



Family and Community Education Hi-lites September - November, 2015

(www.mdafce.org/mcfce.htm)

Montgomery County Association for Family and Community Education Newsletter

“Worry does not empty tomorrow of its sorrow, it empties today of its strength.”
Corrie ten Boom, Clippings from My Notebook

Happenings

Collect School Supplies (paper, pens, pencils, notebooks, notebook paper, composition books, glue, scissors, erasers, etc.) and bring them to the Back to School Picnic (August 27), Blanket Making, County or your club meeting. Send names of new club officers to county president by September 15.

September

- 7 Office closed (Labor Day)
- 8 9:45 am “Grow It, Eat It, Preserve It, Freeze It”. Speaker, Liza Gonzales, CES Educator
Refreshments: Derwood, Install 2016 Officers
- 9 10:00 am - 9 pm FCE Blanket Making – Extension Office
- 15 10:00 am Cookie Packing, Laurel Methodist Church
- 20 - 23 CWC Meeting, Tulsa, OK

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.

- 1 10:00 – 3:00 pm FCE Blanket Making
- 2 10:00 am SET-UP for Fall Festival, 10 am
- 3 10:00 am Fall Festival
- 11 - 17 FCE Week – Celebrate with your family, tell everyone about FCE
- 12 – 30 Close Encounters with Agricultural program, Extension Office,
Call Jackie Marsh at the Extension office (301-590-2829) to sign up to help.
- 20 10:00 am Cookie Packing, Laurel Methodist Church



November

- 1 Hi-lites and Look What’s Happening deadline
- 10 9:45 am Breakfast Around the World International Day
- 11 Veterans Day – Office Closed - No Meeting
- 17 10:00 am Cookie Packing, Laurel Methodist Church
- 20 10:00 am - 9 pm FCE Blanket Making for Project Linus – Extension Office
- 24 10:00 am Executive Board Meeting – Hi-lites Folding Extension Office
- 26 Office Closed (Thanksgiving)

December

- 8 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 70th Annual Agricultural Fair. Booths on Blanket Making, Diabetes, Where's the Salt? and Wipes in your Pipes (Environmental) were presented. Thanks to everyone who participated in booth presentations and to those who sat at the booths and talked about our FCE projects and programs to the public. A special thanks to Kitty Cooley for being the FCE liaison with the Fair board.

It's Membership Time Again Everyone Get a Member (EGAM)

Are you speaking a new language? No, it's just your 2016 challenge for everyone to get a new member. I'm sure you can remember "EGAM". Now comes the easy part, invite someone to a club or county program, outreach project, cookie packing, or bus trip etc. (you get the point). If you don't ask, you will never know who may be interested. 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 free registration to next year's 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 \$25.50 for an individual, \$22.00 for seniors (80+) and \$41.00 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.

"Grow It, Eat It, Preserve It, Freeze It". Speaker, Liza Gonzales, CES Educator"

September 8

9:45 AM

What do you do with all the zucchini from your garden? Lisa Gonzales will have ways we can preserve our fruits and vegetables. Even if you don't have a garden, you might want to buy some extra from the local farmer's market (and what a great way to support your local farmers). Please mark your calendars and join us at the Extension office on Tuesday September 8th.

FCE Blanket Making

Don't forget the remaining 2015 dates for blanket making.

September 9 - Wednesday 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.

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

October 3 (Set-up October 2)

10 AM to 5 PM

The Fall Festival is fast approaching and we have one day – Saturday – to earn money for Montgomery College Scholarships. This is a BIG money maker and only you can make it a success by helping with set-up on Friday and by speaking with visitors and telling them about our projects and mission on Saturday. If the public is engaged, they will purchase something or participate with their children in the kids' games and activities. Most of these "talking" jobs can be done while you are seated so you will not be up on your feet. Frann needs lots of help in the kids' craft room so the children can make caterpillars and such.

We will also take old jewelry (even broken pieces as we may be able to fix them or use them for other purposes). We need a large amount of

baked goods; small items like cookies and brownies. If you are baking for the troops, would you bake an extra dozen cookies or some brownies for the Festival? Small breads – carrot, banana, and zucchini also go well. No PIEs or large cakes, please. Call Pat Kenney (301-460-5451) and let her know how you will help with this event! Set-up is on Friday, October 2nd at 10 AM with the festival on Saturday, October 3rd. We need lots of women power (and bring a friend, husband or “tween”) to make this a successful event. Your lunch will be provided both days.

**ANNUAL CONFERENCE
October 13 and 14, 2015**

Joyce Nohowel, will speak about downsizing and knowing what to keep and what to toss. Hear about the new programs and updates from the National FCE July Conference. The registration form is in the Summer issue of Look What’s Happening or on line at www.mdafce.org.



The 2-day conference takes place at the Comfort Inn & Conference Center 4500 Crain Highway, Bowie, MD, 20716
Phone: 301-464-0089

Close Encounter Dates

The dates for Close Encounters are as follows:

- Week 1 October 12, 13, 14, 15, 16
- Week 2 October 19, 20, 21, 22, 23
- Week 3 October 26, 27, 28, 29, 30

Call Jackie Marsh at the Extension office (301-590-2829) to let her know what day you can volunteer.

**Bus Trip
American Theatre
“Deck the Halls”
December 16, 2015
10 AM to 6 PM
Cost \$ 105.00**

We are going to the American Theatre in Lancaster, PA on Wednesday December 16th. Price of \$105.00 includes buffet lunch at the Millers Restaurant, the production of “Deck the Halls” with motor coach to and



from Liberty Grove Methodist Church in Burtonsville and ALL gratuities. Make checks payable to Belles and Beaux and send to Jean Purich 15500 Gallaudet Avenue Silver Spring MD 20905 by October 15th.

Remember to bring your schools supplies to blanket making or the September 8th county meeting. Thank you Bill and Barbara Raab for hosting the back to school picnic.

I hope everyone will attend at least one of the County meetings in the 2015-2016 season. Why not mark the second Tuesday of the month on your calendar now? We would love to see you.

Jeanne Purich

Chatter From Extension

**Grow It, Eat It, Preserve It Workshop
Tuesday September 8th at 9:45 AM**

This session will cover the types of foods that can be safely frozen at home and the necessary ingredients, equipment and supplies. The basic steps of freezing and food safety considerations will be demonstrated. The presentation will also include a discussion of considerations for preparing recipes using frozen foods. Participants will be given handouts and recipes to take home.

Lisa Carolina Gonzalez, M.S.
Agent, Family and Consumer Sciences
Nutrition, Wellness and Food Safety
Montgomery County Extension Office
301-590-2811

**Unwanted Foreign Coins
What can you do with leftover coins?**

After returning from a trip abroad, do you have a few bits of foreign money from that country but not enough to pay the exchange rate? You may donate that money to UNICEF at: UNICEF Change for Good Program, 125 Maiden Lane, NY, NY 10038.

SUPPORT OUR TROOPS

We are still sending boxes of “goodies” to the troops each month. Although most of the troops have come home, there still are many of our service person serving overseas. We are sending 35 – 40 boxes each month. The following are items we can use.



SNACK AND OTHER ITEMS THAT WE CAN USE FOR TREAT THE TROOPS:

- Instant Individual Oatmeal Packages
- Instant Individual Hot Chocolate
- Individual Microwave Popcorn
- Individual Powdered Drinks
- Beef Jerky
- Slim Jims
- Individual packets of Dried Fruit Snacks
- Non-chocolate and hard wrapped candy throughout the year, (chocolate from November to May only)
- Cheese and Peanut Butter Crackers
- Individual Packages of Nuts
- Individual Packages of Trail Mix
- Individual Granola Bars
- Girl Scout Cookies
- Comics, crossword and Sudoku puzzles

CARDS AND LETTERS OF GRATITUDE AND ENCOURAGEMENT FOR OUR TROOPS.

Next to our boxes of goodies, these written notes from home give our troops a much needed lift. Other than orders to return home, this is the support they need most. Check with your local schools, Church, Sunday School Classes, summer campers, friends, and family to see if they would take a few minutes to write notes. Put out blank cards at work and encourage your co-workers to jot down a short note or even a long one. Take blank note cards to any meetings you attend.

As always MONETARY DONATIONS are needed to help offset high postage costs and supplies for the approximately 40 boxes we ship each month to our troops. The postage costs alone are running over \$650.00 per month.

DUE TO THE SPACE REQUIRED EACH MONTH FOR STORING ITEMS FOR TREAT THE TROOPS (cookie packing), I AM NOT ABLE TO HOUSE THE ITEMS NECESSARY FOR OPERATION SHOEBOX (toiletries stockings, etc.- see below). IF YOU HAVE THE ROOM, PLEASE HOLD ON TO THE ITEMS UNTIL AUGUST THROUGH OCTOBER, AT WHICH TIME WE WILL COLLECT THEM ALL FOR PACKING. THESE ITEMS ARE STILL VERY MUCH IN DEMAND, SO DON'T LET MY LACK OF STORAGE SPACE DISCOURAGE YOU FROM CONTINUING YOUR PAST GENEROSITY IN COLLECTING AND MAKING THE ITEMS BELOW.

- Helmet liners
- Ditty Bags
- Christmas Stockings
- Plastic Canvas Ribbon Angels
- Decks of cards
- Travel-Size Hygiene Products
- Travel-size Dental Products
- Travel-size Wipes
- Travel-size Hand Sanitizers
- Travel-size Games
- Hand and Foot warmers
- White Socks

In general, we can use unisex fabric for ditty bags (NO FLOWERS), Christmas fabric for the Christmas Stockings, and yarn for helmet liners- 4 ply acrylic (Colors- tan, brown, navy, medium green and medium to dark variegated colors.

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

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

Lost time is never found again. B. Franklin

The doors of wisdom are never shut. B Franklin

NOTES FROM FRANN

Fun Day

Patty Borja led us through her preparation and participation in the 26 mile Marathon for Breast Cancer. She said, "The two-day walk (started at 5 a.m.) in Washington D. C., slept in a sleeping bag overnight and ended with very sore feet!"

A huge round of congratulations to Patty!

Galapagos Islands

Thank you! To Ann and Chuck Theiss for binging "A Trip to Galapagos Islands" to our group – turtles, birds, and seals, among others, are the free and able bosses of this protected area. "Trips to explore the island and maps made for lots of learning – a bit of seasickness was also included", said Ann.

Flying Heroes

Dick Goetze spoke of his long Air Force career and current volunteer position of flying for "Heroes". Dick flies veterans to health facilities on the east coast for treatment. Dick uses his own plane and gets only minimal reimbursement from the government. The rest comes out of his pocket or through a few donations. Kudos to Dick!

Good food, shopping and jokes finished the day off successfully! Thank You for being a part of a "fun day".

The Maryland Sheriff's Youth Ranch was an important outreach for F.C.E.

The Ranch greatly appreciated the generous donations from our members - \$200.00 annually for Christmas gifts for one youth – Valentine treats for everyone including staff – holiday cookies – flowers for two flower beds – school supplies – books – sports equipment – magazines – many tubes of toothpaste – tooth brushes – hair brushes – were important to them. Gifts of new bedding, socks, underwear, and clothing were sent many times.

Thank you to each of you who supported our efforts to "do good" for these boys.

As of right now the ranch is closed. However, we hear that something may be in the works. We will keep you posted.

Montgomery College Scholarship Program

Excerpts from Carol Rognrud, Executive Director Montgomery College Foundation:

Thank you for your recent gift to Montgomery College Foundation. Your generosity means so much to all of us, especially our students, who are hard at work preparing for careers and building futures that are full of possibilities. On behalf of our students, faculty and staff, thank you for the true difference you are making.

Frann Peters

301-253-2589

Girlfriends and Health

In an evening class at Stanford University, the last lecture was on the mind-body connection -- the relationship between stress and disease. The speaker (head of psychiatry at Stanford) said, among other things, that one of the best things that a man could do for his health is to be married to a woman...whereas, for a woman, one of the best things she could do for her health was to nurture her relationships with her girlfriends. At first everyone laughed, but he was serious. Women connect with each other differently and provide support systems that help each other to deal with stress and difficult life experiences. Physically, this quality "girlfriend time" helps us to create more serotonin -- a neurotransmitter that helps combat depression and can create a general feeling of well-being. Women share feelings, whereas men often form relationships around activities. We share from our souls with our sisters/mothers, and evidently that is very GOOD for our health. He said that spending time with a friend is just as important to our general health as jogging or working out at a gym. There's a tendency to think that when we are "exercising" we are doing something good for our bodies, but when we are hanging out with friends, we are wasting our time and should be more productively engaged. Not true. In fact, he said that failure to create and maintain quality personal relationships with other humans is as dangerous to our physical health as smoking! So every time you hang out to schmooze with a gal pal, just pat yourself on the back and congratulate yourself for doing something good for your health! We are indeed very, very lucky. Soooooo let's toast to our friendship with our girlfriends. Evidently it's very good for our health!

The Best of the Good Foods for You

Green Beans

High fiber foods like green beans can help prevent weight gain and even promote weight loss - without dieting. Research shows: Boosting fiber by only 8 grams for every 1,000 calories consumed resulted in an average of four and half pounds of weight loss. You may substitute raspberries, chickpeas and strawberries.

Salmon

The omega 3 fatty acids in oily fish can boost your skin's defenses against UV damage. Research shows: Those who ate more than 5 ounces of omega 3 rich fish each week decreased the development of precancerous skin lesions by almost 30 percent. Scientists think the omega 3's act as a shield, protecting cell walls from free-radical damage. You may substitute tuna.

Watermelon

Red watermelon is a good source of vitamin C. It also has lycopene, an antioxidant that may help protect against heart disease and some types of cancer. Research shows: Eating foods that are full of water as watermelon (92%) help to keep you satisfied on fewer calories. You may substitute cucumbers (95% water), salad greens (90% water) and strawberries (91% water).

Blueberries

They contain a diverse range of polyphenols - health promoting plant compounds that include anthocyanin and ellagic acid. Research shows: eating just under a cup of mixed berries daily for 8 weeks can increase levels of "good" HDL cholesterol and lower blood pressure. Substitute: red raspberries or strawberries.

Tomatoes

Eating more vitamin C rich foods such as tomatoes may be a secret to smoother skin. Research shows: Vitamin C can have youthful effects on skin, like lowering the risk of wrinkles and age-related dryness. Its antioxidant properties help protect against ultraviolet rays and it helps in keeping skin firm via collagen synthesis. Substitute: oranges, strawberries and broccoli.

EatingWell Nutrition Editor, Brierley Wright

Timing of Vitamins, Minerals can be Critical

It is confusing to know when you should take certain nutrients, especially to time them around meals and other medications. Medicines and supplements that are best taken in the morning include: Thyroid medication Modafinil (Provigil); Stimulants (Ritalin, Concerta, Adderal); Diuretics like HCTZ, furosemide, dandelion, berberine, neem, green tea; Osteoporosis drugs (Boniva, Fosamax, etc.)

Take the following with food:
Mineral supplements (iodine, magnesium, calcium, iron); Vitamin A D E or K; Anti-fungals; CoQ10.
Probiotics can usually be taken anytime.
by: Suzy Cohen, Pharmacist

PREVENTING FLU

Vaccination - Routine annual influenza vaccination is recommended for all persons aged ≥ 6 months who do not have contraindications. Vaccination optimally should occur before onset of influenza activity in the community.

Handwashing - Wash with soap and water or a waterless hand sanitizer.

Cough etiquette - Cover coughs and sneezes with a tissue, then discard it and wash hands, or cough into your elbow.

Surface cleaning - Flu virus can live on surfaces for ~2 -8 hours.

Heat and many chemical germicides can kill flu virus.

Social distancing - Avoid close contact with ill people.

Stay home for >24 hours after your fever is gone except to get medical care or for other necessities.

In the 2014 flu season:

H1N1 viruses were most common.

The number of illnesses peaked early (the week ending Dec 28).

There were >9,600 flu-related hospitalizations. Among adults hospitalized, 89% had an underlying medical condition.

Among children hospitalized, 60% had an underlying medical condition (105 children died)

Greater than 134 million doses of vaccine were distributed.

The vaccine reduced the risk of having to go to the doctor for flu by ~60%.

All About Prediabetes

What is prediabetes?

Prediabetes is a condition that can lead to type 2 diabetes and heart disease. When you have prediabetes, your blood glucose (sugar) levels are higher than normal but are not high enough to be called diabetes. Diabetes can lead to many health problems, so it's better to prevent it in the first place. You can take steps to prevent or delay type 2 diabetes and heart disease.

Why do I have prediabetes?

You are likely to develop prediabetes when you have certain risk factors. Your chances of having prediabetes go up if you are:

- age 45 or older
- are African American, Hispanic/Latino, American Indian, Asian American, or Pacific Islander
- have a parent, brother, or sister with diabetes
- are overweight
- are physically inactive
- have high blood pressure or if you take medicine for high blood pressure
- have low HDL cholesterol and/or high triglycerides
- are a woman who had diabetes during pregnancy
- have been diagnosed with Polycystic Ovary Syndrome (PCOS)

How can I prevent or delay diabetes?

You can prevent or delay type 2 diabetes from developing by:

- cutting back on calories and saturated fat
- losing weight
- increasing your daily physical activity
- switching from regular soda and juice to no-calorie water.

If you're overweight, losing 7% of your total weight can help you a lot. For example, if you weigh 200 pounds, your goal would be to lose 15 pounds.

How do I decide what to do?

You don't have to make big changes. Small steps can add up to big results. Check out the ideas for eating less and moving more.

Your health care team can help you make a plan.

Talk about ways to be active, such as:

- walking briskly for at least 30 minutes a day, 5 days a week
- being more active throughout the day by parking further from the store, or taking the stairs

Make a plan to eat less fat and calories. You can meet with a dietitian to talk about what to eat and how to lose weight. You might try starting each dinner with a salad of leafy greens. Salad provides nutrients and fills you up. Then you might eat less of any high-calorie foods that might come later.

Online resources from the American Diabetes Association

- Visit diabetes.org/prediabetes to learn more about managing your prediabetes.
- Learn about CheckUp America, the Association's program to help people lower their risk for type 2
- diabetes and heart disease, at checkupamerica.org.
- For recipes and information about meal planning, see [Recipes for Healthy Living](http://diabetes.org/recipes) at diabetes.org/recipes.

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

Be sweet, tell the doctor everything

Bring in every medication you take including vitamins, supplements and herbals.

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

Onion-Peach Chicken

Recipe by Robyn Webb, MS, LN

Makes: 2 servings Serving Size: 4 oz chicken, 1/4 cup sauce Calories: 240

Preparation Time: 15 minutes Cooking Time: 18 minutes Choices: Carbohydrate 1, Lean Protein 3, Fat 0.5

Ingredients

1/2	lb.	boneless, skinless chicken breasts (2 small breast halves)
1/4	tsp.	kosher salt
1/4	tsp.	freshly ground black pepper
1	Tbsp.	olive oil, divided
1	small	onion, halved and thinly sliced
1/4	cup	no-sugar-added peach preserves
2	tsp.	raspberry vinegar
2	tsp.	light soy sauce
1/2	tsp.	Dijon mustard
1/4	tsp.	ground ginger

Directions

1. Sprinkle the chicken with the salt and black pepper. In a medium skillet over medium-high heat, heat 2 tsp of the oil. Sauté the chicken breasts for about 5 minutes per side, until golden brown. Move the chicken from the skillet to a plate; set aside and keep warm.
2. Lower the heat to medium; add the remaining 1 tsp olive oil to the skillet. Add the onion and sauté for 6 to 7 minutes, until soft; if necessary, lower the heat to prevent burning.
3. In a small bowl, mix the preserves, vinegar, soy sauce, mustard, and ginger. Add the sauce to the onion. Return the cooked chicken breasts and any accumulated juices to the skillet and reduce the heat to low. Simmer the chicken for 1 to 2 minutes. Plate the chicken and serve each breast with half the onion-peach sauce.

FIRST CLASS MAIL

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