



Family and Community Education Hi-lites

September – November, 2016

(www.mdafce.org/mcfce.htm)

Montgomery County Association for Family and Community Education Newsletter

Happenings

Collect School Supplies (paper, pens, pencils, notebooks, notebook paper, composition books, glue, scissors, erasers, etc. Bring to Blanket Making, your county or club meeting. Send names of new club officers to county president by September 15.

September

- 5 Office closed (Labor Day)
- 13 9:45 am Update from the Boy's Ranch. Speaker, Linda Clark, Executive Director
Refreshments: Derwood, Install 2017 Officers
- 16 10:00 am - 9 pm FCE Blanket Making – Extension Office
- 20 10:00 am Cookie Packing, Laurel Methodist Church
- 30 10:00 am Set-up for Harvest Festival - Lunch provided

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 am FALL FESTIVAL
- 6 10:00 – 3:00 pm FCE Blanket Making
- 9 - 15 FCE Week – Celebrate with your family, tell everyone about FCE
- 10 – 28 Close Encounters with Agricultural program, Extension Office,
Call Jackie Marsh at the Extension office (301-590-2829) to sign up to help.
- 18 10:00 am Cookie Packing, Laurel Methodist Church



November

- 1 Hi-lites and Look What's Happening deadline
- 1-2 Maryland FCE Conference, Comfort Inn Westminster Maryland
- 8 Election Day – Office Closed
- 9 9:45 am South Africa International Day – Robin Nicholson
- 11 Veterans Day – Office Closed
- 15 10:00 am Cookie Packing, Laurel Methodist Church
- 18 10:00 am - 9 pm FCE Blanket Making for Project Linus – Extension Office
- 22 10:00 am Executive Board Meeting – Hi-lites Folding Extension Office
- 24 Office Closed (Thanksgiving)

December

- 13 9:45 am Cookie Exchange and Craft, Extension Office Garage, then out to lunch
Refreshments, Lunch Bunch
- 15 Send yearly reports to President, Jean Purich



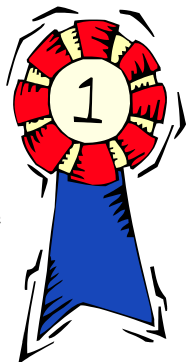
President's Paragraphs

YARD SALE

Despite rain the first day, heat and the threat of more rain, the YARD SALE was a huge success. We had such a good time the first weekend, we did it a second Saturday. Then we found a way to "sell" our leftovers through a program for non-profits with the thrift stores. We took the left-over "stuff" there and received over \$70.00. In total, we made over \$1,900.00. Exact count is being tabulated as there is more to take to the thrift store. I want to **THANK** all those who came to help set-up, take-down, make lunch and be there on the sale days. It cannot be done without many hands.

Fair Booths

Montgomery County FCE members prepared four booths for the 71st Annual Agricultural Fair. Booths on Blanket Making, Pedestrian Safety, Using Your Noodle (your swimming noodle that is) and Three Common Recycling Mistakes 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. A special thanks to Kitty Cooley for being the FCE liaison with the Fair board.



It's Membership Time Again Get a new member!!!

It's your 2017 challenge for everyone to get a new member. 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 might 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 state conference. This year's challenge was won by Kathy Mach and her new member Genie Sidwell.

Membership forms are available at your county or club meetings, in your state newsletter (Look What's Happening), or 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.

Update on the Boy's Ranch Speaker, Linda Clark, Executive Director September 13 9:45 AM

Now that the Boy's Ranch has been opened for approximately 3 months, we thought it was a good time to learn about how it is going. What are the challenges and the joys? How can FCE help? Hear Linda tell us all about the Ranch.

FCE Blanket Making

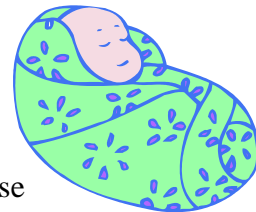
Don't forget the remaining 2016 dates for blanket making.

September 16 - Friday 10 AM – 9 PM

October 6 - Thursday 10 AM – 3 PM

November 18 - 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. We need **KID'S** print and plain fabric for backings. Please **WASH** and iron it before you bring it. (We have been trying to get all the fabric we have currently washed and ironed. Can you help?) Crochet and Knitted blankets that are finished at home should be **washed** before they are brought to blanket making.



Fall Festival October 1 (Set-up September 30) 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 working and 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. 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. Set-up is on Friday, September 30th at 10 AM with the festival on Saturday, October 1st. We need lots of women power (and bring a friend, husband or "tween") to make this a successful event. Your lunch will be provided on both days.

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.

ANNUAL CONFERENCE

November 1 and 2, 2016

8 AM registration and breakfast

Debbie Rhoades, will speak about obesity and how to fight the battle of the bulge. Hear about the new programs and updates from the National FCE July Conference. Other programs include Native Americans, genealogy, Stars and Stripes, human trafficking. The cost is only \$125.00 for a nights lodging and 2 breakfasts, 2 lunches and 1 dinner. 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 Best Western 451 WMC Drive, Westminster, MD, 21158. Phone: 410-857-1900

Bus Trip

Olgeby Lights, Victorian Tea and Wheeling Festival of Lights WV

November 30, December 1 and 2, 2016

8 AM

Cost \$ 360.00 (double occupancy)

We are going to West Virginia on a 2-night excursion. Price includes 2 nights lodging, 2 breakfasts, 1 Holiday Dinner Show, Eckhart House Victorian Tea & Tour, The Glass Museum & Artisan Center, Colonel Oglebay Mansion Museum, Oglebay Lights, Kruger Street Toy & Train Museum and more. We will travel by motor coach to and from either Liberty Grove Methodist Church in Burtonsville or the Laurel Senior Center in Laurel. ALL fees, luggage handling, hotel rooms, taxes and meal gratuities are included. Make checks payable to Laurel Senior Friendship Club (be sure your phone number is on check) and send to Jean Purich 15500 Gallaudet Avenue Silver Spring MD 20905 by September 13th .



Remember to bring schools supplies or new twin size sheet sets to blanket making or the September 13th county meeting.

I hope everyone will attend at least one of the County meetings in the 2016 – 2017 season. Why not mark the second Tuesday of the month on your calendar now? We would love to see you.

Jeanne Purich

“Legacy:”

“Leave more for others to follow, than footprints in the water”.

Martin Buxbaum

“Hopes”

“For what are hopes but slender ropes fastened to our dreams”.

By Martin Buxbaum

Support for our troops

This past April, we have completed 9 years of support for our military/civilians serving in the Middle East. None of this would have been possible without your continued support. What we accomplish is so very meaningful to all those who receive our love in the form of goodies, as well as all the multitude of items we make for them which include stockings, ditty bags, helmet liners, plastic canvas ribbon angels and holiday decorations, including all the toiletries, etc that we collect. Not to mention the notes we send each month which gives them a lift like no other, except perhaps for orders to return stateside.

I am reaching out to all at this time for cutters and sewers for our Christmas stockings and ditty bags. To those who crochet or knit, we are in need of helmet liners and to those that like to make the plastic canvas ribbon angels, we need those as well. The reality is that it is time to hone in on these projects. I have some holiday fabric for the stockings and I have generic fabric for the ditty bags, plus the materials for the ribbon angels.

We have two wonderful ladies who held a very well organized workshop for Christmas stockings, ditty bags, and card writing back in June. They had a great turnout of adults and young people. As a result they made over 300 stockings, wrote over 200 cards and letters and an unknown number of ditty bags. We also received a wonderful donation of \$100.00 from the Damascus Women -"Y". Due to the huge success in June, they have generously planned to have another workshop on September 10th at 1:00 P.M. at the Mt Airy Library. I hope to see some of you there, to either participate or at least to see how well they operate.

If you have any questions, please don't hesitate to email or call me.

My heartfelt thanks to all who have supported this mission.

Maddi
maddik@comcast.net

301-774-8088



IRS SCAMS

The IRS recently renewed its warning that citizens need to be diligent when it comes to responding to telephone and email "requests" for payment from people claiming to represent the IRS. There are several signs of IRS phone scams:

The IRS will never:

1. call to demand immediate payment, nor will it call about taxes owed without first having mailed you a bill;
2. demand that you pay taxes without giving you the opportunity to question or appeal the amount they say you owe;
3. require you to use a specific payment method for your taxes, such as a prepaid debit card;
4. ask for credit or debit card numbers over the phone; or
5. threaten to bring in police or other law-enforcement groups to have you arrested for not paying.

Regarding credit cards:

If you receive a call regarding your credit card, do not provide any information to the caller. Call back to the number on the back of your card or on your statement. If there is an issue, the credit card company will put you in touch with the appropriate department.

In all cases, carefully and promptly review your credit card statements. If something does not look right, call the credit card company. Frequently, people intending to make unauthorized charges will engage in small transactions hoping they go unnoticed. Then, they will try something larger. If you do not recognize a merchant, call the credit card company. If you do not recognize a charge, even with a known merchant, call the credit card company too.

Be careful and please advise family and friends of this. Importantly, seniors are especially vulnerable to these scams so please advise others.

Watermelon is the ultimate refreshing summer treat. How do you know when it is ready to eat? The best sign is the color on the **UNDERSIDE** of the melon. As it matures, the spot turns from almost white to rich yellow.

NOTES FROM FRANN

Fun Day

Fun Day had good attendance with pretty good weather and good programs plus an interesting trip. A special thank you to Phoebe and Chuck Smith for a great program about their trip to the Panama Canal.

Laytonsville Haven

Laytonsville Haven was very pleased to receive five (5) boxes and bags of usable items from the yard sale.

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

Thank you for the donations of twin sheets for the ranch. Naturally they can use more. Note: Linda Clark will be our speaker on September 13. Plan to come and hear an update.

Montgomery College Scholarship Program

Excerpts from Carol Rognrud, Executive Director Montgomery College Foundation:
Dear Ms. Peters,

I write to express my appreciation of your most recent gift to the MCF. It is because of generous and visionary donors like you, who recognize that an educated community benefits all of us, that we are able to continue to provide outstanding educational opportunities to students in our community.

This year the foundation distributed a record setting \$2.1 million in scholarships and an additional \$730,000 in program support.

As requested, your gift has been designated to:
Child Care/Early Childhood Education \$1,600.00
Next Step Program Scholarship \$1,600.00

Frann Peters

301-253-2589

COLD AND FLU PREVENTION STEPS

It will soon be that time again. Protect yourself – get the flu and pneumonia vaccine. There are Important steps to protecting you and your family from the spread of cold or flu germs.

1. Avoid touching your eyes, nose or mouth. Germs spread this way.
2. Cover your nose and mouth with a tissue when you cough or sneeze.

3. Cough or sneeze into your sleeve/elbow if you don't have a tissue.
4. Throw the tissue in the trash after you use it. Don't put it down on any surface like a table or counter.
5. Wash your hands often with soap and water, especially after you cough or sneeze. Hand sanitizers are also effective.
6. Disinfect frequently touched surfaces.
7. Avoid contact with sick people.
8. If you get sick, stay home except to seek medical care and limit contact with others.



20 Seconds Could Save You or Your Family Weeks in Bed this Cold and Flu Season

Start protecting yourself.

It is an easy step. Keep your hands clean. Consider this: 65% of U.S. parents of children ages 5 and under don't always wash their hands for at least 20 seconds, according to a new survey by Wakefield Research for the American Cleaning

Institute. Any less than that and you could be leaving flu germs behind and spreading them to others.

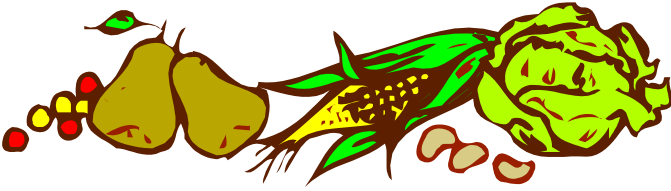
American Cleaning Institute offers five tips to help prevent one from getting sick, spreading illness and missing work or school.

1. Set a good example by washing your own hands often and properly.
2. Teach everyone to soap up for at least 20 seconds, rinse and dry completely.
3. Explain to everyone the reasons they should wash up, i.e. to keep from getting sick and spreading germs.
4. Teach when to wash, such as after using the bathroom, while cooking and after touching animals, blowing your nose, coughing and sneezing.
5. Keep alcohol-based hand sanitizers or gels or antibacterial wipes on hand for when soap and water are unavailable

Because Cleaning Matters®, do your part! Educate others about good hygiene during cold and flu season

CHATTER FROM EXTENSION

10 Tips to Eat Green



As a nutrition educator I get a lot of questions from people about how to “eat green.” But what exactly does it mean to eat green? Basically, eating green is when we make food choices that are environmentally friendly. Eating green includes eating in a way that considers the impact of our food on climate, other animals and environmental resources like water, soil and air. Thankfully, most of the time these sustainable food choices are also the healthier choices. Here are my tips for a healthier planet and for healthier people.

1. **Grow your own** – Growing your own food is one of the best ways to minimize the environmental impact of your eating habits. Growing food completely decreases the packaging you would get buying it at the grocery store and it allows you to minimize food waste by harvesting only the amount of food that you need one day at a time.
2. **Buy local** – If gardening is not an option for you than consider buying from a local farmer at either a farmers market, a CSA (community supported agriculture), a farm stand or even a grocer that carries local foods. This minimizes the environmental impact that comes with transporting foods. By buying local you not only help the environment but also a local farmer!
3. **Consider the carbon footprint of your food** – The impact a particular food has on global warming depends on a variety of factors including how much fossil fuels were used to produce the food during transport, to fuel agricultural machinery, to produce agricultural chemicals, to produce feed for livestock, as well as fossil fuels used at factories/processing plants or to produce packaging. Increasing plant based foods and buying local are two strategies to reduce the carbon footprint of your food choices.
4. **Reduce your waste** – Waste is generated from our food choices primarily in the form of packaging materials and food waste. When you are making

food purchases, think about what will be thrown away following your meal or snack. Furthermore, you can limit packaging waste by bringing your own bags when you shop and even bringing containers to store things like bulk grains and beans. Likewise, when dining out bring your own containers if you intend to bring home leftovers. Lastly, limit food waste in the first place by eating appropriate portions sizes and not buying more than you intend to eat. Consider composting at home to turn your leftover food and yard scraps into soil for your gardens.

5. **Choose more whole foods** – Anytime a food comes in a box, jar or a plastic wrapper than it is safe to say it was processed in a factory. The factory uses fossil fuels and water resources while contributing some form of pollutants and additional waste into the environment. Not only are whole foods healthier for the earth they are most certainly healthier for our bodies as well.
6. **Eat foods in season** – An in season food is a food that is currently being harvested in your region or nearby. Therefore if you eat a food that is out of season (for example a strawberry in January) than that food is being grown in a totally different climate and requiring extensive shipping to get to your plate. In season foods are always available through your local market like farmers markets and are also going to be at the peak of their flavor and nutritional quality. To find out what’s in season in Maryland go to <http://marylandsbest.net/maryland-fruit-and-vegetable-seasonality-charts/>.
7. **Cook as often as possible** – Cooking your own food is a great way to eat green. When preparing food at home it is more likely that you will use whole foods (maybe even garden grown or locally sourced) while limiting the food waste from packaging or the use of fossil fuels involved with the production of processed foods. Home cooked meals tend to be healthier too!
8. **Plan your meals** - There is this great myth that it costs more money to eat healthy and sustainably. This may be true if you are making your decisions one meal at a time or while you are in the grocery store. By planning your meals and utilizing a food budget you can make eating healthy and environmentally friendly more affordable.

Dedicating some time to meal planning can include learning more about your ecofriendly food options and the best place to purchase those foods. To learn more about shopping, budgeting and meal planning go to <https://snaped.fns.usda.gov/resource-library/handouts-and-web-sites/meal-planning-shopping-and-budgeting>.

References:

Marylands Best. (2015) Maryland Fruit and Vegetable Seasonality Charts.

<http://marylandsbest.net/maryland-fruit-and-vegetable-seasonality-charts/>

Natural Resources Defense Council. (2010). Eat Green: Our Everyday food choices affect global warming and the environment.

SNAP-Ed. (2015). Meal planning, shopping and budgeting. <https://snaped.fns.usda.gov/resource-library/handouts-and-web-sites/meal-planning-shopping-and-budgeting>.

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WHEN USING A METAL GRILL BRUSH TO CLEAN THE GRILL, the bristles come off and end up in my food. What should I do?

Before grilling dip a paper towel in neutral-tasting vegetable oil like canola. Using tongs, brush the grill. After grilling use crumpled aluminum foil to clean the grill – toss after each use.

WHY GRAINS ARE GOOD FOR YOU

Whole grains have a relatively low glycemic index; their sugars are released into the bloodstream slowly and steadily. As a result, they don't cause a significant spike in blood sugar levels, which is healthier. The fiber content helps to lower BAD cholesterol. As we may not be as knowledgeable about cooking some of the “new” old grains, the table below offers cooking instructions.

INSTRUCTIONS FOR COOKING WHOLE GRAINS (all gluten free)

Grain (1 Cup)	Liquid	Time (minutes)
Amaranth	2 cups	15 to 20
Buckwheat	2 cups	20
Cornmeal	4 cups	25 – 30
Millet	2 ½ cups	25 – 30
Quinoa	2 cups	12 – 15
Sorghum	4 cups	25 – 30
Teff	3 cups	20

PERKS OF BEING 70-ISH!!

At the root of every gray hair there is a dead brain cell. Someone had to remind me, so I'm reminding you, too. Don't laugh...It is all true! Perks of reaching 70 and beyond!

- Kidnappers are not very interested in you.
- In a hostage situation, you are likely to be released first.
- No one expects you to run anywhere.
- People call at 9 PM (or 9 AM) and ask, 'Did I wake you?'
- People no longer view you as a hypochondriac.
- There is nothing left to learn the hard way.
- Things you buy now won't wear out.
- You can eat supper at 4 PM.
- You can live without sex but not your glasses.
- You get into heated arguments about pension plans.
- You no longer think of speed limits as a challenge.
- You quit trying to hold your stomach in no matter who walks into the room.
- You sing along with elevator music.
- Your eyes won't get much worse.
- Your investment in health insurance is finally beginning to pay off.
- Your joints are more accurate meteorologists than the national weather service.
- Your secrets are safe with your friends because they can't remember them either.
- Your supply of brain cells is finally down to a manageable size.
- **AND THE MOST IMPORTANT THING:** Never, NEVER, NEVER, under any circumstances, take a sleeping pill and a laxative on the same night!

Tuna Stuffed Tomatoes

Using simple and fresh ingredients like sweet tomatoes, crunchy bell peppers, savory tuna, fresh tarragon and olive oil, this light dish is easy to prepare and just plain delicious!

Nutrition Information

For one serving (269 g) - 1 filled tomato: Calories 190 (from Fat 60), Fat 7g (Saturated 1g), Trans Fat 0g, Cholesterol 35mg, Sodium 370mg, Total Carbohydrate 11g, Fiber 3g, Sugars 5g, Protein 22g..

PREP TIME: 30-40 MINUTES SERVINGS: SERVES 4



Ingredients

2 cans or pouches (5 oz) Bumble Bee® Solid White Albacore Tuna in Water, drained and flaked	1 tablespoon diced onion
½ cup dry bread crumbs	½ teaspoon chopped fresh tarragon
1 tablespoon diced green bell pepper	¼ teaspoon ground black pepper
3 tablespoons extra virgin olive oil	4 large tomatoes
¼ teaspoon salt	

Directions

Preheat oven to 400°F. Cut a thin slice from the top of each tomato and scoop out most of the pulp leaving a thick shell so that the tomato will hold its shape. Invert on paper towel and set aside. Combine tuna, bread crumbs, onion, bell pepper, tarragon, olive oil, pepper and salt. Stuff each tomato with tuna salad mixture. Place in lightly greased pan and bake for 15 - 20 minutes. Garnish with tarragon as desired.

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