



Family and Community Education Hi-lites September – November, 2012 (www.mdafce.org/mcfce.htm)

Montgomery County Association for Family and Community Education Newsletter

“Drive thy business -- let not that drive thee.” Ben Franklin

Happenings

September

Collect School Supplies (paper, pens, pencils, notebooks, notebook paper, composition books, glue, scissors, erasers, etc.) and bring them to the Back to School Picnic, Blanket Making, County or your club meeting. Send names of new club officers to county president by September 15.

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|-------|-----------------|---|--|
| 3 | | Office closed (Labor Day) | |
| 5 | 10:00 am - 9 pm | FCE Blanket Making for Project Linus – Extension Office | |
| 7 – 8 | | Yard Sale at 15500 Gallaudet Ave., Silver Spring. | |
| 11 | 9:45 am | “Hero Dogs”, Service Dogs for Veterans and Association Meeting,
Pick up your recipe for the International Luncheon. Install 2013 Officers.
Refreshments: Olney-Sunshine | |
| 18 | 10:00 am | Cookie Packing, Laurel Methodist Church | |

October

Send Pennies for Friendship, Dollars for Leadership and Dues to County Treasurer. Send one check made out to Montgomery County FCE by October 1.

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|---------|-----------------|---|--|
| 4 | 10:00 am - 3 pm | FCE Blanket Making for Project Linus – Extension Office | |
| 5 | 10:00 am | Set up for Fall Festival | |
| 6 | 10:00 am | Fall Festival – Extension Office | |
| 14 – 20 | | FCE Week – Celebrate with your family, plan an exhibit or program in the community | |
| 10 | 10:00 am | Close Encounters Goodie Bag Filling – Extension Office | |
| 16 | 10:00 am | Cookie Packing, Laurel Methodist Church | |
| 15 – 30 | | Close Encounters with Agricultural program, Extension Office,
call Jackie Marsh at the Extension office (301-590-2829) to sign up to help. | |

November

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|----|-----------------|---|
| 1 | | <i>Hi-lites and Look What's Happening</i> deadline |
| 9 | 10:00 am - 9 pm | FCE Blanket Making for Project Linus – Extension Office |
| 13 | 9:45 am | International Day – Belgium/Luxembourg – Extension Office |
| 20 | 10:00 am | Cookie Packing, Laurel Methodist Church |
| 22 | | Office Closed (Thanksgiving) |
| 27 | 10:00 am | Executive Board Meeting – Hi-Lites Folding Extension Office-NOTE NEW DATE |

December

- | | | |
|----|---------|---|
| 11 | 9:45 am | Cookie Exchange and Craft, Extension Office Garage, Refreshments, Derwood |
| 15 | | Send yearly reports to President, Jean Purich |

President's Paragraphs

Fair Booths

Montgomery County FCE members prepared four booths for the Agricultural Fair. Booths on Blanket Making for Project Linus, Supporting the Troops, The History of Tea, and the new recycling components 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.

Membership Challenge

Recruit a new member, put your name and address at the bottom of the form and you will receive a pin from National FCE in recognition for your effort. Also your name and the new members' name will be entered into a drawing for registration to next year's Annual conference.

Membership forms are available at the Extension Office, your county or club meetings, in your state newsletter (*Look What's Happening*) and on the web. All dues must be sent to **Marilyn Simonds (13708 Lionel Lane, Rockville 20853) by September 30. Dues are \$24.50 for an individual, \$21.30 for seniors (80+) and \$37.50 for a family plus your local club dues.** 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 membership or contact me at 301-384-2805.**

FCE Blankets for Project Linus

Don't forget the remaining 2012 dates for blanket making.

September 5 - Wednesday 10 AM – 9 PM

October 4 - Thursday 10 AM – 3 PM

November 9 - Friday 10 AM – 9 PM

Bring a sandwich; we will provide drink and dessert. Call Pat @ 301-460-5451 for more information. We are always looking for more yarn.

If you know of anyone who has extra, please let us know. No fabric for a while unless it is plain to use for backings.



YARD SALE

September 7 and 8

We will hold a yard sale at 15500 Gallaudet Ave, Silver Spring (Cloverly), MD on Friday and Saturday September 7th and 8th. You may drop items off at the above address at any time (I do not have to be home – just put them on the porch.) We will have preparation day on the 6th and will need help then and on the sale days. You do not have to spend all day, come for a few hours, and bring a friend. Lunch will be provided on Friday and Saturday. The sale helps to support the scholarship fund.

“Hero Dogs”

September 11

9:45 AM

We will have a guest speaker from the Hero Dog Organization to speak on how dogs are helping are veterans. There will be a demonstration by the DOGS. Please mark your calendars and join us at the Extension office on Tuesday September 11th.

Fall Festival

October 6 (Set-up October 5)

10 AM to 4 PM

The **Fall Festival** is fast approaching and we have only one day – Saturday – to earn money for Montgomery College Scholarships. This is our BIG money maker and in today's economy, we need all the help we can get. If we do not have enough adults to talk to visitors and tell them about our projects and our mission, they will walk through and not purchase any items. You do not have to stay all day; in fact, some new blood in the afternoon would be welcome. Most of the jobs require sitting so you do not have to be up on your feet. If you have any completed crafts that you would like to donate, it would be appreciated. We will also take old jewelry (even broken pieces as we can fix them or use them for other purposes). We need many, many baked goods; small items like cookies and brownies. If you are baking for the troops would you bake an extra dozen or some brownies for the Festival? Small breads – carrot, banana, and zucchini also go well. No PIEs, please. Call Pat Kenney (301-460-5451) and let her know how you will help with this event!! Set-up is on Friday, October 5th at 10 AM with the actual festival on Saturday, October 6th. We need lots of

women power (bring a friend, husband or “tween”) to make this a successful event.

**International Day
November 13 9:45 AM
Belgium & Luxembourg**

We are visiting the heart of Europe. Contact Barbara Raab (301-330-5447) for more information. Recipes will be given out at the September 11th county meeting. Thanks, Barbara. Registration for the luncheon is in the newsletter on page 8.

**Regional I Meeting
October 17**

Registration starts at 9 AM, meeting at 9:30
Elks Club Lodge, 538 Gorsuch Road
Westminster, MD (Carroll County Hosts)
Send your check made out to Carroll County FCE for \$20.00 to: Elizabeth Heagy (410-857-3388)
225 Glenbrook Drive, Westminster MD 21157

Besides FCE programs in the morning, the afternoon speaker will be Melinda Peters, the first female Director of Maryland State Highways.

**Regional II Meeting
October 25**

Registration starts at 9 AM meeting at 9:30
Knight of Columbus, 9450 Cherry Hill Road
College Park, Maryland (PG County Hosts)
Send your check made out to PGCFCFCE for \$20.00 to: Debra Rausch (301-498-8806)
9111 Contee RD Apt 101, Laurel, MD 20708-2112

Besides FCE programs in the morning, the afternoon speaker will be an antique dealer.

Montgomery County is in Region II but you may attend either or both meetings.

Close Encounter Dates

The dates for Close Encounters are as follows:

- Week 1 October 15, 16, 17, 18, 19
- Week 2 October 22, 23, 24, 25, 26
- Week 3 October 29, 30

We will have a sign-up sheet at the September meeting or you can call the Jackie Marsh at the Extension office (301-590-2829) to let them know what day you can volunteer.

Hope everyone will attend the County meetings; we would love to see you.

Jeannie Purich

Support Our Troops

We currently have approximately 68,000 troops still serving in Afghanistan, Iraq and Kuwait, in addition to their civilian supporting staff. Recently, it appears that tours of duty in those regions are thankfully shorter than those of their predecessors. As a result, we seem to be getting more requests from new people more frequently.



It has been approximately 10 years that this conflict in the Middle East has been waged and we are all weary and concerned about the toll this has taken on our troops and their families. They continue to need our support. We hope we can count on your continued and dedicated support as well.

We recently were pleasantly surprised by a visit from a returning soldier who had been a recipient of our goodie boxes of treats. He presented us with a certificate of appreciation and an American flag that had flown over Afghanistan. He could not express enough to us the gratitude of the troops — not just for the treats, but also for how much it meant to them to know we cared and supported them.

Our deepest appreciation goes out to each one of you who support this project. Without dedicated volunteers like you (the bakers, packers, donors, etc.), we wouldn't be able to continue sending the 40-45 boxes every month we've been shipping for these past 5 ½ years. We hope that this also inspires others to become involved. Please keep our men and women serving overseas in your thoughts and prayers.

Maddi (301-774-8088) Eva (301-725-7038)

BACK TO SCHOOL PICNIC

Bring a side dish (hamburgers and hot dogs provided) and your **SCHOOL SUPPLIES** including underwear and socks to Bill and Barbara Raab home
10141 Brink Road, Germantown
On Tuesday August 21st at 1 PM
Call 301-330-5447 for info and directions.

Chatter from Extension

Ten Good Reasons to Buy Maryland Grown Products

One of the best things about this time of year is the abundance of fresh fruits and vegetables. You can't buy produce that is any fresher than from your local farmers' markets. On any given weekend and on weekdays as well, you can find markets in parking lots and other public places. We all like the feeling that we are buying and eating food that is grown in our own community and is fresh from the field, but there are other reasons to support farmers' markets. Here are just a few of the health and environmental benefits of supporting your local farmer.

- **Local food makes a lighter carbon footprint.** On average, our food travels 1,500 miles from farm to plate. Purchasing locally grown food is a simple way to address the increasing expense of fossil fuels and the adverse effects of global warming from increased carbon emissions.
- **Locally grown food tastes better.** It is picked within the last day or two and is crisp, sweet and loaded with flavor.
- **Local produce is better for you.** Food that travels less time and distance holds more of its nutrients.
- **Local food supports local economies.** Farmers purchase feed and materials from local businesses reinvesting in the community.
- **Local food strengthens local farm families.** Direct and local sales enable farmers to make more money, which helps them to stay in business.
- **Local food is safer.** Consumers know where their food is coming from and how it is grown. It's easier to trace back to the source if there is a problem.
- **Local food builds community.** Farmers' markets provide excellent venues for community gatherings.
- **Local food preserves the open character and rural space.** With growing development pressures, picturesque barns and lush crop fields will only survive as long as farms are financially viable.
- **Local food preserves genetic diversity.** Industrial agriculture plants are bred for their ability to ripen uniformly, survive packing and last a long time on the shelf, so there are only a few varieties in large-scale production. In contrast, smaller, local

farms often grow many different varieties to provide a longer season and the best flavors.

- **Local food is an investment in the future.** When you buy locally grown food, you are helping to preserve the strength and character of the community for our children and grandchildren.

Montgomery County has many farmers markets located throughout the county. To find the one nearest you go to www.marlandsbest.net. Click on *Find Me Local* and enter your zip code to find fresh produce in your neighborhood from your local farmer.

*Adapted from Maryland Department of Agriculture *Buy Local Products* and Massachusetts Department of Agricultural Resources *10 Good Reasons to Buy Locally Grown*.

Rebecca Davis, FCS Educator
301-590-2811
rdavis3@umd.edu

NOTES FROM FRANN PETERS

Per so many requests from Fun Day here is the
Dill Cucumber Recipe

3 cucumbers, peeled or partially peeled
1 onion
1 cup white vinegar
1 scant cup white sugar
½ cup water
½ teaspoon salt
¼ teaspoon pepper (optional)
½ to 1 teaspoon dill weed or dill seed

Thinly slice the cumpers and onions and place in large bowl. Bring vinegar, sugar and water to a simmer. Stir until the sugar is dissolved. Pour mixture over the sliced cucumbers and onion. Add salt and dill. Let cool.

Refrigerate WELL COVERED at least four hours. This keeps well for 2 to 3 weeks.

FUN DAY

Fun day was really a fun day even through the weather lady sent us a very hot day.

Phyllis French, a docent from Shriver House in Gettysburg was dressed in an 1863 style dress. This gave us a historical picture of what the women

wore. She also spoke about the battle of Gettysburg and the part women played during and after the battle. We had a good day for shopping, antiquing, joking, eating, boat riding and the scholarship fund is grateful for your support.

LAYTONSVILLE HAVEN

The Haven is still unable to accept donations at this time. Please keep saving travel soaps and toiletries.

BOY'S RANCH

The boys need books, clothing, especially underwear and socks, twin size bedding, computers (used is fine), and "Boy Stuff". They also need back to school items: college ruled notebook paper, pocket folders, pencils, pens – you know all the things to make studying easier.

Excerpt from Montgomery College

Thank you for your generous commitment to Montgomery College. We are Maryland's largest and most culturally diverse community college, attracting students from nearly 180 different countries.

As a pathway to four-year universities, employment and lifelong learning, the College serves more than 60,000 students annually.

Thanks to the commitment of persons like you, these students are able to pursue their dreams of a quality education.

Your gift has been designated to: Child Care/Early Childhood Education and to the Next Step Program Scholarship.

Thank you again for your support.
David M. Sears, VP of Advancement
Executive Director, Montgomery College
Foundation

How to Remove Difficult Stains and Spots

Blood – 1. Rub hydrogen peroxide gently on clothing or furniture, then rinse. 2. Rub moistened cornstarch into blood stains and rinse in cold water. Then place clothing in the sun to dry. Finally run clothing through a normal wash cycle

Coffee - 1 – Rub denatured alcohol into the stain then rinse with water. 2 – Beat an egg yolk

and with a white cloth rub the yolk into the stain and wipe off, then wash.

Collar Stains - Rub shampoo onto the collar, let sit for 30 minutes then wash.

Crayon - Toothpaste (not gel) or an ammonia soaked cloth will remove crayon marks from painted walls.

Glued on labels – Spray (until saturated) with WD-40 and use a paper towel to chip away at the glue.

Gum – Use an ice cube to harden the gum and then use a table knife to chip away the gum from clothing or hair.

Heel Marks – Use a pencil eraser to remove black marks from flooring. Before washing the floor, rub toothpaste (not gel) on the mark to help remove the marks.

Ink, Ballpoint Pen – Saturate fabric with an alcohol-based hairspray, then blot the stain with a rag (not paper towels) and then wash as usual. (ALWAYS TEST spot before using this hint)

Juice – Sprinkle salt on the stain as soon as possible. The salt will absorb the liquid, forming a paste that can be scraped up.

Magic Marker – Hairspray will remove marker from hard surfaces and SOME fabrics. Some marks fade with repeated washings.

Motor Grease/Motor Oil - Scrape off as much as possible. On clothing rub lard or Vaseline into the stain then wash as usual. CAUTION lard or Vaseline may ruin some fabrics. For delicate items try spot stain removers.

Nail Polish – Acetone will remove this from MOST fabrics, BUT synthetic fabric (such as polyester) will dissolve. Check garment label before beginning. If nail polish is spilled on a wooden surface, do NOT wipe it up while wet, but wait until polish is dry and scrape it off with a plastic credit card.

Oil – Cover stain with talcum powder – then cover with a paper towel and HOT iron the fabric. Finish by washing as usual.

Pencil Marks – Fresh Rye Bread removes marks from WASHABLE wallpaper.

Red Wine – Dab shaving cream on the spot. Then wash as usual.

Tar – Freeze with an ice cube and scrape off frozen tar with a credit card.

Wax - Place a piece of facial tissue over the stain and hot iron on tip. The wax will melt into the tissue (which you change often).

Urine – Use a high concentration of dish detergent and water immediately on stain. If on clothing wash immediately.

WARNING: If a stain makes it through the laundry without any pre-treatment, you are stuck...heat, hot water and dryer cycles set a stain.

Do Mature Persons Still Need Vaccines?



We have probably had all the usual childhood diseases and shots. If you are otherwise healthy, there are only a few routine immunizations recommended.

- Pneumococcal Vaccine – this vaccine protects against pneumonia caused by *Streptococcus pneumoniae*.
- Influenza Vaccine – an annual flu shot will reduce your risk of influenza.
- Tetanus, diphtheria, and pertussis vaccines – a tetanus diphtheria (Td) booster every 10 years protects against wound infections. If you are around infants and toddlers, you should get a pertussis booster.
- Zostavax - Shingles vaccine. If you have had chickenpox getting this vaccine can reduce your risk of getting shingles and the post-neurotic pain by about 65%.

Harvard Women's Health Watch
Celeste Robb-Nicholson, M.D.

CREDIT CARD CAUTIONS

Scene one:

A friend went to a local gym and placed his belongings in the locker. After the workout he came out and saw the locker open. Funny, he thought, he had closed and locked the locker. He dressed and then just to be sure he checked his wallet to see if his credit cards were in order. Everything looked okay. A few weeks later, he received a bill for \$14,000. He called the credit card company and began to yell at them. They asked him to take out his card and look at it. Sure enough it was not his card but an expired one that was switched with his.

Scene two:

A man at a local restaurant paid for his meal with his credit card. When it was returned to him he looked at it. It was NOT HIS CARD. A switch had been made. He called the server who took it back to the register and returned with his correct card.

Scene three:

Yesterday a friend went into a pizza restaurant to pick up a phone-in order. The cashier swiped the card and laid it on the register while waiting for verification. Then he took out his cell phone, dialed and waited. The customer had the same style cell phone and realized that the cashier had taken a picture of his card. As the customer exited the store, he cancelled that card.

Notice who is standing near you and what they are doing when you use your credit card. Be aware of phones, because many have a camera phone these days.

Now is a good time to look at your card to see if they are yours.

SQUASH GRATIN



- 4 summer squash, thinly sliced
- 1 tablespoon kosher salt
- 2 shallots
- 1/4 cup Italian parsley
- 3 tablespoons olive oil
- 1 tablespoon thyme leaves
- 1 jalapeno pepper, seeded
- 1 teaspoon fresh lemon zest
- 3/4 cup grated gruyere cheese (plus 1/4 cup more)

Directions:

1. Toss sliced zucchini with 1 tablespoons kosher salt: allow to stand for 20 minutes.
2. Preheat oven to 400 degrees.
3. Chop shallots, parsley, olive oil, thyme, jalapeno pepper, and lemon zest together in food processor.
4. Toss with sliced zucchini and Gruyere cheese. Arrange evenly in buttered baking dish. Top with 1/4 cup additional Gruyere cheese.

BOUNCE® THIS ALONG

U.S. Postal service sent out a message to all letter carriers to put a sheet of Bounce in their uniform pockets to keep yellow-jackets away.

And all this time you've just been putting Bounce in the dryer!

1. It will chase ants away when you lay a sheet near them. It also repels mice...

2. Spread sheets around foundation areas, or in trailers, or cars that are sitting and it keeps mice from entering your vehicle...

3. It takes the odor out of books and photo albums that are not opened too often...

4. It repels mosquitoes. Tie a sheet of Bounce through a belt loop when outdoors during mosquito season...

5. Eliminate static electricity from your television (or computer) screen...

6. Since Bounce is designed to help eliminate static cling, wipe your television screen with a used sheet of Bounce to keep dust from resettling...

7. Dissolve soap scum from shower doors. Clean with a sheet of Bounce...

8. To freshen the air in your home, place an individual sheet of Bounce in a drawer or hang in the closet or air vent...

9. Put Bounce sheet in vacuum cleaner bag...

10. Prevent thread from tangling. Run a threaded needle through a sheet of Bounce before beginning to sew...

11. Prevent musty suitcases. Place an individual sheet of Bounce inside empty luggage before storing...

12. Freshen the air in your car. Place a sheet of Bounce under the front seat...

13. Clean baked-on foods from a cooking pan. Put a sheet in a pan, fill with water, let sit overnight, and sponge clean. The anti-static agent apparently weakens the bond between the food and the pan...

14. Eliminate odors in wastebaskets. Place a sheet of Bounce at the bottom of the wastebasket...

15. Collect cat hair. Rubbing the area with a sheet of Bounce will magnetically attract all the loose hairs...

16. Eliminate static electricity from Venetian blinds. Wipe the blinds with a sheet of Bounce to prevent dust from resettling...

17. Wipe up sawdust from drilling or sand papering. A used sheet of Bounce will collect sawdust like a tack cloth...

18. Eliminate odors in dirty laundry. Place an individual sheet of Bounce at the bottom of a laundry bag or hamper...

19. Deodorize shoes or sneakers. Place a sheet of Bounce in your shoes or sneakers overnight...

20. Golfers put a Bounce sheet in their back pocket to keep the bees away...

21. Put a Bounce sheet in your sleeping bag and tent before folding and storing them. It will keep them smelling fresh...

22. Wet a Bounce sheet, hose down your car, and wipe love bugs off easily with the wet Bounce...

23. Put a sheet of Bounce in your suitcase when traveling, it will help keep mites or any other critters out of it. While you are at it, travel with several Bounce sheets and run them up and down your bed linen before getting into bed, it will cause all the critters already in your bed to run. Keep a sheet in your suitcase even after you have unpacked to protect your suitcases from bugs nesting in it...

Advice is what we ask for when **we already know the answer** but wish we did not. – Erica Jong.

Registration for International Day due by October 31, 2012

Send \$4.00 per person to:

Marilyn Simonds
13708 Lionel Lane
Rockville, MD 20853

NAME

PHONE #

FIRST CLASS MAIL

University of Maryland Extension
Montgomery County Office
18410 MUNCASTER ROAD
DERWOOD MD 20855

