



Family and Community Education Hi-lites

September – November, 2008

www.mdafce.org/mcfce.htm

Montgomery County Association for Family and Community Education Newsletter

A smile given away always returns.

Happenings

Note: meeting dates changed due to Veteran's Day

September

- 3 **Office closed**
4 10:00 am – 9:00 pm **Linus Project Sew-A-Thon**, Extension Office
9 9:45 am **“Fruits & Vegetables – More Matters” and County Meeting.** Pg 2
Speaker, Rebecca Davis, CES Education.
Install Officers; Refreshments: Lunch Bunch,
25-27 **CWC Conference** – Hot Springs, AR

October

- 1 10:00 am – 3 pm **Linus Project Sew-A-Thon**, Extension Office Pg 2
3 10:00 am **Set-up Fall Festival** Pg 2
4 & 5 All Day **Fall Festival**
5 – 11 All Day **FCE Week** – Celebrate with your family, plan an exhibit or
program in the community.

November

- 1 **Look What's Happening deadline**
6 10:00 am – 9:00 pm **Linus Project Sew-A-Thon**, Extension Office Pg 2
6 **Hi-lites Deadline**
11 **Office Closed**
18 9:45 am **International Day** – “Cuff of the Boot” – Italy
Afternoon-Executive Board Meeting – Hi-Lites Folding
27 **Office Closed**



December

- 1 **Send yearly reports to State Vice President/Programs**
9 9:45 am **Cookie Exchange and Crafts**

Tip: Clean a bathroom mirror with shaving cream or dry hand soap, then wipe with a soft cloth.
Results: a clean shining mirror that won't fog-up when you shower.

PRESIDENT’S PARAGRAPH

Another successful Fun Day!

Thanks to Frann Peters, her husband Jack and all the helpers for a wonderful day in Gettysburg. The weather was great, the lake was full, the boat ride wonderful, the food delicious and being with all of you the best dessert.

SCHOOL SUPPLIES

We are collecting school supplies including boys’ socks and underwear through the end of September. This has been a very successful project for the past several years. Bring items to Pat Kenney’s or my house, to Linus Day, to the County meeting on September 9 or to your local club meeting (Club Presidents, please contact Pat or me if you have supplies). Items will be distributed to the Boy’s Ranch, the Children’s Home and Hope Alive.

FAIR BOOTHS

Montgomery County FCE members prepared 4 booths for the Agricultural Fair. They included “The Linus Project”, “New Items for Recycling”, “Irradiation – Friend or Foe”, and “FCE Supports the Troops”. We were able to sit at the Linus booth, demonstrate blanket making and discuss FCE projects and educational programs with the public. Many Linus calendars, ditty bag, Christmas stocking and helmet cap patterns were given to interested parties. After many years in the Commercial building at the Fair, we were very pleased to be back in the Home Arts building. We want to thank all those that participated in booth presentations and to those who staffed the displays during Fair week. We

couldn’t have done it without you. A very special thanks to **Kitty Cooley** for being the FCE liaison with the Fair Board and for getting us our wonderful space.

Membership Dues

Membership forms are available at the Extension Office, at the county meeting, and in your state newsletter. All dues must be sent to Marilyn Simonds (13708 Lionel Lane, Rockville 20853) by September 30. Everyone must completely fill out a membership form with signature, middle initial, and 9-digit zip. Your membership number is on the membership card on the back of your National FCE handbook. Please have it available, as we need to update our files with the number. If you recruit a new member, please put your name at the bottom of the form-you will receive a “star” pin as recognition.

Project Linus

Don’t forget the remaining 2008 Sew-A-Thon days for Project Linus.

September 4 - Thursday 10AM – 9PM

October 1 - Wednesday 10AM – 3PM

November 6 - Thursday 10AM – 9PM

Keep in mind that we always need:

Yarn
Kids Print Fabric
Plain Fabric
Batting



Fruits and Vegetables – More Matters!

September 9

Rebecca Davis, CES Educator will have a kitchen demonstration on how to get more fruits and vegetables into your diet. Grab a friend or a

neighbor and learn how to jazz up your diet.

Fall Festival

October 4 and 5

Set-up Friday October 3

The Fall Festival is both Saturday and Sunday. We have been working on crafts throughout the year along with scarves, hats and baby things. Everyone has done a great job. But we need many baked goods (enough for 2 days), plants and FCE members to take tickets and staff the stations. Will you spend a few hours helping FCE earn money for scholarship? Call Pat Kenney (301-460-5451) to let her know you'll help in this project!! Set-up is on Friday, October 3rd at 10 AM. Lunch is provided on all days.

NO COUNTY (ASSOCIATION)

MEETING IN OCTOBER



Close Encounters with Agricultural October 14 - 30

We will NOT have a meeting in October due to the Close Encounters program. But since you have reserved the date for our county meeting, why not come to Close Encounters and help out? We will have a sign up sheet available September 9 with all the dates that you can sign up to help.

State Meeting

October 13, 14, 15

Happy 70th Birthday Maryland FCE

Early Bird Registration Extended

For \$180.00 (double occupancy) you can spend 2 nights (that's right 2 nights in a hotel) and have 5 meals at Sandy Cove Inn in North East Maryland at the FCE Annual Meeting! A registration form can be found in your summer state newsletter. There will be a birthday party on Monday evening celebrating the accomplishments of FCE. Tuesday and Wednesday will find interesting speakers and topics including "Being Green", "The Incredible Edible Egg", and "Reverse Mortgages". Cathy Gohlke, our keynote speaker, has had her writing featured in the books of Chicken Soup for the Single's Soul and My Turn to Care: Affirmations for Caregivers of Aging Parents, as well as in magazines like Woman's World. Cathy lives in Elkton, Maryland. Jack Foreaker, puppeteer and singer will provide entertainment on Tuesday evening. Sandy Cove is located at the headwaters of the Chesapeake Bay. Rooms overlook the Bay. Scholarship money is available for First-Time Attendees to help allay the cost of the meeting. Contact Barbara Raab at 301-330-5447 for details.

International Day "The Cuff of the Boot"

(Northern Italy)

November 18

Due to Election Day and Veterans Day in November, our November meeting will be the third Tuesday of the month (instead of the second). It will be International Day. We have wonderful recipes from Northern Italy and you will learn some interesting facts about this country. If you have visited Northern Italy, have some souvenirs or interesting stories, please contact Barbara Raab (301-330-

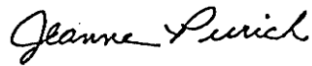
5447). Don't forget to pick up your recipes at the September Association meeting. Registration for the meeting is in the newsletter.

TONER CARTRIDGES

Continue to bring in your used toner cartridges (printer ink). Clubs can collect the cartridges in your meetings and bring them to the county meetings or Linus meetings.

Don't forget the cookie exchange in December-more about that in the next newsletter.

After a great summer, are you now ready to energize yourself with one of the FCE projects? We have many great programs and things to do with FCE. See you in September and I hope you are ready TO GO!



Chatter from Extension

One year ago, I wrote about the May 2008 retirement of **Dick Byrne**, State 4-H Program Leader, who also graciously served as Asst. Director for Family and Consumer Sciences since 2001. We had hoped to have a new Assistant FCS Director "on board" by January 2008 but things did not go as planned. A second search was conducted this summer, recommendations were submitted to our Extension administrators and now we're waiting to hear the final decision. Keep your fingers crossed that an announcement will be made this fall. I will keep you informed.

Diane Geary served Montgomery County Extension as 4-H administrative assistant and Office Services Manager for 38 years. She retired on June 30th but will be working for us two days per week until the position is filled. We will host a retirement dinner celebration for Diane on Friday, Sept. 26th, from 5-9 PM at the Montgomery County Ag Center (The Heritage). If you'd like to receive an invitation, please let me know.

Thanks to **Kitty Cooley** and **Jeanne Purich** for their "behind the scenes" efforts to secure new (and we hope – permanent) space for our FCE booths at the Montgomery County Agricultural Fair. I'm so proud of the quality and educational messages conveyed in our FCE exhibits each year.

All hands on deck! We've transitioned the Close Encounters program to the fall months. The 2008 Close Encounters dates are **Oct. 14-17, 21-24 and 27-30**. We've made lots of fun changes to the nutrition track, so volunteer to join in the excitement. *If you're willing to help in the nutrition track, please contact Rebecca Davis at (301) 590-2816.*

The Montgomery County **Ageing in Place** committee is planning an exciting, free seminar on **Thursday, Nov. 13, 2008** from 1-3:30 pm at the F. Scott Fitzgerald Theatre in Rockville. Speakers will discuss de-cluttering and downsizing, inexpensive design changes, and community resources to consider in making homes more safe and comfortable – whether you decide to "age in place" or move. Hold the date - details will be coming...

for 10 of them. Visitors are welcome to come and see them.

Diane Geary took retirement as of July 1st but will continue to work for us for a couple of days per week.

Guest Speaker: Lila Hamdan from Aesthetic Institute of Cosmetology. Lila spoke on hair and general cosmetology related topics.

Announcements:

Yard sale - June 20 and 21st – set up on Thursday at 1 p.m. Pat is making new signs.

Linus - Monday from 10 a.m. until 9 p.m., Derwood Club is coming in the evening and so is Asbury. Yarn is needed and general material.

Fun Day - June 26

The Fair - We are going into the Home Arts Building with four booths August 8 to the 16th.

Set up date not yet known.

September 9th - “Fruits and Vegetables – More Matters” demonstration will be held.

NO OCTOBER meeting!

Fall Festival – Reminder to come and bring adults

November - International Day on the 3rd Tuesday of November. (Italy) - recipes will be given in September.

Treasurer: Marilyn Simonds - We are fine condition. Copy of report is available.

Scholarship:

Frann reported the scholarship recipients were proud to receive the scholarships and were very moved by the luncheon.

They were so very appreciative.

Laytonsville now has 7 women and they need the personal touch.

Respectfully submitted,

Judy Armitage

Notes from Frann Peters

Scholarships

Spring Luncheon

Renee Perry and Meghan Earls, our FCE scholarship recipients, were over-whelmed with your warmth, interest and kind remarks. They were very grateful for FCE’s support.

Judi Mitchell from the Montgomery College Office of Financial Aid thanked MCAFCE for our long-standing and generous support. Judi supported our Troop Fund with a generous donation.

Both Renee and Meghan (Meghan’s mother too) were one breath from tears following the musical program by the Laytonsville Elementary Chorus and they felt the military participants were tops.

Thank you for your generous round of applause.

Education Award

On June 3, 2008 Shoareged Phillopotts of Tacoma Park Middle School was presented with the Consumer and Science Award in Career and Technology Education from MCPS. MCAFCE donated \$250.00 to support this award. Thanks to Jeanne Purich for presenting this award to Shoareged.

FCE Outreach Programs

Fun Day

June 26 was a successful day for a porch full of FCE member and friends. We celebrated 215 years of “wedded bliss”, did lots of shopping, sightseeing

at the new Gettysburg Military Park, walking, boat riding, plus having a few bites to eat – everything from hot dogs to “just picked off the vine” raspberry pie. Jokes too!! The scholarship fund is grateful for your support.

Cancelled Stamps for Veterans

Please continue to save cancelled stamps or outdated stamps for the veterans at the Martinsburg Veterans Hospital. Please leave at least a half inch around the stamps or include the entire postage area and we will trim them.

Laytonsville Havens

The residents at Laytonsville Safe Havens appreciate your generous donations. They can always use: personal care items, kitchen items, books and magazines, bedding (twin size), casual, comfortable clothing, robes, pjs, and jackets. Clothing sizes needed are small to extra-large.

Maryland Sheriff’s Youth Ranch

The 24 boys at the Sheriff’s Youth Ranch always need socks and underwear, t-shirts, robes, slippers, jackets, sweat suits, jeans, hair brushes, tooth brushes, bedding, school supplies, games, books, magazines, computers (parts or whole) and sports things. All sizes of clothing are useful. They really appreciate every donation.

Fall Festival

The Fall Festival will be held Saturday and Sunday, October 4th and 5th. The children’s crafts area will need volunteers to help children with fun activities. Fun for the volunteers too! Please let Pat, Jeanne or Frann know when you can be there to lend a hand.

August Coolers

Orange Spiced Tea

¾ Cup Unsweetened Orange Juice
½ Cup Sugar
8 Orange Spice Flavored Tea Bags
2 three-inch Cinnamon Sticks
5 ½ Cups Boiling Water

Combine first 4 ingredients in large pitcher. Add boiling water. Cover. Steep for 10 minutes. Remove and discard the tea bags and the cinnamon sticks. Cool. Serve over ice.

Or try

Spiced Cranberry Tea

6 Cups Water
10 Cranberry Herb Tea Bags
2 ¼ Cups Cranberry/Raspberry Powdered Drink Mix
¼ Cup Sugar
4 three inch Strips of Orange Rind
4 three inch Strips Lemon Rind
1 2/3 Cups Unsweetened Orange Juice

Bring water to a boil in large saucepan. Add Tea Bags. Remove from heat. Cover. Steep 5 minutes. Remove and toss Tea Bags. Add all BUT the Orange Juice. Stir until the sugar is dissolved. Bring back up to a boil over MEDIUM heat. Cover. Reduce heat and simmer 10 minutes. Strain, stir in the Orange Juice. Yield 2 ¼ quarts.

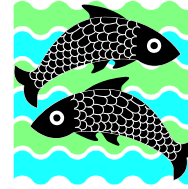
Get Your Potassium Power

Potassium can help lower your blood pressure, protect against age-associated bone loss, and reduce the risk of developing kidney stones. According to a study published in *Community Dentistry and Oral Epidemiology*, a diet rich in healthy nutrients, including potassium, helped prevent tooth loss in women.

Adults should consume 4,700 milligrams of potassium a day – preferably from food sources— according to the U.S. government’s Dietary Guidelines for Americans. Bananas are well-known sources for potassium, and with 422 milligrams in one medium banana, it’s easy to see the appeal. Here are some other foods rich in potassium:

1 Baked Sweet Potato mg	694
¼ Cup Tomato Paste mg	664
½ Cup Cooked Beet Greens mg	655
1 Baked Potato mg	610
½ Cup Canned White Beans mg	595
8 Ounces Nonfat Yogurt mg	579
3 Ounces Canned Clams mg	534
¾ Cup Prune Juice mg	530
3 Ounces Cooked Halibut mg	490
3 Ounces Yellowfin Tuna mg	484

Source includes U.S. Dept. of Agriculture, *Community Dentistry and Oral Epidemiology* Vol. 33, No. 3



Health-Related Behaviors

Nearly 40% of deaths in America can be attributed to smoking, physical inactivity, poor diet, or alcohol misuse— behaviors practiced by many people every day for much of their lives. Adopting healthy behaviors such as eating nutritious foods, being physically active, and avoiding tobacco use can prevent or control the devastating effects of many of the nation's leading causes of death regardless of one's age.

Regular physical activity greatly reduces a person's risk from dying of heart disease, and decreases the risk for colon cancer, diabetes, and high blood pressure. Physical activity also helps to control weight; contributes to healthy bones, muscles, and joints; helps to relieve the pain of arthritis; reduces symptoms of anxiety and depression; and can decrease the need for hospitalizations, physician visits, and medications. Finally, physical activity does not need to be strenuous to be beneficial; people of all ages benefit from moderate physical activity. However, people tend to be less active as they age. By age 75, about one in three men and one in two women do not engage in any physical activity.

Organizations and agencies that are looking for assistance in planning strategies to help older adults increase their physical activity can use [*The National Blueprint: Increasing Physical*](#)

[Activity Among Adults Age 50 and Older.](#)

Good nutrition, including a diet that is low in saturated fats and contains five or more servings of fruits and vegetables each day (see the [5 A Day for Better Health Program](#)), is vital in maintaining good health. Improving the diet of older adults could extend the productive life span of Americans and reduce the occurrence of chronic diseases such as heart disease, stroke, and some types of cancer, diabetes, and osteoporosis. Less than one-third of adults 65 years and older meet the 5 A Day recommendation.

Tobacco Use is the single most preventable cause of death and disease in the United States. The American Cancer Society estimates that cigarette smoking is responsible for one of every five deaths in the United States, or more than 440,000 deaths each year. Tobacco use increases the risk for diseases of the heart and cancer. Smoking cessation has major and immediate health benefits for men and women of all ages, regardless of whether they have a smoking-related disease.

Immunizations for Adults

Although infectious diseases are no longer the most common causes of death, pneumonia and influenza remain among the top ten causes of death for older adults. In 2000, pneumonia and influenza were responsible for 3.3% or 58,557 deaths among people 65 years of age and older. Influenza vaccination can reduce both direct health-care costs (physician visits and antibiotic use) as well as indirect costs from work absenteeism associated with influenza

illness. Among person aged 65 years and older, influenza vaccination levels have increased from 33% in 1989 to 66% in 1999, surpassing the *Healthy People 2000* goal of 60%.¹

Pneumonia is one of the most serious infections in older adults, especially among women and the oldest old. In a study of nursing home acquired pneumonia patients, pneumonia resulted in death among 40% of individuals who required hospitalization.

Source: Centers for Disease Control and Prevention
www.cdc.gov/aging/info.htm



Kid's Sayings:

A stitch in time...
Saves embarrassment!

A penny saved...
Isn't much!

The early bird...
Falls asleep in class!

FLAVOR FACTS FROM McCORMICK

Spice Storage Guidelines – Fresh spices mean more flavor. Maximize the flavor of your meals and baked treats by keeping your pantry fresh and up-to-date. Although spices and herbs do not spoil, they do lose their flavor over time.

Sight = Check to see that the color of your spices and herbs is vibrant. If the color has faded, chances are the flavor has too.

Smell = Rub or crush the spice or herb in your hand. If the aroma is weak, the flavor will be weak.

Taste = Rub or crush the spice or herb in your hand.

If the flavor is not apparent, it will not enhance the flavor of your food.

General Freshness Guidelines

Spices: Ground spices: 3 years

Whole spices: 4 years

Herbs: 1 to 2 years

Seeds: 4 years, EXCEPT poppy and sesame seeds: 2 years.

Extracts: 4 years, except vanilla extract which has an unlimited shelf life.

Seasonings blends/mixes: 1 to 2 years

Quick tip:

To keep track of the age of your spices and herbs use a felt tip pen to put the date purchased on the label or lid.

University of Maryland
Cooperative Extension Program
18410 MUNCASTER RAOD
DERWOOD MD 20855

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