 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. What will you do? Plan a walk and invite FCE members and friends to join you.

Spring Luncheon, May 10 "Honoring Mothers"

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

Plans are well under way for the Spring Luncheon. The Lunch Bunch is organizing this wonderful day. Bring a picture of your mother or a mother that you admire. **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 14

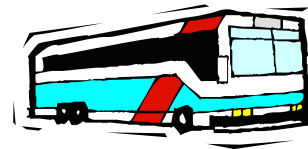
Cooperative Extension Office 5:30 PM

Don't forget that May 14th (Wednesday) is volunteer recognition day at the Extension Office. All are invited but you **must RSVP either regrets or acceptances.**



BUS TRIP May 22 Amish County lunch and Turkey Hill ice cream tasting Liberty Grove Church 9 AM Cost \$54.00

Come and join us on a wonderful trip to the Amish country of Lancaster PA this Spring. We will leave Liberty Grove Church, 14507 Old Columbia Pike, Burtonsville MD at 9 AM (return approximately 6 PM). We will first have lunch at an Amish home and visit a dry goods store. Then on to Turkey Hill for an "ice creamaganza"; make your own flavor or star in a commercial. On the way home we will stop at a farmer's market. Make check to Belles & Beaux and send to Jean Purich 15500 Gallaudet Avenue Silver Spring, MD 20905.



FUN DAY Thursday, June 19

Mark your calendars now for Fun Day, Thursday, June 19th. Come to Lake Heritage for shopping, antiquing, sightseeing, boat rides (weather permitting), or just R and R. We have many activities planned for 2014. I hope to see all of you at many of these events.

Jeanne Purich

Chatter from Extension

February was Heart Month but specifically, Women's Heart Month. February 7th was designated as Wear Red Day to symbolize the need for research in women's heart disease.

Many researchers and clinicians feel women have the same signs and symptoms of heart disease as men and the same heart medications that work on men, work on women. But neither of these assumptions is true. Countless amounts of women have gone to the emergency room or their primary physicians complaining of symptoms that many pass off as the flu and it is really a heart attack.

So, how can you protect yourself?

- Know the symptoms of a heart attack: uncomfortable pressure in your chest that lasts more than a few minutes or goes away and comes back, pain or discomfort in one or both arms, the back, neck, jaw or stomach or breaking out in a cold sweat or lightheadedness.
 - Develop an exercise program: mall walking, swimming, water walking/aerobics, or chair aerobics/exercises.
 - Adopt either the DASH or Mediterranean Diet
- Remember, your best ally in your wellness is yourself.

Karen Bassinger.MS, CFCS, LDN
Extension Educator, Nutrition, Health & Wellness
Howard County Extension
kbassinger@umd.edu 410-313-1908

Salt !!!

The average cup of Campbell's regular Condensed Soup has 760 mg of sodium (salt). But most people eat the entire can of soup, which contains 1,900 mg of sodium – more than most adults should consume in an entire day. Look instead for Campbell's Healthy Request, Progresso Reduced Sodium, or Healthy Choice soups with sodium in the 400s (still a lot if you eat the entire can). Better yet, choose reduced sodium soups by Amy's, Imagine Foods, Pacific Natural Foods, or Tabatchnick.

From: Nutrition Action Newsletter, Washington, D.C.

Triple Bypass

Can't decide what to pick from a restaurant menu? Now you can order not just one entrée, but two or three all at once. Olive Garden Tour of Italy Homemade Lasagna, Lightly Breaded Chicken Parmigianino, and Creamy Fettuccine Alfredo comes with 1,450 calories, 33 grams of saturated fat, and 3,830 milligrams of sodium. Add a breadstick (150 calories and 400 mg of sodium) and a plate of Garden-Fresh Salad with dressing (290 calories and 1,530 mg of sodium) and you have consumed almost 2,000 calories (a day's worth) and 5,760 mg of sodium (4 days' worth) in a single meal.

From: Nutrition Action Newsletter, Washington, D.C.

Sherriff's Boys Ranch

We are so glad that we had the opportunity to represent MDAFCE at the Ranch Christmas Party. It was a good time to get reacquainted with the staff and boys, as the turnover is constant.

The decorations included a professional stage snow scene backdrop of mammoth proportions affixed to one end of the basketball arena. Everyone commented on its addition to the spirit of the occasion along with the catered dinner guaranteed to please young and old alike.

Following dinner there was the presentations of gifts purchased and wrapped appropriately for each of the thirteen boys present. Included was a youngster to be processed in the following workday. Attending family members were just as excited as the boys.

We were joined by Mr. Hannine, who is the teacher, helping each juvenile with his educational needs. Our conversation centered on "the ownership of a book", not necessarily demanded the return to the facility library. "Sometimes this is the only thing a youngster owns".

Technology may be overtaking us, but the ownership of a book takes on a new meaning to this particular population. Now, there is a parent after our own hearts.

We left that evening not soon forgetting the impact an organization such as ours can make on individual lives. At the very least, we must maintain our level of giving to the Sherriff's Boys Ranch.

Bill and Barbara Raab

Notes from Frann Peters

Boy's Ranch

Mark Grover, Executive Director wrote to say that he wants to thank us for our continued support of the Maryland's Sheriffs' Youth Ranch. The donations have been of great benefit to the boys. They also appreciate the Valentine treats, spring flowers and Christmas goodies each year.

Please note that the ranch still needs books, computers, **NEW** twin size bedding, magazines and detergent. They were so delighted with our Christmas goodies.

Montgomery College Scholarship:

Belinda J. Hester wrote to say that she was very happy to be the recipient of MCAFCE Child Care/Early Education Scholarship and expressed her thanks. She is an Educational major who plans to pursue a teaching career at the elementary level of special education. She is currently an upper classman with plans to graduate in the spring of 2015. She hopes to gain employment at one of the local public schools with hopes of inspiring other students to achieve a higher education. This scholarship has allowed her to be one step closer to her goal and has inspired her to give back to the community one day.

Masayo Shepherd wrote to say that she was honored to be the recipient of our support in the Next Step Program. In the spring of 2014, she will graduate from Montgomery College and transfer to the University of Maryland to pursue and obtain a bachelor's degree in Web Technology. As single mother with two children (one attending MC with her) the financial aid will contribute significantly toward her and her family's future. She currently works as a full time Assistant Manager at a low-income senior citizen's apartment complex to help distribute Capital Food Bank & Brown Bag to the residents that are in need for additional nourishment, assisting them with taxi services, finances and translations.

Carol D. Rogrud, Executive Director of Montgomery College wrote to thank us once again for making such a difference in the lives of their students. The late John F. Kennedy wrote that "we must stop and thank the people who make a

difference in our lives," and so it is with heartfelt thanks that she wrote to us.

Stamps

Please continue to donate used postage stamps and postal cards for Asbury Village and the Lutheran Village. Reminder leave a good amount of envelope around each stamp for easier removal. The proceeds from selling these stamps benefit the Benevolent Fund at Asbury and monthly birthday parties, holiday gifts and unexpected needs at the Lutheran Home.

Thanks for always doing great things!

Frann

FRESH BASIL PESTO

3 Cups fresh basil, packed

¾ Cup olive oil

1/3 Cup pine nuts

4 Cloves, minced garlic

Salt and pepper – to taste

Combine the basil, pine nuts, and garlic in a food processor or blender and pulse for a few seconds. Slowly pour the olive oil into the processor while running. Stop occasionally to scrape the sides of the container to ensure a smooth - paste like consistency. Add salt and pepper to taste. Enjoy!

For Tax Assistance

Community Tax, Aid, Inc.
202-847-7773

They provide tax preparation assistance for those with low incomes.

Federal Tax Information and Assistance (IRS)
1-800-829-1040

Income Tax Division, State of MD.
301-949-6030

RSVP/AARP Tax Aid Program
240-777-2577



"Connecting with those you know love, like and appreciate you restores the spirit and gives you energy to keep moving forward in this life."

Deborah Day, *BE HAPPY NOW!*

SPRING – GET RID OF STUFF

Books: Sell them at Riverby Books located at 417 E. Capitol Street SE in Washington and at 805 Caroline Street in Fredericksburg. Or donate them to Goodwill. Also ask your local library. And finally trash them. Books that have mold, water damage, or missing pages - toss them out immediately.

Furniture: Sell by posting a picture on Craigslist or Freecycle. Or donate perhaps to Northern Virginia Family Services shops (www.nufs.org). Or toss them out by calling 1 800 GOT JUNK for pick up or call Goodwill or the Salvation Army.

China: Sell in a consignment shop or on Craigslist. Or donate to family or friends or perhaps your church bazaar. Of course toss them out if they are cracked, stained or just utterly a mess.

Musical Instruments: To sell them, first get a professional appraisal. Check with your local music store. For violins, violas, cellos and basses the Potter Violin Company in Bethesda is your first stop. To donate try your local school music department. If you have a piano get a professional to do the hauling. Instruments in bad condition such as moldy or badly damaged just toss.

Rugs: Auction houses do well with rugs in good condition. Or donate to AMVETS, Goodwill or a thrift shop. If in bad condition perhaps a pet rescue center might cut them up for the cages of the pets.

Technology: Try www.gazelle.com as your first stop to try to sell the electronics. Back up all of your information before selling the item and find out how to do a COMPLETE purge of all of your information. You may donate to schools or charities who mostly want working items. Broken computers do not have any resale value, so toss them.

VHS Tapes: Send them to Alternative Community Training. ACT aids people with disabilities by providing employment opportunities along with other services. The employees recycle VHS tapes, CDs and DVDs. Mail to:

Alternative Community Training Inc.
2200 Burlington Street Columbia, MO 65202

This last hint came from Heloise.

Chewing Gum – a lot – may provoke migraines and tension headaches

About 30 people who chew gum frequently and had recurring headaches and/or migraines stopped chewing for a month. Their headaches became less severe and were less frequent. The study researchers suggested that the headaches stemmed from the over use of the temporomandibular joint (TMJ) which connects the lower jaw to the skull and allows the movement needed to chew, among other things. TMJ disorders can cause jaw, ear and facial pain, headaches and clicking, popping or locking of the jaw.

Taken from: January issue of Pediatric Neurology

Quick Tips:

An Extra Utensil Rack

Looking for extra space (who isn't) to hang ladles and whisks. Try fastening a cooling rack to the wall. Attach S hooks to the rack which allow utensils of any size to hang easily.

Undiluted Fruit Punch

Chilling fruit punch with ice cubes can water it down. Try freezing chunks of fruit (like apples, oranges, pineapple, pears, peaches, and grapes) on a baking sheet for one to two hours. This depends on the size of the fruit. Add the frozen fruit to any drink. This fruit helps to keep the beverage cool and the fruit may be eaten afterwards.

Fat Skimming

Skimming fat from a simmering pot often means chasing the fat around the pot and scalding your hands. Try moving the hot pot so that only half of the pot is on the heat. The bubbles from the heated side will chase the fat over to the cooler side – and you can more easily scoop off the fat.

Safer Skewer Storage

Place the sharp end into a real cork then use a twist tie to pair them if needed. Once you use the skewers they can be easily replaced into the same holes, resulting in safer storage.

No More Soggy Fruit

Fresh cut fruit like watermelon can exude a lot of juice. Try placing the fruit in a salad spinner where the juice can drain into the bottom of the spinner basket. Result no more soggy fruit.

Meal Planning Tools

Serving Size Guide

In addition to eating the right food, you will also need to eat the right portion. This guide lists recommended portions size for common foods using household items for comparison.

Food:	One serving looks like:
Raw Vegetable	Baseball
Meat (3 oz.)	Deck of cards
Fresh fruit	Tennis Ball
Potato	Computer mouse
Peanut Butter	Golf Ball

Don't Skimp on Vitamin D This Season

The lack of sunny days this time of year can cause vitamin D levels to decrease, and if you have arthritis or osteoporosis, levels may drop even further, say researchers from Vanderbilt University in Nashville. Here's why it matters:

Vitamin D deficiency can weaken your bones and worsen your symptoms. Ask your healthcare provider if you should get a blood test to check your vitamin D levels and whether you need to take a supplement.

Make Life Easier When You Have Arthritis

Keep cleaning items – vacuums, broom, mops on each floor of your home or near where you use them most often. No more going up and down steps with these items.

Constantly using the stairs

Place a basket at the top and bottom of the stairs so that you make less trips up and down.

Plastic Wrap

Store plastic wrap in the freezer. It will be less “clingy”.

Save Steps in the Kitchen

Place a bowl on the counter. Place scraps there and only make one trip to the garbage can.

Light Up the House at Night

Place motion activated night lights in areas where you walk at night. Use LED bulbs as they are less expensive and save energy.

Ironing

Stop! Buy an ironing spray. It will de-wrinkle clothing in just a few minutes.

Feeling Sluggish

Keep mints handy. Pop a peppermint. Just the odor has been shown to reduce fatigue. Not a mint fan? The smell of cinnamon can also perk you up, according to NASA-funded study at Wheeling WV Jesuit University. Researchers say these two aromas can also keep you more alert while driving.

ANISE

This annual herb is native to the eastern Mediterranean but grows throughout the world. The whole seed – greenish brown, curved and less than a quarter-inch long, is harvested in the fall and used as a spice or distilled into an oil. With its licorice-like flavor, anise often perks up candy, gelatins, puddings, meats, and liqueurs, as well as throat lozenges and cough syrups. You will also find its distinct fragrance in soaps, creams, and perfumes.



As one of the oldest known spice plant, there is evidence it was used in Egypt at least 4,000 years ago to treat digestive problems and toothache. Even the Greeks wrote how they used anise to help breathing problems, relieve pain, stimulate urination, and ease thirst. In Europe, the Middle East, and India, anise is chewed after meals to encourage digestion and for fresher breath. Researchers today are studying anise as a potential treatment for asthma and bronchitis.

Spice Anise Candy

2 Cups Sugar	1 Cup Light Corn Syrup
1 Cup Water	1 Teaspoon Anise Extract

Combine first three ingredients in a large saucepan. Bring mixture to a boil, stirring occasionally. Cover and cook for a few minutes or until sugar is dissolved.

Uncover and continue to cook, undisturbed, until candy thermometer reaches 300°F or the hard-crack stage.

Add anise extract and food coloring, if desired.

Pour into a 9 inch square buttered pan.

Score slightly hardened candy into serving size pieces and break when completely hardened. Yield about 8 dozen pieces.

By The Editors of FC&A Medical Publishing of Peachtree City, GA

Montgomery County Association for Family & Community Education
February 11, 2014

AGENDA

Called to Order at 10:30 AM with the Creed and Pledge recited.

Treasurer's Report, Marilyn Simonds: Balance to date: \$8,791.48. We spent \$184 for stamps for the year (before the price increase) and \$1,353 to Maddi Klein for the troop boxes.

President's Report, Jeanne Purich: Pat Kenny had a knee replacement yesterday. She will rehab at home. A card will come around for you to add a note. Barb Raab fell at the Harvest Festival and she is taking a few months off to finish recovering. A card will come around for you to sign. Sad note: Becky Dytman from the Derwood Club has passed away.

The hand books have been distributed. If you did not get one please let Pat Kenny or me know. An envelope will be distributed for Birthday money; give one penny for each of your years or \$1.00 and keep your age a secret. This is to allay the cost of postage for the state newsletter.

This past year FCE presented 16 programs with 65 presenters giving to 261 FCE members and reached a total of 88,711 people and spent 100,486 hours on FCE projects and programs. We spent \$2,700 in scholarships, we gave 99,941 FCE hours volunteering. FCE members donated 99,941 hours and reached 1,871,290 people in other outreach projects, such as 4-H, Cooperative Extension activities, church activities, SOME, MANA, Olney Help, etc. The annual report was shared with Chuck Schuster and Rick Walters and Maryland FCE. So please keep filling out the outreach sheets.

A bus trip is planned with Belles and Beaux (a retirement group) to Lancaster and the Turkey Hill Farm on May 22 (Thursday). If we get 32 people to sign up from the two clubs, it will be \$54.00; if we do not get that many it will be \$70.00. We will meet at Burtonsville Liberty Grove Methodist Church parking lot at 9 a.m. and return around 6 p.m. We will have lunch at an Amish Restaurant and will tour the Turkey Hill Ice Cream factory. Men are welcome.

The Spring Luncheon is Saturday May 10 at 10:30 a.m. The Lunch Bunch will meet after this meeting to discuss the details of the luncheon.

Vice-President's Report, Lou Marlin: March 11th meeting is the International POT LUCK. Sign up today. The April 8th meeting will be "Great Grains" by Karen Bassinger.

Membership, Lou Marlin We have two new members, Andrea Abrams and Zelda Shuman. We are up to 91 members.

Special Projects, Pat Kenny: Blanket making notice sheet with tear off tabs at the bottom is available for you to take to various places to post. Cut the tabs before you post. Next blanket making March 6 and April 2.

Publicity, Judy Armitage: Please keep your eye out for free places to advertise.

Scholarship Committee, Laytonville Haven and Boy's Ranch: Frann Peters: Keep saving the stamps. The Ranch was so happy with all the cookies. (A shopping bag full.) The new scholarship recipients – one an older person whose child is also in college at MC and the other is planing on teaching in the local schools. The Haven is doing well. The bad weather prevented visiting there couple of times. They like to do crafts. If you have any projects that you would like donate, it would be appreciated.

We adjourned so we can make the crafts for the ranch.

Respectfully submitted,
Judy Armitage

**Spring Luncheon May 10, 2014 “Honoring Mothers”
Registration due by April 29, 2014**

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

Name email (if no email use phone number)

**UNIVERSITY OF MARYLAND EXTENSION
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DERWOOD, MD 20855**

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