



Family and Community Education Hi-lites September – November, 2013

(www.mdafce.org/mcfce.htm)

Montgomery County Association for Family and Community Education Newsletter

“The trouble with eating Italian food is that five or six days later, you are hungry again”.
W. C. Fields

Happenings

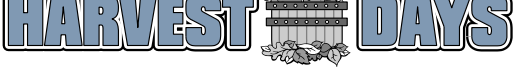
September

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

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|----|-----------------|--|
| 2 | | Office closed (Labor Day) |
| 6 | 10:00 am - 9 pm | FCE Blanket Making for Project Linus – Extension Office |
| 10 | 9:45 am | “Barns of Maryland” and Association Meeting, Extension Office, Refreshments:
Derwood, Install 2014 Officers
Pick up your recipe for the International Luncheon.
Refreshments: Derwood |
| 17 | 10:00 am | Cookie Packing, Laurel Methodist Church |

October

Send Pennies for Friendship, Dollars for Leadership and Dues to County Treasurer. Send one check made out to Montgomery County FCE by October 1. Send names of new club officers to county president.

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|---------|-----------------|---|--|
| 4 | 10:00 am | SET-UP for Fall Festival, 10 am |  |
| 5 | 10:00 am | Fall Festival | |
| 8 | 10:00 – 3:00 pm | FCE Blanket Making for Project Linus | |
| 13 - 19 | | FCE Week – Celebrate with your family, plan an exhibit or program in the community | |
| 15 | 10:00 am | Cookie Packing, Laurel Methodist Church | |
| 14 – 30 | | Close Encounters with Agricultural program, Extension Office,
call Jackie Marsh at the Extension office (301-590-2829) to sign up to help. | |

November

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|----|-----------------|--|
| 1 | | <i>Hi-lites and Look What's Happening</i> deadline |
| 6 | 10:00 am - 9 pm | FCE Blanket Making for Project Linus – Extension Office |
| 12 | 9:45 am | International Day – India-Chennai – Extension Office |
| 19 | 10:00 am | Cookie Packing, Laurel Methodist Church |
| 26 | 10:00 am | Executive Board Meeting – <i>Hi-lites</i> Folding Extension Office |
| 28 | | Office Closed (Thanksgiving) |

December

- | | | |
|----|---------|--|
| 10 | 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

For the County Agricultural Fair, Montgomery County FCE members prepared four booths. Booths on *Blanket Making for Project Linus*, *Make My Plate, Your Plate, Go Greener* and *Meet Your Neighbors* were presented. Thanks to everyone that participated in booth presentations and to those who sat at the booths talking about our wonderful projects and programs to those who stopped by. A special thanks to Kitty Cooley for being the FCE liaison with the Fair board.

Membership Challenge

Recruit a new member, put your name and address at the bottom of the membership form and you will receive a pin from National FCE in recognition for your effort. In addition, your name and the new members' name will be entered into a drawing for registration to next years' conference.

Membership forms are available at the Extension Office, your county or club meetings, in your state newsletter (*Look What's Happening*) and on the web. All dues must be sent to **Marilyn Simonds (13708 Lionel Lane, Rockville 20853) by September 30. Dues are \$25.00 for an individual, \$21.80 for seniors (80+) and \$38.00 for a family plus your local club dues.** Everyone must completely fill out a membership form with signature, middle initial, 9-digit zip and email address. **Please refer to your state newsletter for more details on membership or contact me at 301-384-2805.**

FCE Blankets for Project Linus

Don't forget the remaining 2013 dates for blanket making.

September 6 - Wednesday 10 AM – 9 PM

October 8 - Thursday 10 AM – 3 PM

November 6 - 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. WE do need **YARN!**

“Maryland Barns”

September 10

9:45 AM

We have such a wonderful history of farming in Maryland. Come and enjoy a video on some of the most famous and beautiful barns in Maryland. Please mark your calendars and join us at the Extension office on Tuesday September 10th.

Fall Festival

October 5 (Set-up October 4)

10 AM to 4 PM

The **Fall Festival** is fast approaching and we have one day – Saturday – to earn money for Montgomery College Scholarships. This is our BIG money maker and in today's economy, we need all the help we can get. If we do not have enough adults to talk to visitors and tell them about our projects and our mission, they will walk through and not purchase any items. You do not have to stay all day; in fact, some fresh faces in the afternoon would be welcome. Most of the jobs can be done while you are sitting so you will not be up on your feet. Completed crafts can be donated. We will also take old jewelry (even broken pieces as we can 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, please. Call Pat Kenney (301-460-5451) and let her know how you will help with this event! Set-up is on Friday, October 4th at 10 AM with the festival on Saturday, October 6th. We need lots of **women** power (bring a friend, husband or “tween”) to make this a successful event.

International Day

November 12 9:45 AM

India (Chennai)

Since ACWW is meeting in this exotic place, we will be learning about the area and about the ACWW mission. I hope to bring back some wonderful items for you to see. Contact Barbara Raab (301-330-5447) for more information. Recipes will be given out at the September 10th county meeting. Thanks, Barbara. Registration for the luncheon is in the newsletter on page 8.

ANNUAL CONFERENCE

September 19 and 20, 2013

Registration starts at 8:30 AM, meeting at 9:00

Besides FCE programs, Chuck Schuster from MC Extension will talk about his trip to Pakistan and Karen Basinger, Howard County FCS Educator will speak on string bones. 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 **Sheraton Washington North Hotel**
Powder Mill Road, Beltsville, MD 20705
(301-937-4422).

Take Route 29 to Cherry Hill Road east. Turn left on Calverton Boulevard, right on Beltsville Drive, continue 2 blocks to intersection of Powder Mill Road. Cross Powder Mill Road (towards the movie theater), make left at "T", the Sheraton is on the left at the bottom of the hill.

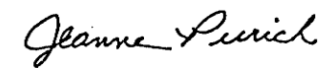
Close Encounter Dates

The dates for Close Encounters are as follows:

- Week 1 October 14, 15, 16, 17, 18,
- Week 2 October 21, 22, 23, 24, 25
- Week 3 October 28, 29, 30

We will have a sign-up sheet at the September meeting or you can call Jackie Marsh at the Extension office (301-590-2829) to let them know what day you can volunteer.

Hope everyone will attend the County meetings and events; we would love to see you.



Chatter from Extension

Eating fish provides heart-healthy omega-3 fatty acids

The American heart Association (AHA) recommends eating fish at least twice a week, particularly varieties high in omega-3 fatty acids, such as salmon, mackerel, herring, lake trout, sardines and albacore tuna. A serving is 3.5 ounces cooked or about three-quarters cup of flaked fish.

Research shows that the omega-3s found in fish help reduce your risk of cardiovascular disease. Depending upon how your prepare it, fish also is low in calories and saturated fat. The AHA

recommends baking or grilling fish and choosing low-sodium seasonings such as spices, herbs, and lemon juice to replace high calorie/fat creamy sauces or fried coatings.

There are many ways to prepare fish, even if you do not have access to or cannot afford fresh varieties. Canned salmon or tuna can be made into patties and burgers with the addition of just a few ingredients. Firmer white fish varieties, such as halibut, tuna and swordfish can be skewered or made into kabobs with the addition of vegetables such as cherry tomatoes, peppers, summer squash and mushrooms. To avoid the heavy calorie-laden dressing often used in tuna salad, try using lower-fat plain yogurt to replace part or all of the mayonnaise. Use fish in pasta or casserole dishes instead of chicken. Keep in mind that fish does not need to cook as long as other meats so you will probably want to cook it separately and add it to your pasta or casserole dish at the very end to keep the fish from flaking apart.

Fish also makes great tasting tacos. Bake or sauté a firm fish with some spicy seasonings and serve with fresh cabbage, corn, tomatoes or other fresh vegetable in a heated corn or whole-grain tortilla for a delicious fish taco. Salmon, tuna, halibut, cod or tilapia are all great choices for tacos.

A go-to summer favorite for a quick, delicious and healthy meal is to top a salad with your favorite grilled fish. This works particularly well with salmon grilled on a cedar plank (or grilled directly on the grill). Place the grilled salmon on top of a bed of mixed greens, fresh tomatoes, cucumber, shredded carrot or whatever vegetable you have readily available. Mix some balsamic vinegar and olive oil (a one-to-one ratio), add a teaspoon each of stone ground mustard and honey, a crushed clove of garlic, and salt and pepper. Sprinkle dressing sparingly and enjoy!

Another easy summer favorite fish is grilled or seared tuna steaks. Tuna steaks can be lightly marinated in a small amount of olive oil, salt and pepper and grilled to medium. A cast iron skillet heated to very hot can also be used to sear tuna steaks to perfection. Sesame oil in place of olive oil, mixed with a little soy sauce is also a great marinade for tuna.

Rebecca Davis, FCS Educator

Note: Rebecca is leaving us and taking a job much closer to home. She will be missed.

Support Our Troops

The **end of September** is when all items made and collected should be turned in for shipment to Operation Shoebox. These items are the Christmas stockings, ditty bags, helmet liners, plastic canvas ribbon angels, crocheted draw strings, **travel-size** hygiene and **travel-size** dental products, Hot Wheels and Match Box cars, **travel-size** games, travel-size wipes and hand sanitizers, hand and foot warmers, white socks and chap stick.

We cannot thank you all enough for the tremendous and steadfast support you have given over these past 6+ years. Without each and every one of you, our mission would not have been the great success it has been, as evidenced by the many wonderful letters of thanks we have received from the men and women serving in the Middle East and Afghanistan. Going even a step further, we also would not have been so honored by those who chose to take time out of their busy schedules to thank us in person. They are the backbone of our country and we owe them so much.

Maddi Klein 301-774-8088

Eva Black 301-725-7038

Creating Afghan Women Leaders

A new initiative is aimed at building on advances in Afghan women's rights. 'Promote', the largest USAID gender program ever undertaken, also is meant to reaffirm the U.S. government's long-term support for Afghan women.



The initiative will encourage educated Afghan women, 18-30, the first high school graduates to receive uninterrupted education since the fall of the Taliban, to take on leadership roles. It will help strengthen women's-rights groups, boost female economic participation, increase the number of women in government, and help women gain leadership, advocacy and business and management skills. It also includes the creation of an institute for gender and development

studies and an international scholarship program for Afghan women pursuing careers in highly technical professions.

Afghanistan has come a long way in improving women and girls' welfare since the fall of the Taliban in 2002. Contrasted with the Taliban era when virtually not a single girl was allowed to attend school, more than a third of the more than nine million students in school are female. Maternal mortality rates have dropped by nearly 80 percent and women's life expectancy has increased by 15 to 20 years.

A recent survey found that some 80 percent of Afghan women have at least some access to mobile phones, giving them important access to information, services and opportunities. Women have constituted 28 percent of those serving in Parliament, more than in some Western countries, and a few of the potential candidates for president are women.

(From the USAID newsletter)

Chocolate-Espresso Ribbon Cookies

1 C butter	1 ½ C sugar
1 egg, beaten	1 tsp vanilla extract
2 ½ C flour	½ tsp salt
1 ½ tsp baking powder	
1/3 C bittersweet chips, melted	
1/3 C coarsely chopped toasted almonds	
1/3 C coarsely crushed chocolate covered espresso coffee beans	

Line bottom and sides of 9 x 5 inch loaf pan with plastic wrap. In large bowl, cream butter and sugar. Add egg and vanilla; beat well. Add flour, salt and baking powder – mix well. Divide dough in half. Place half in another bowl. Stir melted chocolate into this half of the dough. To remaining half, mix in espresso beans and almonds. Press firmly ½ of dough into bottom of pan. Press the espresso dough over the chocolate dough. Repeat with remaining chocolate dough. Fold plastic wrap over dough to cover. Refrigerate for two hours or until firm. Heat your oven to 350°. Remove dough from pan and remove the plastic wrap. Place dough on cutting board cutting crosswise into 4 equal pieces. Then cut each piece crosswise into ¼ inch slices. Bake 10 minutes or until edges are light golden brown. Cool one minute then transfer to rack. Yield about 5 doz.

NOTES FROM FRANN

Montgomery College Foundation

DeRionne P. Pollard, PhD, President sent a letter thanking us for our continued support in the Scholarship Program and our efforts to empower students to help enrich our community. Ms. Carol Rognrud, Executive Director, also wrote to thank us for our support.

Scholarship:

Thank you for the warm welcome to Kimberly Stearns and Nate May at the Spring Luncheon. Colleen Gannon was unable to attend. Kimberly spoke of her years in 4-H and of her plans to transfer, after graduation, to Towson University to continue studies to become a teacher. Nate is completing Pre-Engineering classes and Environmental Classes. He will attend the University of Maryland next year. Nate has received (from us) a donation to help with the cost of his books.

Youth Ranch

The Ranch was delighted with the “left-overs” from our yard sale. Some items donated were nine pieces of luggage, games, puzzles and items for train admirers. Please remember these youths if you have books, used computers, games, sport items such as skate boards, bikes, etc.. Also needed are new sweat suits, socks and twin size bedding. The Ranch greatly appreciates FCE involvement on Valentine’s Day, with cookies, Christmas sponsors and money donations throughout the year.

Stamps

16,126 used postage stamps were donated to Asbury Village to be used to benefit the Benevolent Fund. The proceeds from the sale of these stamps are used to help residents with insufficient funds to continue to live there. The following is a letter from Russ Webb, with the Asbury Stamp Program

Dear FCE – Mrs. Peters,
Yesterday Mrs. Marlin called and asked me come down to pick up many stamps. Four big bags full! Thank you for gathering them and thinking of us.

Fun Day

A Civil War Lesson and Women Being Involved as Future Nurses

We observed the 150th anniversary of the Battle of Gettysburg with a tent and equipment display; and

the firing of a muzzle-loading rifle that did a fine “bang”. We noted that women who served in many capacities in the Civil War were very important. We had great weather and many laughs with a good increase to the Scholarship Fund. Thanks to all of you for your support.

Hugs and Kisses

Lou Marlin was honored as a “special lady” at the Spring Luncheon. We honored her for the many years of volunteering for FCE and 4-H. She is now our Stamp Lady at Asbury.

Frann Peters 301-253-2589



LAUNDRY PACKETS

Single-load liquid laundry packets have become widely available over the past couple of years - millions of consumers have found these packets to be an easy and convenient way to get their laundry done efficiently and effectively. However, it is important to remember these powerful packets contain highly concentrated detergent and require the same discipline as common household cleaning products when it comes to safely using, handling and storing.

According to the American Association of Poison Control Centers (AAPCC), in 2012, poison centers received reports of unintended 6,229 exposures to highly concentrated packets of laundry detergent by children 5 and younger.

It is vital for parents and caregivers to keep single-load liquid laundry packets away from children to help prevent the risk of serious injury from ingestion or exposure to eyes. Education and awareness can help prevent these injuries, especially when it comes to properly using the packets and securing them safely and securely. Keep the following safety reminders top of mind:

- Do not let children handle laundry packets
- Do not puncture or pull packets apart
- Store out of child's sight and reach
- Keep the packet's package closed and in a dry place

- Packets quickly dissolve upon contact with water, wet hands, or saliva so it is necessary to keep them dry

WARNING: If a stain makes it through the laundry without any pre-treatment, you are stuck...heat, hot water and dryer cycles set a stain.

Nancy Bock

ACI Senior Vice President, Education

NORMAL MEMORY LOSS OR DEMENTIA?

Do you walk into a room only to forget what you wanted to do when you got there? Memory lapses are unsettling, but they do not necessarily herald impending dementia, says Dr. Gad Marshall, assistant professor of neurology at Harvard Medical School. The key is how often they occur – the pattern. Is it happening several times a week or is it happening once or twice a month? Is it a change from say five or ten years ago? Is it getting gradually worse? To get help to tell the difference call your doctor and ask about forgetfulness, what is normal and what is not.



Do not be alarmed by everyday forgetfulness. The time to call your doctor is when you have more persistent or worsening memory loss and that your routine (daily activities) are started to affect your daily functions.

If you have any other cognitive problems accompanying memory loss – such as difficulties with language, organization, visual perception, or sense of direction – or if you have a change in personality or behavior then it is time to call your doctor.

Tests will assess your memory, attention, problem-solving ability, language, and other skills. You may also have a neurological exam and an MRI scan of your brain to look for changes that could explain the cause of the cognitive impairment.

You can slow memory loss. One way is to use the Mediterranean diet, which includes fresh fruit and vegetables, whole grains, olive oil, nuts, fish, and moderate amounts of red wine. Exercise

three or four times per week can also slow the progression of cognitive decline.

Stay mentally and socially active.

Challenge your brain by tackling different or increasingly harder mental tasks, such as switching from relatively easy daily newspaper crossword puzzles to the more difficult Sunday puzzle.

The values of social connections are also valuable. Seeing a thought provoking movie or having dinner with friends can prevent loneliness and social isolation, which can also be detrimental to your mental health.

TIPS TO HELP YOU REMEMBER

1. Get organized. Write things down in a notebook/Smartphone or use post-it notes. Place visual reminders around your home to have a visual reminder to jog your memory. Keep things in the same place.
2. Repeat. When introduced to someone repeat their name several times, as you speak to them.
3. Banish Distraction. Turn the T.V. off and only do one thing at a time.
4. Break it up. It is easier to remember new information when it is divided into smaller portions. For example: Try to memorize only one section of a friend’s telephone number at one time. Alternatively, try to read a few pages of a difficult book then close the book and try to remember what you just read.
5. Record it. Carry a notebook/Smartphone/or pocket recorder with you at all times to capture new information. The act of recording or writing it down will help to cement it in your memory.

The Harvard Women’s Health Watch Volume 20 Number 11

BOUNCE® THIS ALONG

And all this time you've just been putting Bounce in the dryer!

1. It will chase ants away when you lay a sheet near them. It also repels mice...
2. Spread sheets around foundation areas, or in trailers, or cars that are sitting and it keeps mice from entering your vehicle...
3. It takes the odor out of books and photo albums that are not opened too often...

4. It repels mosquitoes. Tie a sheet of Bounce through a belt loop when outdoors during mosquito season...
5. Eliminate static electricity from your television (or computer) screen...
6. Since Bounce is designed to help eliminate static cling, wipe your television screen with a used sheet of Bounce to keep dust from resettling...
7. Dissolve soap scum from shower doors. Clean with a sheet of Bounce...
8. To freshen the air in your home, place an individual sheet of Bounce in a drawer or hang in the closet or air vent...
9. Put Bounce sheet in vacuum cleaner bag...
10. Prevent thread from tangling. Run a threaded needle through a sheet of Bounce before beginning to sew...
11. Prevent musty suitcases. Place an individual sheet of Bounce inside empty luggage before storing...
12. Freshen the air in your car. Place a sheet of Bounce under the front seat...
13. Clean baked-on foods from a cooking pan. Put a sheet in a pan, fill with water, let sit overnight, and sponge clean. The anti-static agent apparently weakens the bond between the food and the pan...
14. Eliminate odors in wastebaskets. Place a sheet of Bounce at the bottom of the wastebasket...
15. Collect cat hair. Rubbing the area with a sheet of Bounce will magnetically attract all the loose hairs...
16. Eliminate static electricity from Venetian blinds. Wipe the blinds with a sheet of Bounce to prevent dust from resettling...
17. Wipe up sawdust from drilling or sand papering. A used sheet of Bounce will collect sawdust like a tack cloth...
18. Eliminate odors in dirty laundry. Place an individual sheet of Bounce at the bottom of a laundry bag or hamper...
19. Deodorize shoes or sneakers. Place a sheet of Bounce in your shoes or sneakers overnight...
20. Golfers put a Bounce sheet in their back pocket to keep the bees away...
21. Put a Bounce sheet in your sleeping bag and tent before folding and storing them. It will keep them smelling fresh...
22. Wet a Bounce sheet, hose down your car, and wipe love bugs off easily with the wet Bounce...
23. Put a sheet of Bounce in your suitcase when traveling, it will help keep mites or any other

critters out of it. While you are at it, travel with several Bounce sheets and run them up and down your bed linen before getting into bed, it will cause all the critters already in your bed to run. Keep a sheet in your suitcase even after you have unpacked to protect your suitcases from bugs nesting in it...

Negative Calories

Is there such a thing as “negative Calories” food that is, food that causes you to burn more calories than it contains?

NO, although some foods have such a low calorie count that it is almost negligible, such as celery, grapefruit, and mushrooms. There’s also evidence that high-protein diets and certain food ingredients – including caffeine, capsaicin, and possibly ginger – may have a thermogenic effect, meaning that they help raise metabolism and help you to feel full, studies have found. That’s intriguing, but the only proven way to achieve a negative energy balance –the way to lose weight – is to burn more calories than you take in, ideally through a combination of physical activity and eating nutrient-dense foods that fill you up and provide a lot of vitamins, minerals, protein, and fiber for relatively few calories.

(Taken from Consumer reports)

Helpful Kitchen Tips

1. Tired of brown sugar hardening in the bag before you have a chance to use it? Put a couple of marshmallows in the bag to keep the sugar soft.
2. Because of their opaque shell, it is difficult to tell if an egg has gone bad. An easy way to know if they are still safe to eat is to place them a dish with about 4-5 inches of water. Fresh eggs will sink, rotten eggs will float, and eggs that stand upright should be used immediately.
3. Bundt pans can be used for more than just cakes and breads. How about using one to help your chicken stand while roasting? Or for keeping stuffed peppers upright while they bake?



Registration for International Day due by October 31, 2013

Send \$4.00 per person to:

Marilyn Simonds
13708 Lionel Lane
Rockville, MD 20853

NAME

PHONE #

FIRST CLASS MAIL

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

