



Family and Community Education Hi-lites

September – November, 2014

(www.mdafce.org/mcfce.htm)

Montgomery County Association for Family and Community Education Newsletter

“Just living is not enough. One must have sunshine, freedom and a little flower”.

Hans Christian Anderson

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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|---------|-----------------|---|
| 1 | | Office closed (Labor Day) |
| 5 | 10:00 am - 9 pm | FCE Blanket Making – Extension Office |
| 9 | 9:45 am | “Dress for Success - Teen Edition” and Association Meeting, Extension Office,
Refreshments: Derwood, Install 2015 Officers |
| 16 | 10:00 am | Cookie Packing, Laurel Methodist Church |
| 25 - 27 | | CWC Meeting, Manitowoc, WI |

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. Send names of new club officers to county president.

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|---------|-----------------|---|
| 1 | 10:00 – 3:00 pm | FCE Blanket Making |
| 12 - 18 | | FCE Week – Celebrate with your family, plan an exhibit or program in the community |
| 13 – 14 | | Maryland FCE Conference Westminster Maryland |
| 13 – 31 | | Close Encounters with Agricultural program, Extension Office,
Call Jackie Marsh at the Extension office (301-590-2829) to sign up to help. |
| 21 | 10:00 am | Cookie Packing, Laurel Methodist Church |

November

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|----|-----------------|--|
| 1 | | <i>Hi-lites</i> and <i>Look What's Happening</i> deadline |
| 11 | | Veterans Day – Office Closed - No Meeting |
| 12 | 10:00 am - 9 pm | FCE Blanket Making for Project Linus – Extension Office |
| 18 | 10:00 am | Cookie Packing, Laurel Methodist Church |
| 25 | 10:00 am | Executive Board Meeting – <i>Hi-lites</i> Folding Extension Office |
| 27 | | Office Closed (Thanksgiving) |

December

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



President's Paragraphs

Fair Booths



Montgomery County FCE members prepared four booths for the 69th Annual Agricultural Fair. Booths on *Blanket Making*, *Is Your Food Safe?*, *Rethink Your Drink*, and *Do You Know (Environmental)* were presented. Thanks to everyone that participated in booth presentations and to those who sat at the booths and talked about our FCE projects and programs to the people as they stopped by. A special thanks to Kitty Cooley for being the FCE liaison with the Fair board.

Membership Challenge

Do you know a neighbor, a church member, a friend or a relative? Of course you do. Now comes the easy part, invite them to a club or county program, outreach project, or cookie packing, etc. (you get the point). If you don't ask, you will never know who may be interested in FCE. Show them the newsletter or blanket making calendar. Talk about how FCE helps individuals and the community. When you recruit a new member, put your name and address at the bottom of the membership form and you will receive a star pin from National FCE in recognition for your effort. In addition, your name and the new members' name will be entered into a drawing for registration to next years' 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 \$25.00 for an individual, \$21.80 for seniors (80+) and \$38.00 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. **Refer to the state newsletter for the membership form or contact me at 301-384-2805.**

**“Dress for Success – Teen edition”
September 9**

9:45 AM

Sometimes we shake our heads at the way young people dress. But can we help them learn the correct way to dress for a job or college interview? A Hearth Fire was developed for this very issue. In addition, you will get to dress your own model. Please mark your calendars and join us at the Extension office on Tuesday September 9th.

FCE Blanket Making

Don't forget the remaining 2014 dates for blanket making.

September 5 - Friday 10 AM – 9 PM

October 1 - Wednesday 10 AM – 3 PM

November 12 - Wednesday 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. Again, we do need **YARN!**



Fall Festival

The **Fall Festival** has been cancelled due to it following on Yon Kipper. It is very important that we try to make money in other ways. If your church or senior center is having a bazaar or yard sale, please let me know (301-384-2805). We will try to get a table at some of these venues to sell the items we have been working on this year.

And a great big thanks to all of those that have made or donated items for the sale. We will work very hard to make the money to continue to fund the scholarship fund.

ANNUAL CONFERENCE

October 13 and 14, 2014

Chuck Schuster from MC Extension will give us an update on his

“Farming” visits to Pakistan and “Rosie the Riveter” will make an appearance on Tuesday. The registration form is in the Summer issue of *Look What's Happening* or on line at www.mdafce.org.



SUPPORT OUR TROOPS

The question that keeps popping up about our troops who are expected to return home by the end of this year is, "Will we no longer be sending our care packages of baked goods?"



The answer is we will continue sending our boxes until we know something more definite. Combat troops are expected to end their tours, but the rest of the troops will still be there, as will our civilian employees.

With that in mind, we will be making Christmas stockings, ditty bags and helmet liners for Operation Shoebox and collecting **travel size** toiletries, **travel size** dental products, white socks, chap sticks, ribbon angels, mini beanies, hot wheel and matchbox cars, McDonald toys, **travel size** wipes, **travel size** hand sanitizers, **travel size** games, hand and foot warmers, Christmas fabric, unisex fabric and yarn.

PLEASE HOLD ALL THE ABOVE ITEMS UNTIL THE END OF SEPTEMBER!! I HAVE ABSOLUTELY NO ROOM TO STORE THEM!!

For those of you who enjoy making small and easy to pack Christmas decorations, we would appreciate having them to send as well.

We can never have too many cards and letters to send **each month** for our men and women serving in Afghanistan. So, please put pen to paper and write a paragraph or two. Ideas of what to write... info about our organization, the weather, any current events that are not political, info about your family, vacations, jokes, sports, movies, TV shows, etc. and always our gratitude for their service and sacrifices.

Hope everyone is enjoying their summer.

With deep gratitude to all for your continued support and dedication. Our troops/civilians are so appreciative of being remembered by the folks back home and it is a huge morale booster for all of them.

Maddi Klein and Eva Black
maddik@comcast.net

301-774-8088

NOTES FROM FRANN

Wasn't the Spring luncheon fun? Our scholarship recipients expressed many thanks and gratitude for your warm interest in their future plans. Both said that they enjoyed every minute of their time with us and they really liked the food.

Vivi Levy from the Betty Ann Kranke Center stated that the center which serves homeless women and families could use some supplies, especially school items. We will be sending some of school supplies there this year.

The Boys' Ranch sent a thank you note for the 72 flowers you donated at the Spring luncheon. They have been planted in the front of the main building.

Thank you for your support of the scholarship fund by attending the "Christmas in June" Fun Day. I believe there were 30 people attending. We had a very interesting program about German made glass and wooden ornaments from the Christmas Haus in New Oxford PA. Then we took a trip to the store to actually see these items. We shared holiday ornaments, treasurers and traditions, even singing carols and of course our tradition of jokes. And Bob Kenney has received his entrance form for the Demolition Derby at the Fair and Bill Raab is looking for a new nursing job. (Just an update for those of you that attended. If you didn't come this year, maybe next year you will and you'll be in on the joke.)

Saving postage stamps and pictures postcards is a very worthwhile activity. Thank you for all your effort. The process of preparation is an activity that the residents of Rockville Village or Asbury Village can participate in and the revenue meets some of their need. 16,487 stamps and 287 postcards were donated to Rockville Village (formerly Lutheran Home). Next years' collection will go to Asbury Village.

Frann Peters

301-253-2589

"Worry does not empty tomorrow of its sorrow, it empties today of its strength."

— Corrie ten Boom, *Clippings from My Notebook*

FIVE UNEXPECTED WAYS TO USE YOUR HAIR DRYER

- Detach a photo from an album.

To work a delicate photograph off one of those sticky pages, blow warm air onto the back of the page while gently tugging the photo free.

- Dust tough to reach places

Set the dryer on cool and point at the dusty shelves or intricate knick-knacks to blow the debris right off. (Note: start from the highest shelf to make gravity work for you.)

- “Dewrinkle” plastic shower curtains or tablecloths.

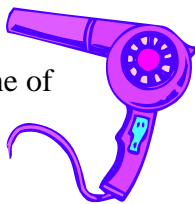
Blow hot air onto fresh out of the bag material to iron out wrinkles – just keep the dryer 12 inches from the surface so it won’t melt.

- Perfect frosting or icing

To harden frosting on cakes or cookies, blow cool air directly on it. To brighten a dull finish, give the icing hit of hot air.

- Erase crayon marks or wax spills

Kids gone wild? Blow dry the stain on high until the wax melts, then wipe with a soapy sponge.



WINTER IS COMING – SAVE YOUR BACK

- Shovel

Coat your shovel before using it with cooking spray or WD-40 or even use car wax. The slushy stuff will just glide off.

- Dry your boots/shoes

Place the hose from a portable hair dryer into the boot and let it run until the boot is dry. To dry a pair of shoes hang them under a chair by hooking the heels on the chair rung which will allow air to circulate on the inside as well as the outside.

Keep rain soaked shoes from becoming stiff by rubbing with saddle soap BEFORE they have dried. Also dry them away from heat. Stuff them with newspaper to absorb the wet, change every 12 hours until they are dry.

CAREGIVING STRESS BUSTERS

1. Make the freezer your friend

Telling caregivers to eat right is useless. Usually they just don’t have the time to prepare healthy meals for themselves. Try batch cooking. Make a big pot of stew with meat, beans and vegetables. Cook once, eat all week.

2. Slow down

Don’t rush. When you are stressed you are more likely to have an accident. You do not need to cut or burn yourself or fall or have a driving accident by hurrying. Such accidents can be a warning sign that you are at your limit.

3. Mix in meditation

Twelve minutes of daily meditation can dramatically improve the mental health of caregivers. Meditation also increases telomerase activity – a sign that cellular aging had slowed. This is a good thing!

4. Stockpile healthy snacks

Nutritious foods you can grab on the run help keep blood sugar levels on an even keel and energy levels from flagging. Try real food like almonds or PB and J sandwich with fruit.

5. Volunteer

This may seem counterintuitive – you are already doing so much to help your family members, but helping out in a different way can be gratifying and therapeutic. Plus volunteers live longer than non-volunteers.

6. Improve your sleep habits

Disrupted sleep saps your energy for dealing with demands of caregiving. So adopt good sleep habits - a dark room, fewer distractions in the bedroom - a more restful sleep.

AARP Dec. 2012 Issue

ARSENIC IN FOOD

The risks of arsenic in the food supply have been on our radar since 2012 when worrisome levels of heavy metal in rice and apple juice appeared. Now newer evidence released in the past years have increased our knowledge about the possible long-term health risks of consuming arsenic. Researchers in the United Kingdom and India published the first study to show that frequent eating of rice high in arsenic can lead to genetic damage in cells associated with cancer. It is NOT yet clear whether the findings would apply to persons in the USA, who have fewer nutritional

problems. Other studies suggest that chronic exposure to arsenic, especially in utero or in early childhood, may increase the risk of heart disease, type 2 diabetes, and respiratory ailments. Inorganic arsenic is already known to cause cancer of the bladder, lungs and the skin.

GETTING WHOLE GRAINS WITHOUT HIGH SODIUM

Check sodium levels in cereals and breads to reduce the salt in your diet. Compare labels. Try Old Fashion or one minute oatmeal rather than instant. Also try shredded wheat versus processed cereals.

Instead of prepared whole-grain mixes, like boxed seasoned brown rice, that include large amounts of sodium choose the plain, unseasoned and add your own herbs, lemon or other flavorings.

Some grains that cook in less than 15 minutes include bulgur, quick cooking brown rice, whole-wheat couscous, quinoa and whole grain pasta. Try wild rice, millet, barley, wheat berries, amaranth and freekeh (free-kuh) when you have more time for cooking.

If you are unfamiliar with some of these check the Whole Grains Council website: <http://wholegrainscouncil.org/whole-grains-101/whole-grains-a-to-z>.

MORE ABOUT GRAINS

Amaranth

This is a tiny grain and can be eaten as a sweet or savory dish and even be popped like popcorn (but the kernels will be smaller). Its flavor is often described as peppery, but mildly so. It is relatively high in protein - 13% to 14% - and contains the amino acid lysine, making it a complete protein.

How to cook: Bring 2 cups of a liquid to a boil, add 1 cup dried amaranth, cover, and simmer 15 to 20 minutes. The yield will be about 2½ cups. Serve as a side dish tossed with herbs and olive oil or butter, or as a cooked cereal.

Barley

Barley comes both hulled and pearled varieties. Hulled is often called barley groats and has only the outermost hull removed which makes it higher in fiber than pearl barley. It takes about an hour to cook – however that time can be shortened by soaking for a few hours. (Toss the soaking water). Barley is chewy, with a bit of a snap, and quite starchy.

How to cook: Use lots of water – just like you would do for pasta. One cup will yield about 3 cups cooked.

Bulgur

This is one of the most convenient grains, since it requires practically no cooking.

How to cook: Soak for 30 to 45 minutes in enough boiling water to cover will leave these boiled, dried, and cracked kernels ready to eat. Drain well.

Freekeh

This is young green wheat that has been toasted.

How to cook: Bring 2½ cups of a liquid to boil, add 1 cup freekeh, cover and simmer 40 minutes so that the wheat will crack open. Yield about 3 cups. Add to salads with herbs or lemon zest.

Quinoa (keen-wha)

This tiny seed is high in protein and comes in white, red and black. The red and black are fuller in flavor.

How to cook: Bring 2 cups of a liquid to a boil, and add 1 cup quinoa, cover, and simmer 15 to 20 minutes. Yield about 3 cups. Toss with cherry tomatoes, olive oil, basil leaves, and Parmesan cheese. Organic quinoa has to be rinsed very well before cooking or it will have a soapy taste. The newer processed quinoa does not need rinsing. Be sure to read the directions as to which one you have purchased.

Whole grains can go on every plate: switch to whole grains for breakfast cereals or waffles or pancakes. Look for whole grains for your sandwich or to make a salad or soup with brown rice or bulgur wheat. With a side of quinoa on your dinner plate and you will get all the extra benefits of fiber and antioxidants. For a snack, you may satisfy your sweet tooth with whole grain granola bar, crackers or even popcorn.



BULGUR & BLACK BEAN SALAD

- 1 orange (or lemon) grated rind and juice (grate rind first, THEN juice it)
- 1 cup UNCOOKED bulgur
- 1 can black beans, drained and thoroughly rinsed (14-15 oz. can)
- 1 red bell pepper, chopped into small pieces
- 6 stalks of green onions, chopped small (use all)
- 4 tablespoons fresh parsley
- 2 teaspoons vinegar
- 2 tablespoons olive oil or canola
- ½ teaspoon ground cumin

Place 1 cup bulgur and 2 cups of water in covered sauce pan. Bring to boil then simmer 12 to 15 minutes until excess liquid is absorbed. Scrub orange, then grate the rind off. Squeeze juice into a large mixing bowl. Add rind, vinegar, oil and cumin to juice. Chop all vegetables while bulgur is cooking. Put vegetables and rinsed beans in the bowl and mix. Add cooked bulgur and remix.

SOME SUPER FOODS

Sweet Potatoes

They are loaded with carotenoids and are a decent source of vitamin C, potassium, and fiber.

Mangoes

One cup supplies 100% of a day's vitamin C, ⅓ of vitamin A, a decent dose of blood pressure lowering potassium, and 3 grams of fiber.

Garbanzo Beans

These are rich in protein, fiber, iron, magnesium, potassium, and zinc. Just drain, rinse and toss a handful on your green salad; include them in vegetables, stews, curries, and soups; mix them with brown rice, whole wheat couscous, bulgur, or other grains.

HOW TO DECIPHER DOCTOR SPEAK

Bring someone with you

Take notes or ask permission to record the visit

Don't be intimidated

Never nod your head – ask if you do not understand

Ask for references or online sources

Repeat what you think you heard

As you leave say: If I have any questions I will call or use the online patient portal.

HOW TO BE A GREAT PATIENT

Do NOT ignore symptoms

Be sweet to the office staff

Tell the doctor everything

Trust your doctor –together you will make a great team.

A DOGS PHILOSOPHY

- Women and cats will do as they please, and men and dogs should relax and get used to the idea. -Robert A. Heinlein
- If your dog is fat, you aren't getting enough exercise.-Unknown
- There is no psychiatrist in the world like a puppy licking your face.-Ben Williams

MEMORY LOSS – WHEN TO WORRY

Normal: Occasionally forgetting names or acquaintances, books, or movies, BUT remembering them later.

Not normal: Forgetting the names of close friends and relatives. Being unable to remember things you just learned. Being unaware of your memory loss.

Normal: Sometimes having trouble finding the right word.

Not normal: Frequently forgetting common words or substituting unusual ones...calling a watch a hand clock.

Normal: Occasionally forgetting where you are going.

Not normal: Getting lost in your own neighborhood or forgetting how to get somewhere.

Normal: Occasionally moodiness. Becoming irritated if your routine is disrupted.

Not Normal: Rapid mood swings for no apparent reason.

Normal: Making a questionable decision, such as going off on a cloudy day without an umbrella.

Not Normal: Frequently making clearly inappropriate decisions, such as giving large sums of money to telemarketers.

Halloween



Halloween or **Hallowe'en** (a contraction of "All Hallows' Evening") also known as **All Hallows' Eve**, or **All Saints' Eve**, is a yearly celebration observed in a number of countries on October 31, the eve of the Western Christian feast of All Hallows' Day. It initiates the triduum of Hallowtide, the time in the liturgical year dedicated to remembering the dead, including saints (hallows), martyrs, and all the faithful departed believers.

According to many academic scholars, All Hallows' Eve is a Christianized feast initially influenced by Celtic harvest festivals, with possible pagan roots, particularly the Gaelic Samhain. Other academic scholars maintain that it originated independently of Samhain and has solely Christian roots.

Typical festive Halloween activities include trick-or-treating (or the related "guising"), attending costume parties, decorating, carving pumpkins into jack-o'-lanterns, lighting bonfires, apple bobbing, visiting haunted house attractions, playing pranks, telling scary stories, and watching horror films. In many parts of the world, the Christian religious observances of All Hallows' Eve, including attending church services and lighting candles on the graves of the dead, remain popular, although in other locations, these solemn customs are less pronounced in favor of a more secularized celebration. Because many Western Christian denominations encourage, although no longer require, abstinence from meat on All Hallows' Eve, the tradition of eating certain vegetarian foods for this vigil day developed, including the consumption of apples, colcannon, cider, potato pancakes, and soul cakes.



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

