



Family and Community Education Hi-lites

September – November, 2017

(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, at Blanket making, county or your club meeting. Back to School Picnic August 30 (12:30 pm) at Barbara Raab's home (10141 Brink Rd, Germantown).

September

- 1 10:00 am - 9 pm FCE Blanket Making – Extension Office, Bring in school supplies
- 4 Office closed (Labor Day)
- 12 9:45 am V is for Very Valuable Volunteers, Bring in school supplies
Pick up recipes for November's International Day
Refreshments: Derwood, Install 2018 Officers
- 16 Noon Blue Grass Festival,
- 19 10:00 am Cookie Packing, Laurel Methodist Church
- 25 – 26 10:00 am Maryland FCE Annual Conference, Best Western Hotel Westminster, Maryland
- 29 10:00 am – 3 pm FCE Blanket Making – Extension Office

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 - 4 CWC meeting Huntsville Alabama
- 6 10:00 am Set-up for Harvest Festival - Lunch provided
- 7 10:00 am - 5 Pm Harvest Festival- Lunch provided
- 8 - 14 FCE Week – Celebrate with your family, spread the word about FCE
- 10 – 27 Close Encounters with Agriculture program, Extension Office,
Call Jackie Marsh at the Extension office (301-590-2829) to sign up to help.
- 17 10:00 am Cookie Packing, Laurel Methodist Church



November

- 1 Hi-lites and Look What's Happening deadline
- 3 10:00 am – 9 pm FCE Blanket Making – Extension Office
- 14 9:45 am Celebrate the USA International Day
- 21 10:00 am Cookie Packing, Laurel Methodist Church
- 23 Office Closed (Thanksgiving)
- 28 10:00 am Executive Board Meeting – Hi-lites Folding Extension Office

December

- 12 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 73rd Annual Agricultural Fair. Booths on Blanket Making, Summer Pet Safety Tips, Look - a - Likes, and Recycling were presented. Thanks to everyone who participated in booth presentations and to those who sat at the booths and talked to the public about our FCE projects and programs. A special thanks to Kitty Cooley for being the FCE liaison with the Fair board.

School Supplies

Collect school supplies (paper, pens, pencils, notebooks, notebook paper, composition books, glue, scissors, erasers, back packs etc.) and bring them to blanket making, the county or your club meeting in September. They will be distributed to child welfare agency and a Title 1 school.

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

It's your 2018 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 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 and your recruit will be entered into a drawing for a free registration at next year's state conference.

Membership forms are available at your county or club meetings, in your state newsletter (Look What's Happening), on the web, or at the Extension Office. 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. National FCE also asks for a donation of any amount to help allay the cost of the

\$21,000 insurance on FCE events. 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.

V is for Very Valuable Volunteers September 12 9:45 AM

You are important!!! And you contribute to society through your volunteerism. Let's talk about how we can inspire others to join our mission.

FCE Blanket Making

Don't forget these dates for blanket making.

September 1 - Friday 10 AM – 9 PM

September 29 - Friday 10 AM – 3 PM

October - None

November 3 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 and washed and ironed kids print fabric. If you know of anyone who has extra, please let us know.



ANNUAL CONFERENCE September 25 and 26, 2017

Richard O'Connor

will talk about our Constitution. What does it really mean for you? Bruce Hutton will entertain us with folk music and play various instruments.

Judy Williamson will help us with "Fit & Fashion for the Mature Figure". Learn about drug interactions and how foods hide sugar in their ingredients. Hear about the new programs and updates from the National FCE July Conference. **Bring a large plain colored T-shirt for the craft. The T-shirt will be cut!!** 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 Hotel 451 WMC Drive, Westminster, MD. If you have never been to a conference, make this year your first. If you have attended, come again and bring a friend!!!



Harvest Festival October 7, 10 AM to 5 PM

Set-up October 6, 10 AM

This is a BIG money maker our Montgomery College Scholarships 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.

Please consider donating old jewelry for sale (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, please 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, October 6th at 10 AM with the festival on Saturday, October 7th. 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.

Close Encounter with Agriculture Dates

The dates for Close Encounters are as follows:

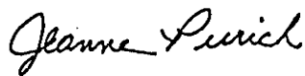
Week 1 October 9, 10, 11, 12, 13

Week 2 October 16, 17, 18, 19, 20

Week 3 October 23, 24, 25, 26, 27

Call Jackie Marsh at the Extension office (301-590-2829) to let her know what day you can volunteer to help the fourth graders in the nutrition track.

I hope everyone will attend at least one of the County FCE meetings in the 2017 – 2018 season. Why not mark the second Tuesday of the month on your calendar now? We would love to see you.



Voltaire

"I hate women because they always know where things are".

Fake Publishers Clearing House Scams

July 21, 2017

by Lisa Lake, Consumer Education Specialist, FTC

Most of us have seen those ads with Publishers Clearing House knocking on someone's door with balloons and a big check for millions. It's a life-changing moment marked by joyous tears and dreams are about to come true.

But the FTC wants to be sure your tears are not sad ones and the dream doesn't wind up being a nightmare, because scammers are pretending to be Publishers Clearing House and tricking people into sending them money.

Publishers Clearing House and the FTC have both gotten many reports about scammers using the Publishers Clearing House name to deceive people. Scammers call, claiming you've won the sweepstakes – but, to collect your prize, you need to send money to pay for so-called fees and taxes.

Paying to collect a prize is a scam. Every time. And scammers like to ask you to send money by Western Union or MoneyGram, or by getting a prepaid card or gift card. Why? Because it's nearly impossible to trace that money – and you'll almost never get your money back.

If you think you've won a prize, here are a few things to know:

- Publishers Clearing House will never ask you to pay a fee to collect a prize. In fact, no legitimate prize promoter will ever charge you to win.
- If anyone calls asking you to pay for a prize, hang up and report it to the FTC.
- Never send money to collect a prize. It's a scam.

Publisher's Clearing House doesn't call ahead to say you've won.

Did you send money to a prize scammer, or know someone who has? Report the loss immediately to the company you paid through (Western Union, MoneyGram, the prepaid or gift card company). And then tell the FTC.

Check out Publishers Clearing House's fraud protection page, and learn more from the FTC about prize scams.

Advice: just don't pay anyone for a prize they say you have won!!!!

SUPPORT OUR TROOPS

For the past 10+ years we have been sending our monthly 35 to 40 boxes of "goodies" to the troops. As troops come home, more troops are sent over to the Middle East. As evidenced by the letters of appreciation we receive from the troops, the goodies, along with the letters we include in their boxes send a very loud and clear message of how much we care.



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.

Also Needed:

- 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

PLEASE NO BARS OF SOAP OR SPEARMINT/MINTED GUM OR LIFE SAVERS

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

maddik@comcast.net

301-774-8088

Letters of the military's appreciation below:

Ma'am,

On behalf of the NATO ROLE 3 Multinational Medical Unit, thank you SO MUCH for your generous gift. Your support from home means the world to us. I'll let you know when they arrive, can't wait to eat them!

With gratitude, Ed

Hi Nannie!

The care packages arrived today. They are AMAZING! I will send a couple proper thank you out via letters/emails to the group. Thank YOU for getting our command on the list to receive the bounty of goodies!!!

Love, Ed

Maddi,

I just wanted to say that we are thankful for the packages that are sent to the team from your organization. The brownies rarely last a few days. Your continued service in the past for the previous teams is much appreciated. Good Americans like your group are what makes it worth leaving home in defense of the nation. Take care and God Bless.

Cav

NOTES FROM FRANN

Fun Day

We traveled to Mount Everest, Nepal and Tibet. Mr Larry Johnson gave our interesting program from his successful “recovery” expedition.

We had great food, with many interesting dishes.

Another highlight of the day was the special wishes to celebrate the upcoming 70th anniversary of Ruth and Charlie Higgs. We also learned that June 22 was the 60th wedding anniversary of Barbara and Lowell Perry. Millie Lechleider celebrated her 80th birthday with us and enjoyed a history lesson and birthday cake. Susan Morris received a birthday song. All three received very large cards signed by everyone in attendance. Bob Kenney received good wishes on his recent recovery from heart surgery. You could say we celebrated all day!!!

More good food, shopping and jokes finished the day off successfully! Thank you for being a part of a “fun day”.

The Maryland Youth Ranch is an important outreach for FCE

The Ranch is doing well. Fifteen men are enrolled in the drug and alcohol program and several have already graduated. There is now a waiting list to enter the facility.

The flowers are being enjoyed. They were placed around the flag pole and by the main doors. The men appreciate our donation of the flowers and they help in the care of the flowers.

The Ranch hopes to open the second unit for additional men. They are hoping for donations of NEW towels, washcloths, pillows, twin size blankets and sheets. Snacks are also very welcome.

Laytonville Safe Havens

They were very pleased with the donation of yard sale items which included bedding and kitchen and household supplies as several clients were moving out in a few weeks.

Montgomery College Scholarship Program

Excerpts from Carol Rognrud, Executive Director Montgomery College Foundation:

“Thank you for your support of the Montgomery College Foundation. Your generosity allows us to fulfill our mission, which is to provide access to Montgomery College for those seeking a quality education. Your support empowers our students to change their lives, thereby positively influencing the lives of individuals, their families and our communities”. (Doesn’t that sound like FCE’s mission statement?)

\$1,600 to Child Care/Early Childhood Education

\$1,600 to Next Step Program

Frann Peters

301-253-2589

7 Natural Beauty Tips for Your Skin

A few simple steps are all you need to care for your skin.

1. **If you smoke, stop.** Research shows that smoking prematurely ages your skin.
2. **Just say no to sunbathing and tanning salons.** Stay out of the sun between 10 am and 2 pm.
3. **Wear sunscreen religiously.** Use products with at least 7% of zinc oxide and a SPF 30 or higher -- with both UVB and UVA protection every day.
4. **Check your skin often for skin cancer.** If there are changes, call your doctor right away.
5. **Soothe dry skin.** Use a humidifier. Also use moisturizing soaps and lotions.
6. **Eat right and hydrate.** Good nutrition helps the body repair skin.
7. **Try anti-aging products.** If you're over age 50, over-the-counter creams and lotions can help enhance your natural beauty by rejuvenating your skin. Pentapeptides (a chemical compound in many new products) may help prompt skin cells to produce more collagen, which is the support structure that gives skin a firmer look.

Smart Food Choices for Healthy Aging

If you and your healthcare provider are worried about weight gain, you should choose nutrient-dense foods. These foods give you lots of nutrients without a lot of extra calories.

On the other hand, foods that are high in calories for the amount of food are called calorie dense. They may or may not have nutrients. High-calorie foods with little nutritional value, like potato chips, sugar-sweetened drinks, candy, baked goods, and alcoholic beverages, are sometimes called "empty calories."

Can choosing a nutrient-dense food instead of a calorie-dense food really make a difference? Here are some examples of nutrient-dense choices side by side with similar foods that are not nutrient-dense, have more calories, or both (from the U.S. Department of Agriculture's [Food-A-Pedia](#)).



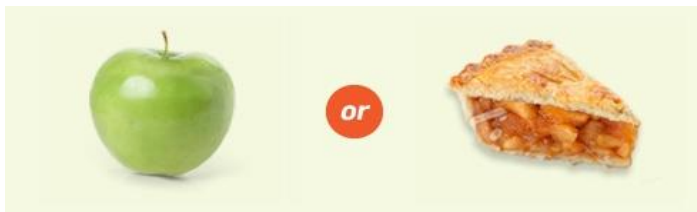
Hamburger patty, 4 oz. precooked, extra lean ground beef
167 calories

Hamburger patty, 4 oz. precooked, regular ground beef
235 calories



Two slices of 100% whole-wheat bread, 1 oz. each
138 calories

Medium croissant, 2 oz.
231 calories



Large apple, 8 oz. **110 calories**
Apple pie, eighth of a 2-crust 9" pie **356 calories**



Roasted chicken breast, skinless (3 oz.)

141 calories

Fried chicken wings with skin and batter, (3 oz.)

479 calories

Another way to think about the idea of nutrient-dense and calorie-dense foods is to look at a variety of foods that all provide the same calories. Let's say that you wanted to have a snack that contained about 100 calories. You might choose one of these:

- 7- or 8-inch banana
- two ounces baked chicken breast with no skin
- three cups low-fat popcorn
- two regular chocolate-sandwich cookies
- half cup low-fat ice cream
- one scrambled large egg cooked with fat
- 20 peanuts
- half of the average-size candy bar

Which would make a better snack for you? Although these examples all have about 100 calories, there are some big differences:

- banana, chicken, peanuts, or egg are more nutrient dense
- popcorn or chicken are likely to help you feel more satisfied
- chicken, peanuts, or egg have more protein
- cookies, candy, and ice cream have more added sugars

Check out this USDA/NIA tip sheet: [Choosing Healthy Meals As You Get Older: 10 Healthy Eating Tips for People Age 65+](#).

How Many Calories Do You Need?

If you are over age 50 and you want to stay at the weight you are now - not lose and not gain, how many calories do you need to eat each day?

The [Dietary Guidelines](#) suggest:

Not physically active	Moderately active	Active lifestyle
	For a woman	
1,600 calories	1,800 calories	2,000-2,200 calories
	For a man	
2,000-2,200 calories	2,200-2,400 calories	2,400-2800 calories

Physical activity refers to the voluntary movements you do that burn calories. Brisk walking, dancing, and swimming are examples of moderate activity. An active lifestyle might include jogging, singles tennis, or swimming laps.



Fall into Safety

1. Get Your Flu Shot

Autumn is the start of flu season, and it's recommended that everyone 6 months and older gets vaccinated against the flu. Learn more about flu prevention and the flu vaccine.

Who is Most Vulnerable?

During the 2014 - 15 flu season, people over age 65 comprised 60% of all cases of flu in the U.S., according to the Centers for Disease Control and Prevention. In February that year, the number of people over age 65 hospitalized for flu was the most since the CDC began recording those numbers in 2005. Children from birth to age 4 represented the second-highest hospitalization rate.

Flu season occurs in the fall and winter, peaking between late November and early March, and it's an epidemic every year. Flu spreads through droplets when people sneeze or cough, and on surfaces. People are contagious one day before symptoms appear and up to a week after. When you don't feel well, it's best to take care of yourself and co-workers by staying home. And don't go back to work (or school) for at least 24 hours after a fever is gone.

What Can You do to Stay Healthy?

- CDC recommends everyone older than 6 months get an annual flu vaccine as soon as the vaccine becomes available; October is the ideal time to get vaccinated, but it's never too late
- Avoid being around sick people if possible

- Wash your hands frequently with soap and water, or use hand sanitizer
- Cover your mouth when coughing or sneezing, preferably with the inside of your arm rather than your hand
- Avoid touching your face
- Disinfect surfaces that may be contaminated

2. Reduce Fear this Halloween

Follow These Ghoulishly Good Best Practices to help ensure adults and children have a safe holiday. The American Academy of Pediatrics has compiled a list of Halloween Safety Tips, including do's and don'ts on the trick-or-treat trail:

- A parent or responsible adult should always accompany young children on the neighborhood rounds
- If your older children are going alone, plan and review the route that is acceptable to you
- Agree on a specific time when children should return home
- Only go to homes with a porch light on and never enter a home or car for a treat

Children and adults are reminded to put electronic devices down, keep heads up and walk, don't run, across the street.

Costumes

- All costumes, wigs and accessories should be fire-resistant
- If children are allowed out after dark, fasten reflective tape or glow sticks to their costumes and bags to make sure they are visible
- When buying Halloween makeup, make sure it is nontoxic and always test it in a small area first
- Remove all makeup before children go to bed to prevent skin and eye irritation

3. Darkness

With Standard Time many people will find themselves spending more time driving in the dark. Depth perception, color recognition and peripheral vision can be compromised in the dark, and the glare of headlights from an oncoming vehicle can temporarily blind a driver.

Even with high-beam headlights on, visibility is limited to about 500 feet (250 feet for normal headlights) creating less time to react to something in the road, especially when driving at higher speeds.



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

- ½ lb. boneless, skinless chicken breasts
(2 small breast halves)
- ¼ tsp. kosher salt
- ¼ tsp. freshly ground black pepper
- 1 Tbsp. olive oil, divided
- 1 small onion, halved and thinly sliced
- ¼ cup no-sugar-added peach preserves
- 2 tsp. raspberry vinegar
- 2 tsp. light soy sauce
- ½ tsp. Dijon mustard
- ¼ 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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