



Family and Community Education Hi-lites

September – November, 2009

(www.mdafce.org/mcfce.htm)

Montgomery County Association for Family and Community Education Newsletter

“Tis better to BE wise and not to seem so, than to SEEM wise and not to be so.

Plato

Happenings

September

Collect School Supplies (paper, pens, pencils, notebooks, notebook paper, composition books, glue, scissors, erasers, etc.) and bring them to Linus, September County Meeting or your club meeting.

Send names of new club officers to county president by September 15.

- 7 **Office closed (Labor Day)**
- 8 9:45 am “Fight Osteoporosis with Calcium and Exercise” (a food prep demonstration) with Rebecca Davis, CES Educator and Association Meeting; Refreshments:
Lunch Bunch
- 15 10:00 am – 9:00 pm Linus Project Sew-A-Thon, Extension Office
- 21 – 22 CWC Conference, West Des Moines Marriott, Des Moines, Iowa
- Send to County Treasurer: Pennies for Friendship, Dollars for Leadership and Dues. Send one check made out to Montgomery County FCE by October 1

October

- 1 10:00 am – 3 pm Linus Project Sew-A-Thon, Extension Office
- 2 10:00 am Set-up Fall Festival, Extension Office
- 3 & 4 All Day Fall Festival, Extension Office
- 4 -10 All Day FCE Week – Celebrate with your family, plan an exhibit or program in the community
- 12 – 30 Close Encounters with Agricultural Program, Extension Office
- 26 – 28 Maryland FCE Annual Conference, Dunes Manor Hotel, Ocean City, Maryland

November

- 1 Hi-lites and Look What’s Happening deadline
- 10 9:45 am International Day – “Ireland”
- 20 10:00 am – 9:00 pm Linus Project Sew-A-Thon, Extension Office
- 24 Executive Board Meeting – Hi-Lites Folding
- 26 Office Closed (Thanksgiving)

December

- 1 Send yearly reports to State Vice President/Programs
- 8 9:45 am Cookie Exchange and Crafts, Extension Office

Congratulations to Ellen Robinson, (Derwood Club)

Ellen had a picture of her quilt, “A Little Dab ‘ll Do Ya” (The Hand Quilt), published in the “The Quilt Art 2010 Engagement Calendar” published by The American Quilt Society. The quilt has also been selected to be shown at the Juried Delaplaine Quilt show September 5-27 at the The Delaplaine Visual Arts & Education Center 40 S. Carroll Street, Frederick, MD (301-698-0656 www.delaplaine.org).

President's Paragraphs

Fair Booths

Montgomery County FCE members prepared 4 booths for the Agricultural Fair. Booths on the Linus Project, Skin Cancer, Huffing (kids inhaling substances) and Recycling were presented. Thanks to all those that participated in a booth presentation and to those who "manned" the display during Fair week. A special thanks to Kitty Cooley for being the FCE liaison with the Fair Board and for getting us our wonderful space.

We have a semi-permanent display on the Fair grounds. Inside Heritage Hall, on the right near the ladies room. Check out the large display case and view some of our history and our current projects.

Membership Challenge

When you recruit a new member, please put your name and address at the bottom of the form. You will receive a "star" pin from National FCE as recognition. The top 3 states in getting new members will be recognized at next year's National FCE conference. Let's make Maryland one of those states.



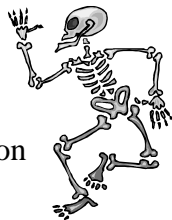
Membership forms are available at the Extension Office, your County or club meeting, and in your state newsletter (*Look What's Happening*). All dues must be sent to **Marilyn Simonds (13708 Lionel Lane, Rockville 20852) by October 1. Dues are \$22.50 for an individual, \$19.20 for seniors (80+) and \$36.50 for a family plus your local club dues. It is the best bargain in town.** Everyone must completely fill out a membership form with signature, middle initial, 9-digit zip and email address. **Please refer to your state newsletter for more details on the membership or contact me at 301-384-2805.**

Fight Osteoporosis with Diet and Exercise

September 8

Rebecca Davis, CES

Educator will present our first program of the Fall. Osteoporosis affects 28 million Americans (10 million with osteoporosis; 18 million with low bone mass) or approximately 1 in 9 or 11%. Learn what you can do to help prevent this disease. We want to see everyone there.



Fall Festival

October 3 & 4

The **Fall Festival** is fast approaching. We need crafts, baked goods, plants and FCE members to take tickets and man the booths. Wouldn't you like to be there? Call Pat Kenney (301-460-5451) and let her know how you will help with this event!! Set-up is on Friday, October 2 at 10 AM with the actual festival on Saturday and Sunday. This is usually a large moneymaker for the scholarship fund; let's make it a success.

International Day

November 10

Ireland

Ireland is our 2009 destination. Contact Barbara Raab (301-330-5447) and get a non fiction book on Ireland. Read it and report on it for the Luncheon. Recipes will be given out at the September 8th meeting. Thanks Barbara. Registration for the luncheon is in the newsletter on page 7.



Maryland FCE Meeting

October 26-28

Be sure to register for the state meeting at the Dunes Manor Hotel in Ocean City. A registration form can be found in your state newsletter (summer issue of *Look What's Happening*) or on the web. Remember each FCE member attending the entire conference and staying at the hotel will receive a \$75.00 scholarship to help with the cost (\$150.00 - \$75.00 scholarship = your cost of \$75.00, double occupancies) of registration and hotel. In addition to the scholarship from Maryland FCE, Montgomery County FCE gives a small scholarship to **First-Time FCE Member Attendees**. Contact Barbara Raab at 301-330-5447 for details.

Project Linus Sew-a-Thon

Don't forget the remaining 2009 dates for Project Linus.

September 15-Tuesday 10 AM – 9 PM

October 1-Thursday 10 AM – 3 PM

November 20-Friday 10 AM – 9 PM

Bring a sandwich; we will provide drink and dessert. Call Pat @ 301-460-5451 for more information. Our supply of yarn is very low. If you know of anyone who has extra, please let us know.

Close Encounter Dates

The dates for Close Encounters have been announced. The dates are:

Week 1 October 13, 14, 15, 16

Week 2 October 20, 21, 22, 23

Week 3 October 26, 27, 28, 29

We will have a sign up sheet at the September meeting or you can call the Extension office to let them know what day you can volunteer.

Retirement

Susan Morris
November 20

Our Friend and Educator, Susan Morris will be retiring in November. There will be an Extension retirement party for Susan on November 20. More information will be forthcoming.



Hope everyone is ready to make this "Fall with FCE" the best ever! See you September 8.

Jeanne Perich

Chatter From Extension

The 2009 Montgomery County Agricultural Fair is now history, as I write an article for this issue. Kitty Cooley again faithfully lobbied for FCE, securing attractive space for our educational fair displays. **Thanks** to Kitty and all those involved in creating and staffing our FCE exhibits this year.

Ryan and I spent the first two weeks of August in Kansas, helping my mother ("AJ") celebrate her 92nd birthday. My family, several cousins and their families then traveled to Wichita

for a memorable reunion weekend. Ed, Ryan and I discovered the value of audio books as the miles flew by while we drove back to steamy Maryland.

Do you remember the baby boy (Ryan) you helped us welcome into the world? Well, that young fellow turned 14 years old on August 11 and is heading into 9th grade at Damascus High School. Time does fly! Speaking of time, I wanted to remind you that I'll be retiring, effective December 1, 2009. I'm looking forward to being a stay-at-home mom as Ryan enters his high school years. The University of MD recently declared a hiring freeze so I doubt that my position will be filled anytime soon, if at all. However, the Montgomery County Extension Office will continue to support FCE throughout these changing times. We value the many contributions you make to Extension and to our communities.

The summer is nearly over and we'll soon start our new FCE year. How will you support FCE in 2009-2010? Will you recruit a new member...or two...or three? Volunteer for a special project? Attend Project Linus meetings? Bake cookies for the troops? Support the Harvest Festival with your time, baked goods and other contributions? Serve as an officer in your local FCE club? Help with the Close Encounters program for fourth grade students? Any contribution of time, talent or treasure is much appreciated!

Be sure the FCE meetings are entered on your calendars and planners. The 2009 Close Encounters dates are October 13-16, Oct. 20-23 and Oct. 26-29, with nutrition track orientation on Friday, Oct. 9th at 1:30 PM. May we count on you this year?

We need every FCE member involved, to the degree possible, to keep our organization strong and growing. Thanks for all you do!

As the song says, "See you in September", if not before. Stay cool!

Susan K. Morris

ITEMS for ACWW

If you made bread baskets liners (\$4), collars (\$5) or jewelry cases (\$6) for the ACWW sale, be sure to bring them to Linus meetings, County meetings or the Annual Conference in Ocean City. If you sell some on your own, please send the money to MDAFCE Treasurer Louise Ediger (Marked for ACWW).

**Minutes of the County (Association) FCE Meeting
June 9, 2009**

The meeting was called to order at 10:10 PM and the creed and Pledge of Allegiance were recited. The minutes of the April meeting were approved as printed.

Treasurer's Report, Marilyn Simonds:

Current Balance \$11,104.31. Scholarship fund \$2,443.99. We made \$941.00 on the yard sale.

President's Report, Jeanne Purich:

- Thanked Derwood for a wonderful job putting on the Spring Luncheon and to all those that brought flowers and books. The program was very entertaining.
- The Yard Sale will be June 19 and 20 rain date June 26 and 27. Help is needed for setup and for sale days and food is needed for the workers. Bring items to Linus or drop off at Jeanne's house. Additional help is needed to set up on June 15 (Monday) and June 18 (Thursday).
- The National FCE meeting is in Portland Oregon on July 17-19.
- The Maryland Annual Conference will be October 26, 27, 28 at the Dunes Manor Hotel in Ocean City.
- Each FCE member staying at the hotel for the entire conference will receive a \$75.00 scholarship. Registration will be in Look What's Happening.
- Fair Booths August 13 for set up (Fair dates Aug 14-22. Derwood will do a display on the dangers of Skin Cancer (Melanoma). If someone else would like to do one, we have display boards that can be used.
- Support The Troops – cookie packing in Laurel on June 16, July 21 and Aug 18. For more information contact Maddi Klein at 301-774-8088.

CES Advisor, Susan Morris:

Congratulations to Doris Lyerly, CES Honor Roll recipient. Jeanie Raines retirement party is June 19.

Vice-President, Lou Marlin:

Our meeting on September 8 will be "Fight Osteoporosis with Calcium and Exercise". This will be a food prep demonstration by Rebecca Davis, CES Educator. Program and business meeting start at 10AM.

Special Projects, Pat Kenney:

- The Fall Festival is October 3 & 4. Help is needed to set up on Friday October 2 and for Saturday and Sunday. Baked goods including cookies, brownies, cupcakes, small breads are needed. No pies or large cakes as they do not sell.
- Linus Project is June 16 (10 AM – 9 PM) and August 4 (10 AM – 3 PM). Yarn is desperately needed

County Fair, Kitty Cooley: Please consider presenting a booth at the Fair

International Day: Barbara Raab:

Ireland November 10: Please read a non fiction book on Ireland. Contact Barbara (301-330-5447) for a list of books and tell her what book you are reading. There will be a short book report to fill out after reading the book. We will report on these books at the International Luncheon.

Membership, Lou Marlin:

New members? Use your "Welcome" brochure to tell people about FCE.

Publicity, Judy Armitage:

The Yard Sale and the Linus Project have been advertised. Please be on the look out for any other places we can advertise.

Scholarship Committee, Frann Peters:

Marcie Burroughs presented the High School Technology Award. Mark your calendar for Fun Day, June 25 in Gettysburg - cost \$10.00 for breakfast snack, lunch, dinner and a great time. A sign up sheet was available.

Old Business:

Continue to collect stamps, Books for Newborns, items for Boys' Ranch (clothing, socks, underwear, games) & Laytonsville Haven (shampoo, nail polish, cosmetics); Soda can pop tops, Box Tops for Education, Campbell soup labels, etc.

New Business: Please volunteer for an office. We need your input.

Respectfully submitted, Judy Armitage

TROOP SUPPORT

MCAFCE has been working for the past 2½ years with two military support groups: TREAT THE TROOPS and OPERATION SHOEBOX.

For **TREAT THE TROOPS**, we bake, pack and ship cookies, brownies and snack foods for our military men and women stationed in Iraq and Afghanistan, a taste of home that means the world to them and lets them know we care.

For **OPERATION SHOEBOX**, we knit and crochet helmet liners, cut, sew and make ditty bags and Christmas stockings. These are shipped to the Operation Shoebox organization in Florida where they are filled with our items as well as other necessities, small recreational items, hygiene products, etc.

In addition to the items above, each package contains notes of encouragement, thanks and support to our men and women overseas.

Acrylic and soft washable wool yarn (4-ply) in neutral colors are needed for the helmet liners, as well as unisex fabric for the ditty bags and Christmas fabric for the stocking. We also need more volunteers for cutting and sewing these items.

In addition, we would appreciate as many personal notes as you have time to write for inclusion with our packages. Ask your families, neighbors, co-workers, church members, schoolchildren, scouts, etc. to write notes as well.

We also need mini Beanie Babies, Matchbox and Hot Wheel Cars to send to the Troops to hand out to the children in the neighborhoods and in the hospitals. We are collecting the comic pages, Crosswords and Sudoku puzzles from the newspapers. PLEASE ELIMINATE THE FULL COMIC PAGE THAT THE POLITICAL DOONESBURY COMIC IS ON.

In order to sustain these two projects, we need your financial support to cover the expenses necessary for postage costs and supplies. If you'd prefer to write a check in lieu of a cash donation, it should be made out to: MCAFCE.

Many thanks,

For more information, contact:

Maddi Klein 301-774-8088

Eva Black 301-725-7038

TROOP UPDATE

Total cookies baked since April 2007 through July 2009 by FCE members and all volunteers equals **99,340**.

Cookies baked throughout the country total **1,655,638**. Out of 35 U.S. states and 124 groups and/or individuals, we are Number Five.

We began in April 2007 sending 8 boxes per month; we now send approximately 40 boxes or more per month to 15 to 18 units. **Postage costs are now over \$450 PER MONTH.**

We also continue to knit and crochet helmet liners and sew Christmas stockings and ditty bags for Operation Shoebox.

In addition to the cookies, brownies, snack foods and funding for postage costs that we require every month, we desperately need written notes to our troops including general conversation (non-political), and expressions of gratitude, support and encouragement.

Maddi Klein

301-774-8088, maddik@comcast.net

Eva Mae Black

301-725-7038 mommablack@verizon.net

Other Needed Items for the Troops

Microwave Popcorn

Instant (individual) Oatmeal

Crystal Light or other brands of powdered iced tea or lemonade

Beef Jerky

Slim Jims

Nuts

Trail Mix

Dried Fruit

Gum

Candy (hard candy during the hot weather)

Peanut Butter and Cheese Crackers

Upper Room Devotionals

Dental hygiene products (tooth brushes, toothpaste and floss). Check to see if your dentist will order a case from his/her rep. TRAVEL sizes are the preferable choices.

Monetary donations are needed to help offset high postage costs and to continue this very worthwhile cause.



Notes from Frann Peters

On June 8, 2009 **Amy Liang**, graduated 8th grade from Takoma Park Middle School. She was the recipient of the Family and Consumer Science Award, which was supported by our membership. She was surprised and very happy to be selected for this prestigious recognition and \$250.00.

From the Montgomery County Public School, Division of Career and Technology Education:

The Division of Career and Technology Education (CTE) for Montgomery County Public Schools (MCPS) engages in many joint ventures with business organizations throughout the year. One of our most successful initiatives is the annual CTE Student Awards program. This year, exemplary students in the 11 MCPS CTE pathway program were recognized for the excellence that they exhibited in the classroom and school community.

The award program was redesigned three years ago to align it with the MCPS 11 career clusters. We believe that this award encourages more applicants and also will support the student's continued study in the area.

With your contribution, the student award recipient receives the cash award and a plaque recognizing exemplary achievement.

Shelley A. Johnson, Director

The Youth Ranch benefited from our annual yard sale along with other jesters of your generosity. Books, sports equipment, computers, school supplies, twin bedding, underwear, socks, jeans, tee-shirts, jackets, outerwear and pajamas were gratefully accepted. Games, fun magazines, craft ideas and educational pictures were added. The boys range in age from 12 to 18 and are from Maryland.

Laytonville Haven residents appreciated personal care items, new underwear, tops and pants. Recent donations have been very generous in sleep wear, blankets, pillow, mixer, toaster, dishes, glassware, cookware, shampoo and twin bedding. Food items or supplements such as coffee, tea, Jell-O, canned items and fun treats are always welcome.

Please continue to donate used postage stamps (remember to leave a good portion around each stamp) for the Military Retirement Home for their activities. Foreign stamps are extra special but all stamps are needed. Your continued interest is greatly appreciated.

Fun Day was a success – laughs, shopping and solving world problems – members were generous with great food donations – boat rides and great weather made for a great fun-day. Thanks to all of you for supporting the Scholarship Fund by joining our group.

Scholarship: Regina Woods and Meghan Earls were delighted and impressed by your warmth, support and interest in their lives and classes at Montgomery College.

Patricia Lopez and Kathy Stevens of Montgomery College expressed appreciation to our FCE Members for our long time support.

At our Spring Luncheon, Angela, a volunteer at the Parrot Sanctuary, gave an informative talk on her work and the many needs of parrots in a shrinking environment.

The Clothesline Story

THE BASIC RULES FOR CLOTHESLINES:

(If you don't know what clotheslines are, maybe you should better skip this.)



1. You had to wash the clothesline before hanging any clothes - walk the entire lengths of each line with a damp cloth around the lines.
2. You had to hang the clothes in a certain order, and always hang "whites" with "whites," and hang them first.
3. You never hung a shirt by the shoulders - always by the tail! What would the neighbors think?
4. Wash day on a Monday! . . . Never hang clothes on the weekend, or Sunday, for Heaven's sake!
5. Hang the sheets and towels on the outside lines so you could hide your "unmentionables" in the middle.
6. It did not matter if it was sub zero weather . . . Clothes would "freeze-dry."
7. Always gather the clothespins when taking down dry clothes! Pins left on the lines were "tacky!"
8. If you were efficient, you would line the clothes up so that each item did not need two clothespins, but shared one of the clothespins with the next washed item.
9. Clothes off the line before dinnertime, neatly folded in the clothes basket, and ready to be ironed.
10. IRONED?! Well, that's a whole other subject!

Fall and Winter Cold-Weather Trifles



Here are some fun ways to make a variety of Trifle desserts for a stay-a-home night with the family.

Fudge Cake – Chocolate Pudding – Cool Whip – Heath Bar – optional – Brandy

Carrot Cake – Orange coconut pudding – Cool Whip – Melted marshmallows – Optional - Rum

Gingerbread – MyTFine Lemon Pie Filling – Cool Whip – Candied ginger – Option – Alcohol of your choice

Pumpkin cake (bread) – Mango Chutney – Cool Whip – Option – Brandy

Applesauce cake – Mince Meat (from jar) – Cool Whip, pecans for garnish – Option - Rum

Pound cake – Butterscotch Pudding – Cool Whip – Carmel sauce – Walnuts or Pecans – option – Rum

Angel cake – Cool Whip – Chocolate sauce – Sprinkle Cinnamon – Alcohol of choice

Lady fingers – Crushed pineapple – Golden raisins - Chopped walnuts.-.Mini marshmallows – Cool Whip - Brandy

Spiced cake – Glory brand Fried Apples (or fresh dried apples) – Cool Whip – Chopped pecans or walnuts - cinnamon, nutmeg or mace – Brandy or Bourbon or Rum

Real Whipped Cream is really the best in place of Cool Whip.

Barb Raab

Hint Corner:

Peel a banana from the bottom and you will not have to pick the little strings things from it...that is how the primates do it.

Store your opened chunk cheese in aluminum foil. It will stay fresh longer.

Get rid of ants by placing small piles of cornmeal wherever you see the ants. They will eat it and take it “home”; where it cannot be digested, therefore it will kill them. It may take a week or so, especially if it rains, but it does work. An added bonus is that children and pets are safe.

Too easily remove burnt on food from your skillet: Add a drop or two of dish soap and enough water to cover the bottom of the pan, then bring to a boil on stovetop. Remove and a quick swish; you’re done.

Don’t throw out left over wine: Freeze into ice cubes for future use in casseroles and sauces...Left over wine? What is that?

If you do not own a glass-top cake stand, keep a cake fresh by covering it with a large inverted bowl, or a salad spinner.

Registration for International Day due by October 31

Send \$4.00 per person to:

Marilyn Simonds
13708 Lionel Lane
Rockville, MD 20853

NAME	PHONE #
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Six Reasons To Love Beans

If you aren't including plenty of dry beans and other legumes in your diet, you're missing out on some of the best nutritional multitaskers around. Beans are an excellent source of several important nutrients, and studies suggest that they reduce the risk of heart disease, colorectal cancer, and, possibly, even diabetes. The U.S. Department of Agriculture (USDA) Dietary Guidelines for Americans recommends a minimum of three cups.

Here are six reasons why we should all eat more beans:

1. **Beans are full of vitamins and minerals.**

Beans are a good source of minerals, like calcium, copper, zinc, iron, and potassium, and B vitamins, such as folic acid.

2. **Beans are high in fiber.** Beans contain impressive levels of dietary fiber: 12 to 15 g in a one-cup serving, which translates to half or more of the daily recommended fiber intake of 21 to 30 g for older individuals. The insoluble fiber in beans absorbs liquid in the colon and helps soften stool.

3. **Beans are packed with protein.** One cup of cooked beans provides 16 g of protein, about a quarter to a third of the amount you need in a day.

4. **Beans stabilize your blood sugar.** Soluble fiber in beans slows the passage of glucose from food into your bloodstream. Because of this, your body has to produce less insulin.

5. **Beans are heart-healthy.** Scientific evidence that beans promote heart health continues to grow. In a study conducted by the USDA Agricultural Research, researchers found that consuming as little as a 1/2 cup of beans a day helped lower total and low-density lipoprotein (LDL) cholesterol levels in healthy people as well as in those with an increased risk of heart disease.

6. **Beans may reduce colon cancer risk.**

Increasing bean consumption by a significant amount may protect against the recurrence of precancerous polyps that can lead to colorectal cancer.

Posted in [Nutrition and Weight Control](#) on August 12, 2009

FIRST CLASS MAIL

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