



Family and Community Education Hi-lites

March – May 2021

www.mdafce.org/mcfce.htm

Montgomery County Association for Family and Community Education Newsletter

Happenings

“Once you replace negative thoughts with positive ones, you’ll start having positive results”.
Willie Nelson

March

- 5 FR FCE Blanket Making, 10 AM – Noon. Extension Office Parking Lot
9 TU COVID Mental Health **CANCELLED**
Association Meeting 9:45 AM Extension Office
Refreshments: Olney-Sunshine

April

- 3 SA FCE Blanket Making, 10 AM – Noon. Extension Office Parking Lot
13 TU Time Management **CANCELLED**
Association Meeting 9:45 AM Extension Office,
Refreshments: Burtonsville
29 TH ACWW Women Walk the World. 11 AM Meet in the lower
parking lot at the Farm Park and we **will** walk the grounds. Details
on page 2. **THIS IS SOMETHING WE CAN DO!**



May

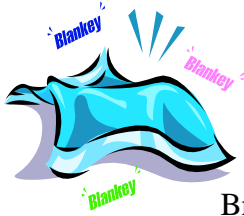
- 1 MO *Hi-lites* Deadline
Look What's Happening deadline
6 TU FCE Blanket Making, 10 AM - Noon. Extension Office Parking Lot
7 FR Set-up for Spring Luncheon 10 AM **CANCELLED**
8 SA Spring Luncheon, Extension Office 10:30 AM - 2 PM **CANCELLED**
Women Make a Difference See page 2 & 8 for details.
TBD Volunteer Recognition, 5:30 PM, Extension Office, **CANCELLED**
25 TU Executive Board Meeting, 10 AM, ZOOM meeting
31 MO Office Closed (Memorial Day)

June

- 5 SA FCE Blanket Making, 10 AM – Noon. Extension Office Parking Lot
17 TH Fun Day at Gettysburg – Registration required (\$10.00). See page 2 for details. **MAYBE**

President's Paragraphs

Our March and April meetings have been **cancelled** due to Covid. The latest information that we have from Extension is that the office building will remain closed through August.

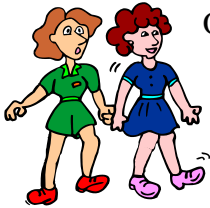


FCE Blanket Drop-Off
March 5 Friday 10 AM – NOON
April 3 Saturday 10 AM - NOON
May 6 Thursday 10 AM - NOON
June 5 Saturday 10 AM - NOON

Bring your completed projects, blankets or hats, to the Extension office parking lot. We will be waiting for you. We will also take anything that you have collected (stamps, magazines, yarn, fabric, etc.) at the same time.

During 2020, FCE members and friends made **1,102** blankets (22,265 total since project started) and **431** baby hats (12,482 total since project started).

WOMEN WALK THE WORLD FOR ACWW **Thursday, April 29**



On or around ACWW Day, April 29, 2021 friends throughout the world are joining in **Women Walk the World**, aiming to raise funds for ACWW's work. ACWW would like members to take part by arranging walks locally. We will meet in the lower (big) parking lot at 11AM and walk around the grounds of the historical Agricultural Farm Park. Since it is an outside activity, we can meet and socially distance. Wear your mask! We will take a picture and send it to ACWW and have some fun seeing each other after such a long time.

FUN DAY **Thursday, June 17**

Another **MAYBE**. Mark your calendars now for Fun Day, Thursday, June 17th. Hopefully, you will be able to come to Lake Heritage, Gettysburg, PA for shopping, antiques, sightseeing, boat rides (weather permitting), or just R and R. The money supports the scholarship fund. Details below. We will leave this as a maybe,

depending on how many have the vaccine and what the metrics are for COVID cases. Final information will be in our next newsletter and we will send out an email as well.

I completed our 2020 year end FCE report and even with all the restrictions and cancellations, FCE members were able to volunteer **7,000** hours and reach **11,178** individuals through FCE activities. Members donated an additional **4,440¼** hours and reached **74,285** in activities outside of FCE. FCE also donated \$3,200 to Montgomery College for scholarships. We made approximately **2,500** masks. We donated school supplies, hats, scarves, socks, magazines, stamps and toiletries. Everyone had been busy!!!

It is really hard to plan our activities when we can't meet in person and we don't know when restrictions will be lifted. Be patient. We are trying to plan some outdoor activities for early 2021.

If you have suggestions on meetings, topics or activities, please contact me or your VP for Program, Kathie Mack (kpmack2@gmail.com).

Jeanne Purich

FUN DAY - MAYBE **We will contact you if we can hold this event.**

When: Thursday June 17th

Time: 10:30 AM for coffee until after dinner.

Where: 197 Longstreet Drive, Gettysburg, PA.

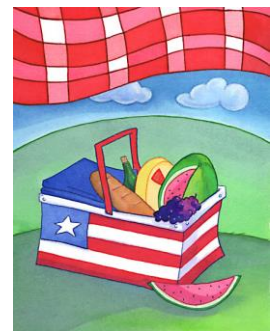
Food, fun, sightseeing, outlet shopping – only \$10.00 per

person – all proceeds benefit the Mary Irene Waters Scholarship Fund.

Please give comments and or suggestions to:

Frann Peters at 301-253-2589 or

Jeanne Purich at 301-384-2805





TO EVERYTHING THERE IS A SEASON . . .

. . . and the upcoming season is Spring – a time for renewal and refreshment.

Dormant flowers and trees will start to bloom again. The weather will warm up a bit. We'll open our windows and let some fresh air in. And spring holidays that celebrate rebirth and freedom are coming soon: Easter and Passover.

Both holidays use eggs in their celebrations. Although the holidays themselves have quite different origins and backgrounds, the egg is the universal symbol of the constancy of seasons coming around every year. Travel around an egg has no beginning or no end. No matter where you start or which direction you go, you always wind up at your starting point.

This has been a year like no other. The first lockdown began on March 11, 2020. Here we are again, some of us the same, some different. Too much has been lost, but we made it through somehow. We miss our friends, families, and rituals. Daily structure has changed. We've learned how to become creative in the way we keep in touch – Zoom, FaceTime, Google Duo – somehow we made it work. For those of us still in quarantine, AARP offers a service called 'Friendly Voice'. Members can sign up at aarp.org/friendlyvoice and receive a series of personal phone calls from trained volunteers. (These phone calls are designed to ease loneliness, not to intervene in a crisis situation. For emotional emergencies or suicidal thoughts, please call the 24/7 hotline at 1-800-273-8255). March 11 will come again in 2022, and hopefully, our struggles will be in our rear-view mirrors.

Renewal comes in many forms, some sudden, some slowly. I'm thinking of a friend I've been caring for post-surgery. He was housebound for more than four weeks. After our last visit to the surgeon, we stopped for a quick trip into a grocery store. He stopped in his tracks and looked around in amazement. Of course he's been shopping for

decades, but suddenly he was aware of the change of scene – people, colorful displays, bright lights, and normalcy! I hope by this time next year we can return to some semblance of normalcy – leave home without fear, travel again, visit with our loved ones, and resume our monthly meetings. And as we prepare for our holidays and boil or roast our eggs, may we look back in gratitude that the worst is behind us, and that better days are ahead. Welcome to the season of Hope.

Susan Goldberg
harmony51480@aol.com

HOW TO REPORT AN ABANDONED VEHICLE



To report an abandoned, unregistered, or inoperable vehicle or bicycle that is on a public road: Call: 240-773-6411, Press 3 and leave a message or email:

abandoned.vehicle@montgomerycountymd.gov

Note: Email is the preferred method. When reporting an abandoned vehicle by phone or email, please provide:

- Location of vehicle – complete street address or cross streets
 - Description of vehicle - make, model, color, tag (license plate) number
 - Why the vehicle is believed to be abandoned - examples include no tags, expired tags, flat tires, extensive damage
 - Your name and contact information - optional
- Please note that due to the volume of complaints, the response time to address a complaint may take up to two weeks. If a complaint has not been addressed after two weeks, please contact the Vehicle Recovery Section supervisor at 240-773-6418.

Note to self: every time you were convinced you couldn't go on, you did."



HEALTHY AND SAFE MEALS USING A SLOW COOKER

University of Nebraska–Lincoln



Americans' busy lifestyles often show up in their cooking and eating habits. More than 54% of food dollars are spent on food away from home, which is typically higher in calories and fat and lower in calcium, fiber, and iron. Planning meals ahead can improve health while saving time and money. When families eat together, meals are likely to be more nutritious. Family meals also provide a great time for children and parents to reconnect. One way to increase meals at home is to use a slow cooker. Check out the following information on slow cooker benefits, food safety, and recipe ideas.

Benefits, food safety, and recipe ideas:

Slow cooker benefits.

They use less electricity than an oven and can be used year-round. Because of the long, low-temperature cooking, slow cookers help tenderize less-expensive cuts of meat. They usually allow for one-step preparation; putting all the ingredients in the slow cooker saves time and reduces cleanup. A variety of foods can be cooked in a slow cooker, including soups, stews, side dishes, main dishes, meats, poultry, and desserts.

Know your slow cooker.

Most slow cookers have two or three settings. Food typically cooks in six to 10 hours on the low setting and four to six hours on the high setting. If possible, turn the slow cooker on the high setting for the first hour of cooking time and then use the setting that fits your needs. Read your slow cooker instruction manual and follow manufacturers' directions. Slow cookers are available in different sizes, so instructions will vary.

Slow cookers and food safety.

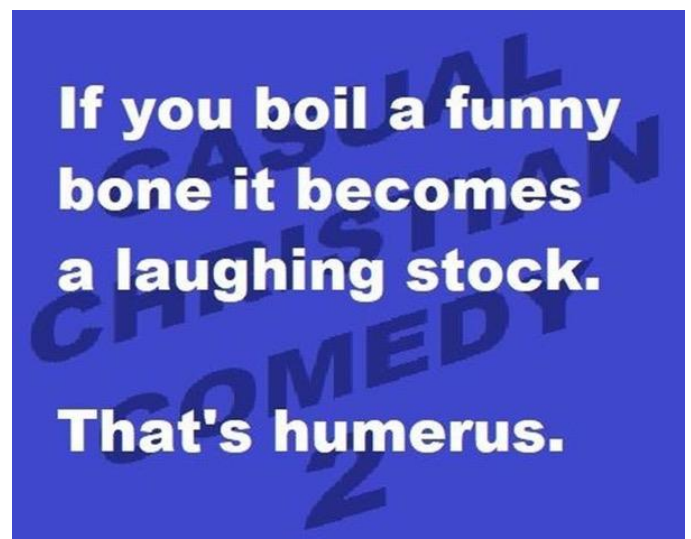
Begin with a clean cooker, utensils and work area. Keep perishable foods refrigerated until preparation time. Store cut-up meat and vegetables separately in the fridge. Always thaw meat or poultry before putting it into a slow cooker. Vegetables cook slower than meat and poultry, so if using them, put vegetables in first. Then add meat and liquid suggested in the recipe, such as broth, water or sauce. Keep the lid in place, removing only to stir the food or check for doneness.

Safely handle leftovers.

Do not store leftovers in a deep container, such as the slow cooker. Store leftovers in shallow covered containers and refrigerate within two hours after cooking is completed. Reheating leftovers in a slow cooker is not recommended. Cooked food should be reheated on the stove, in a microwave, or in a conventional oven until it reaches 165° Fahrenheit (F). Then the hot food can be placed in a preheated slow cooker to keep it hot for serving, at least 140° F as measured with a food thermometer.

Recipe conversions.

Most recipes can be converted. Because liquids do not boil away in a slow cooker, you can usually reduce liquids by one-third to one-half. This reduction in liquid does not apply to soups. Pasta may become mushy if added too early, so it could be added at the end of the cooking process or cooked separately and added just before serving. Milk, cheese and cream may be added one hour before serving.





ACWW

**RURAL WOMEN
IN ACTION**

FARMER DOCTOR SHEARER HOUSEWIFE
ENGINEER BUSINESS MANAGER NURSE
PILOT EMERGENCY SERVICES PART-TIME
COMMUNITY LEADER MIDWIFE TEACHER
TECHNICIAN LANDSCAPER STATISTICIAN
LAWYER THERAPIST DENTIST OPTICIAN
FULL-TIME PROGRAMMER SOCIOLOGIST
MOTHER CONSULTANT CURATOR WRITER
POLITICIAN SURVEYOR HERDER JUDGE
CARER ARCHITECT MECHANIC DESIGNER
SISTER LABOURER BUILDER LIBRARIAN
ACCOUNTANT SHEPHERD GRANDMOTHER
WOMAN.

Our Diversity is Our Strength!

Associated Country Women of the World
A04 Parkhall 40 Martell Road London SE21 8EN
info@acww.org.uk
www.acww.org.uk +44 (0)207.
CIO No. 1174798 A1922-24

“Don't Just
Don't just learn, experience.
Don't just read, absorb.
Don't just change, transform.
Don't just relate, advocate.
Don't just promise, prove.
Don't just criticize, encourage.
Don't just think, ponder.
Don't just take, give.
Don't just see, feel.
Don't just dream, do.
Don't just hear, listen.
Don't just talk, act.
Don't just tell, show.
Don't just exist, live.”

— Roy T. Bennett, The Light in the Heart

The Truths We Hold: An American Journey

By Kamala Harris

The Truths We Hold is a fairly quick, easy read that provides insight into Vice President Kamala Harris's upbringing, professional career, and many of her policy views. Think of it as a primer on the nation's new second-in-command. In this 2019 memoir, Harris takes readers through her family roots, career, and cherished role as “Momala” to her husband's two children. She tells the story of her parents: A father who emigrated from Jamaica and an India-born mother who met at Berkeley and included their two young daughters in their civil rights activism in the late 1960s/early 1970s. After their parents divorced, Harris and her sister were raised by a single, professional mother whom Harris credits with making her the woman she is today. Her respect for and reverence of her “Mommy,” as she calls her throughout the book, is heartwarming and uplifting. And her relationships with husband Doug Hoff, now second gentleman of the United States, and his children (as well as their mother) are sweet and genuine. It's clear Harris cherishes family and has a strong support network around her.

Readers follow Harris's professional life, from the Alameda (Calif.) District Attorney's office to California attorney general to U.S. senator. She details her work in California against the big banks during the mortgage crisis, her fight to reduce elementary school truancy, her commitment to reforming the criminal justice system and police officer training, her defense of immigrants and their rights, and her opposition to for-profit colleges, as well as her early days in the U.S. Senate.

I felt like I got to know Vice President Harris while reading this book—her childhood, her family life, her career, her marriage, her step-motherhood, her politics, and her passions. Harris's voice is strong and relatable throughout, and her story is a truly American one that provides context to the importance of her current role as the first female, Black, Asian Vice President. Even if you think you don't agree with her politically, she's worth getting to know.

—Hillary Jackson

KEEP BANANAS FROM TURNING BROWN

Prolonging the Life of Bananas

You can keep bananas a couple of days longer by storing them in the refrigerator after they've reached the desired degree of ripeness stored at room temperature. The outside will turn brown/black, but they will still be light-colored on the inside as shown in the photo below:



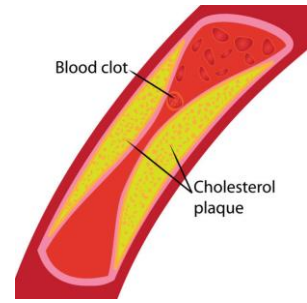
Another option is to buy bananas in varying degrees of ripeness so they don't all ripen at the same time.

Frozen banana slices work well in all types of smoothies and add extra thickness to the smoothie. One of the easiest ways to freeze banana slices is to:

- Cut bananas into about ½ inch slices.
- Lay the slices in a single layer on a parchment- or plastic wrap-lined cookie sheet (make sure the cookie sheet fits in your freezer first!)
- Freeze for a couple of hours until the bananas are frozen solid. They will not darken during this time.
- Remove and store in freezer bags to use in smoothies as needed.

If you want to use bananas in bread or muffins, you can peel the bananas, place them in a freezer safe plastic container or a plastic bag and place in the freezer until baking time.

FOODS THAT LOWER CHOLESTEROL



1. Oats. An easy first step to lowering your cholesterol is having a bowl of oatmeal or cold oat-based cereal like Cheerios for breakfast. It gives you 1 to 2 grams of soluble fiber. Add a banana or some strawberries for another half-gram.

2. Barley and other whole grains. Like oats and oat bran, barley and other whole grains can help lower the risk of heart disease, mainly via the soluble fiber they deliver.

3. Beans. Beans are especially rich in soluble fiber. They also take a while for the body to digest, meaning you feel full for longer after a meal. That's one reason beans are a useful food for folks trying to lose weight

4. Eggplant and okra. These two low-calorie vegetables are good sources of soluble fiber.

5. Nuts. Many studies show that eating almonds, walnuts, peanuts, and other nuts is good for the heart.

6. Vegetable oils. Using liquid vegetable oils such as canola, sunflower, safflower, and others in place of butter, lard, or shortening when cooking or at the table helps lower LDL.

7. Apples, grapes, strawberries, citrus fruits. These fruits are rich in pectin, a type of soluble fiber that lowers LDL.

8. Foods fortified with sterols and stanols. Sterols and stanols extracted from plants gum up the body's ability to absorb cholesterol from food. Companies are adding them to foods ranging from margarine and granola bars to orange juice and chocolate. Getting 2 grams of plant sterols or stanols a day can lower LDL cholesterol by about 10%.

9. Fatty fish. Eating fish two or three times a week can lower LDL in two ways: by replacing meat, which has LDL-boosting saturated fats, and by delivering LDL-lowering omega-3 fats.

10. Fiber supplements. Supplements offer the least appealing way to get soluble fiber. Two teaspoons a day of psyllium, which is found in Metamucil and other bulk-forming laxatives, provide about 4 grams of soluble fiber.

COMPUTER AND ELECTRONICS CLEANING



Think about all the "public" surfaces you touch on your way to work – railings, door handles, coins and tokens, cash machines, elevator buttons and more. Then, when you get to your destination, washing your hands probably isn't the first thing you do. Instead, you probably grab a cup of coffee and turn on your computer. If you power up before you clean up, all the germs and bacteria that commuted with you are transferred from your hands to your workstation. Ugh! And then, if someone else sits down at your computer, you've got all the germs that tagged along with them, too.

Before you begin, be sure the computer is off before you clean any part of it – keyboard, monitor screen, mouse, printer or housings. Also, never spray cleaner directly onto any part of the computer. Spray it onto a cloth, and then gently wipe.

- **Keyboard:** Clean the keys with a cleaning wipe or a cloth sprayed with an all-purpose cleaner. Be sure the keyboard is completely dry before reconnecting it or turning on the computer. To remove the dirt, dust and other debris that gets caught between the keys, turn it upside down and shake gently to dislodge the particles. An air duster is also a great aid in removing all these bits and pieces that get lodged inside the keyboard.

- **Mouse:**

Daily Clean - Most of us use our computers every day, so we're constantly handling that mouse, which means that its surface is a breeding ground for all sorts of germs. A

good habit, particularly in cold and flu season, is to give the mouse's surface a daily cleaning. Spray a bit of antibacterial cleaner on a soft cloth or use an antibacterial wipe and gently clean the surface of the mouse. If you turn off your home or work computer overnight, make it a habit to clean the mouse before powering up in the morning.

Deep Clean – Debris on the underside can affect the performance. If you have an optical mouse (beam of light to track movement), dampen a cotton swab with rubbing alcohol, use your fingertips to remove any excess moisture from the bud, and then gently clean the area where the LED and the lens are located. Using a dry cotton swab, gently wipe over the area to make sure it's dry. For a ball mouse (with a roller on the bottom), you may need to disassemble and clean with a microfiber cleaning cloth, making sure to remove all dust, hair and other debris. Follow the manufacturer's instructions. If necessary, use a few shots of compressed gas to remove stubborn lint from the inside of the mouse.

- **Mouse Pad:** What's the point of cleaning the mouse if it's still picking up debris from a dirty mouse pad? Gently clean the pad, using a cloth dampened with an antibacterial spray cleaner. Let it dry thoroughly before setting the mouse back down on the pad.
- **Monitor:** Use a microfiber cloth, either dry or dampened with clean water, or a product specially formulated for computer screens. If you use anything else, you run the risk of damaging the screen. Check the manufacturer recommendations. Clean the monitor several times a week, as a dirty monitor can cause eyestrain.
- **Surrounding surfaces** (including computer housings and desktops): Since there are probably coffee and food stains lurking amidst the dust, use an all-purpose cleaner with a disinfectant.
- **Printer:** Consider how often you push the button on the printer and how seldom you think about cleaning it!
- **Telephone:** Even if you're the only one using it, it's still transmission central for germs and bacteria that cause ear, nose and eye infections. Clean it daily using a hard-surface disinfectant cleaner or a wipe.

CHOCOLATE CRINKLES

Ingredients

1 package Moist Deluxe Devil's Food cake mix
2 eggs
¼ c oil
4 tsp milk
½ c confectioners' sugar



Directions

- Preheat oven to 375° F. Grease cookie sheets.
- Combine cake mix, eggs, oil, and milk in a large bowl. Stir until thoroughly blended.
- Place confectioners' sugar in a small bowl. Drop teaspoonful of dough in sugar. Roll dough to coat and shape in a ball.
- Place balls 2 inches apart on greased cookie sheets.
- Bake for 8-9 minutes or until set. Cool 1 minute on cookie sheet, then remove from sheet to finish cooling.

Yield 3 dozen.

**University of Maryland
Montgomery County Extension
18410 Muncaster Road
Derwood, MD 20855**

FIRST CLASS MAIL

