



Family and Community Education Hi-lites

September – November, 2019

(www.mdafce.org/mcfce.htm)

Montgomery County Association for Family and Community Education Newsletter

Happenings

Back to School Picnic Thursday August 22 (12 Noon RSVP 301-330-5447) at Barbara Raab's home (10141 Brink Rd, Germantown). Collect School Supplies (paper, pens, pencils, notebooks, notebook paper, composition books, glue, scissors, erasers, etc., bring to the back to school picnic, or can be brought to blanket making, county or meeting). **BRING A DISH TO SHARE at the Picnic.**

September

- 2 Office closed (Labor Day)
- 5 10:00 am - 9 pm FCE Blanket Making – Extension Office, Bring in school supplies
- 10 9 45 am Portion Distortion and the new food label.
Speaker, Dr. Mona Habibi, Family Consumer Sciences Educator.
Association Meeting, Extension Office, 9:45 AM
Refreshments: Derwood. Install 2020 Officers
Pick up recipes for November's International Day
- 14 Noon Blue Grass Festival, Agricultural History Farm Park
- 26, 27, 28 Yard Sale-Set-up on Thursday for the sale on Friday and Saturday



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.
- 2 10:00 am – 3 pm FCE Blanket Making – Extension Office
- 4 10:00 am Set-up for Harvest Festival – Lunch provided
- 5 10:00 am - 5 pm Harvest Festival- Lunch provided
- 8–30 Close Encounters with Agriculture 4th grade program, Extension Office,
Call Jackie Marsh at the Extension office (301-590-2829) to sign up to help.
- 13 - 19 FCE Week – Celebrate with your family, spread the word about FCE
- 21 – 22 10:00 am Maryland FCE Annual Conference, Best Western Hotel Westminster, Maryland



November

- 1 *Hi-lites* and *Look What's Happening* deadline
- 12 9:45 am Australia - International Day, Extension Office
- 15 10:00 am – 9 pm FCE Blanket Making – Extension Office
- 26 10:00 am Executive Board Meeting, *Hi-lites* 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, Jeanne Purich

President's Paragraphs

The Montgomery County EPA no longer needs **BOTTLE CAPS**. Please do not save or bring them in. If you have some, just recycle them in your blue bin.

Fair Booths

Montgomery County FCE members prepared four booths for the Montgomery County Agricultural Fair, held August 11-17. Booths on Blanket Making, Give Green a Chance, Buddy or Bully? and Recycle 2.0, Beyond the Blue Bin were presented. Thanks to everyone who participated in booth presentations and to those who manned the booths and spoke 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 the **BACK to SCHOOL Picnic** on Thursday, August 22 (see front page for information), blanket making, the county or your club meeting. They will be distributed to a child welfare agency and Title 1 schools.

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

For 2020, your challenge is **Everyone Get A New Member (EGANM)**. Now comes the easy part, invite someone to a club or county program, outreach project, or bus trip etc. (you get the point). If you don't ask, you will never know who will be interested. Show them the newsletter, blanket making calendar, FCE info brochure. 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 Jeanne Gillis (101 Rolling Road, Gaithersburg 20877-2043)

by September 30. Dues are \$30.50 for an individual, \$26.70 for seniors (80+) and \$46.00 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 (used only for the newsletter). For the membership form, refer to the state newsletter for the membership form, website or contact me at 301-384-2805.

Portion Distortion

September 10, 9:45 AM

Dr. Mona Habibi, Agent, Family Consumer Science

What is the biggest problem in losing and maintaining weight? It is portion control. Bring a friend and learn the tricks and tips. Also the new food label will be presented.

FCE Blanket Making

Don't forget these dates for blanket making.

September 5 - Thursday 10 AM – 9 PM

October 2 - Wednesday 10 AM – 3 PM

November 15 - Friday 10 AM – 9 PM



Bring a sandwich; we will provide drink and dessert. Call Kathie at 301-270-5367 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.

Yard Sale

**September 26 Thursday Set-up
September 27 & 28 Friday/Saturday Sale
15500 Gallaudet Avenue SS 20905**

For the yard sale, you can start dropping your items off on my porch anytime. We will set-up on Thursday starting at 10 AM (come anytime, we will be working all day). Help is needed for Friday and Saturday starting at 8 AM. Your lunch and drink will be provided on all days. Thank you as this could not be done without many helping hands.

Harvest Festival

**October 5, 10 AM to 5 PM
Set-up October 4, 10 AM**

This is a **BIG** money maker for our Montgomery College Scholarships and only you can make it a success by helping with set-up on Friday, and



with kids' games and crafts, selling craft items, jewelry and baked goods on Saturday. Most of these "jobs" can be done while you are seated. Frann needs lots of help in the kids' craft room and the children really love making the caterpillars and such. Speaking with visitors and telling them about our projects and mission is so important. If the public is engaged, they will purchase something or participate with their children in the kids' games and activities.

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. Small breads – carrot, banana, and zucchini also go well. No PIEs or large cakes, please. Set-up is on Friday, October 4th at 10 AM with the festival on Saturday, October 5th. We need lots of "women" power (bring a friend, husband or "tween") to make this a successful event. Your lunch will be provided both days.

Close Encounters with Agriculture Program

This program teaches fourth grade students about the process of food production, starting with growing food on farms, to processing, preparing/baking the product and shipping it to the store. The dates for Close Encounters are as follows:

- Week 1 October 8, 10, 11
- Week 2 October 15, 16, 17, 18
- Week 3 October 21, 22, 23, 24
- Week 4 October 28, 29, 30

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

MD FCE ANNUAL CONFERENCE

October 21 and 22, 2019

Dora Townsend, the granddaughter of a suffragette will present "The American Suffrage Movement" and the vital role her great grandmother played in the story. We will take a tour of the English American Tailoring Company (411 Cranberry Road) on Tuesday morning. We will car pool from the hotel. It is about 3 miles from the hotel.



You will also hear about the new programs from the National FCE July Conference. The entertainment will be the band "Good Company", a duo singing the songs of the 60's, 70's and 80's. The registration form is in the Summer issue of Look What's Happening and 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!!!

I hope everyone will attend at least one of these events. We would love to see you.

Jeanne Purich

SUPPORT OUR TROOPS

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.) If you enjoy working with plastic canvas, "angels" are the thing for you. All you need is the canvas, pattern and 1/4 inch ribbon. I will provide the pattern.



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

We always need cards and letters of gratitude and encouragement for our troops. 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. Take blank note cards to all meetings you attend.

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

NOTES FROM FRANN

Laytonville Safe Havens Closes

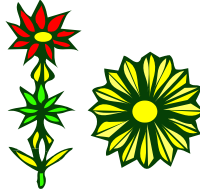
We are very sad to learn that Laytonville Havens has closed. Their recording states that this is due to lack of funding.

The Ranch is an important outreach for FCE

The Ranch is doing well. Forty-three men are enrolled in the drug and alcohol program and several have already graduated.

The flowers are being enjoyed by everyone. 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.

They are hoping for donations of full size shampoo, toothpaste, bath soap, pods for doing laundry and male-type magazines.



Montgomery College Scholarship Program

FCE donated two \$1,600 scholarships to the nursing program at MCC. Thank you for all you do to raise money to support the scholarship fund.



Fun Day

We learned about the suffragette movement, had a lovely lunch, did some shopping or took a boat, heard some jokes, ate more good food, and finished off the day successfully! Thank you for being a part of a “fun day” and supporting the scholarship fund.

Frann Peters

301-253-2589

Outsmarted by a Woman

When John found out he was going to inherit a fortune when his sickly father died, he decided he needed a woman to enjoy it with.

So he went to a singles bar where he spotted a beautiful woman. Her natural beauty took his breath away.

“I may look like just an ordinary man,” he said as he walked up to her, “but in just a week or two, my father will die, and I’ll inherit 20 million dollars.” Impressed, the woman went home with him that evening and, three days later she became his stepmother.



International Day of Peace History

International Day of Peace is an International event that is observed each year by nations across the world.



The event is commemorated on 21st of September each year. It is a day that was set aside by the United Nations General assembly for everyone around the world to devote to keeping peace, despite any differences they may have, as well as play a part in building a peace culture that will last for generations to come.

Communities across the world observe this day in different ways. Some observe the day through organizing peace workshops, engaging in feasts that bring people together for peace, putting up peace poles, and engaging in peace activities that bring people together. An activity that is common in people observing this day is the one minute silence that is observed at 12 noon across all time zones. This activity was started to create a ‘Peace Wave’ that moves around the globe.

International Day of Peace was started back in 1981 through the resolution 36/67 by the United Nations General Assembly, in an effort to reconcile people around the world. This year’s theme is **Climate Action for Peace**.

An Integrated Agenda for Resilience in Climate Action

The best way to diminish the threats posed by climate-fragility risks is to mitigate climate change. However, changes to the climate are already underway, so we must take steps to manage and minimize these risks today.

Single-sector interventions alone will not address the compound risks. Integrating policies and programs in three key sectors - climate change adaptation, development and humanitarian aid, and peacebuilding - is necessary to help strengthen resilience to climate-fragility risks and realize the significant co-benefits of integration.

“Climate change is the greatest challenge of our generation and it is up to us - the young engineers, technologists and entrepreneurs to build solutions.”
Madhav Datt

PORTION CONTROL



It sounds so simple: Don't eat or drink too much. But looks can be deceiving. It's easy to eat or drink more than you planned to. You can leave that mistake behind when you start to recognize a true serving size. It's often smaller than you think it should be.

What Is a Serving Size?

Instead of trying to memorize lists of ounces, cups, and tablespoons, simply compare the serving sizes of foods to familiar things.

For example, a single serving of:

- Vegetables or fruit is about the size of your fist.
- Pasta is about the size of one scoop of ice cream.
- Meat, fish, or poultry is the size of a deck of cards or the size of your palm (minus the fingers).
- Snacks such as pretzels and chips is about the size of a cupped handful.
- Apple is the size of a baseball.
- Potato is the size of a computer mouse.
- Bagel is the size of a hockey puck.
- Pancake is the size of a CD.
- Steamed rice is the size of a cupcake wrapper.
- Cheese is the size of a pair of dice or the size of your whole thumb (from the tip to the base).

The best way to determine the amount of food in a serving is to look at the Nutrition Facts label and measure it.

For example, fill a measuring cup with the proper-sized portion of vegetables, rice, etc. and then empty it onto a plate. That will help you learn what these serving sizes look like.

At home:

- Use smaller dishes at meals.
- Serve food in the right portion amounts, and don't go back for seconds.
- Put away any leftovers in separate, portion-controlled amounts. Consider freezing the portions you likely won't eat for a while.
- Never eat out of the bag or carton.
- Don't keep platters of food on the table; you are more likely to "pick" at it or have a second serving without realizing it.

At restaurants:

- Ask for half or smaller portions.

- Eyeball your appropriate portion, set the rest aside, and ask for a doggie bag right away.
- If you have dessert, share.

At the supermarket:

- Beware of mini-sized snacks - small crackers, cookies, and pretzels. Most people end up eating more than they realize, and the calories add up.
- Choose foods packaged in individual serving sizes.
- If you like to eat ice cream out of the carton, pick up ice cream sandwiches or other individual-size servings.

WebMD Medical Reference Reviewed by [Melinda Ratini, DO, MS](#) on September 12, 2018

EIGHT PRINCIPLES OF LOW-GLYCEMIC EATING

A low-glycemic diet can help you control your weight by minimizing spikes in your blood sugar and insulin levels. This is particularly important if you have type 2 diabetes or at risk of developing it and have also been linked to reduced risks for cancer, heart disease, and other conditions.

1. Eat a lot of non-starchy vegetables, beans, and fruits such as apples, pears, peaches, and berries. Even tropical fruits like bananas, mangoes, and papayas tend to have a lower glycemic index than typical desserts.
2. Eat grains in the least-processed state possible: "unbroken," such as whole-kernel bread, brown rice, and whole barley, millet, and wheat berries; or traditionally processed, such as stone-ground bread, steel-cut oats, and natural granola or muesli.
3. Limit white potatoes and refined-grain products, such as white breads and pasta, to small side dishes.
4. Limit concentrated sweets - including high-calorie foods with a low glycemic index, such as ice cream - to occasional treats. Reduce fruit juice to no more than one-half cup a day. Completely eliminate sugar-sweetened drinks.
5. Eat a healthful type of protein, such as beans, fish, or skinless chicken, at most meals.
6. Choose foods with healthful fats, such as olive oil, nuts (almonds, walnuts, pecans), and avocados, but stick to moderate amounts. Limit saturated fats from dairy and other animal products. Completely eliminate partially hydrogenated fats (trans fats), which are in fast food and many packaged foods.
7. Have three meals and one or two snacks each day, and don't skip breakfast.
8. Eat slowly and stop when full.

Six Ways Pets Can Improve Your Health

By Lisa Field, from webmd

Have you ever noticed that you feel better when you're around your pet? It's true. Spending quality time with a dog, cat or other animal can have a positive impact on your mood and your health. Pets can be calming stress-fighters.



"We found that pet owners, on average, were better off than non-owners, especially when they have a higher-quality relationship with their pets," says pet researcher Allen R. McConnell, PhD, professor of psychology at Miami University. What makes a meaningful relationship varies from person to person. For some active people, that includes playing ball or Frisbee in the park. For others who can't get outside, just petting your dog can help you feel connected. Pets can help you in other ways, too.

1. A Healthier Heart

Your dog may make you less likely to get heart disease. Why? Dog owners walk more and have lower blood pressure than people who don't have dogs. Pets can also be good for you if you already have heart problems. Heart attack survivors and people with serious abnormal heart rhythms who own dogs live longer than people with the same heart problems who don't have pets, studies show.

2. Stress Soothers

Petting your cat or dog feels good. It can lower your blood pressure, helps your body release a relaxation hormone, and cuts down on levels of a stress hormone. It also soothes your pet, says Alan Beck, ScD, director of the Center for the Human-Animal Bond at Purdue University.

3. Social Magnets

Pets, especially dogs, can help you connect with other people. "If I saw you walking down the street, I couldn't comfortably start talking to you if I didn't know you, but I could if you had a dog," Beck says. "It's an acceptable interaction that otherwise wouldn't be possible." People who use wheelchairs say that other people make eye contact with them more often and ask if they can be of help when they're with their dogs, Beck says.

4. Better Mood, More Meaning

People with pets are generally happier, more trusting, and less lonely than those who don't have pets. They also visit the doctor less often for minor problems. One reason for that may be that your pet gives you a sense of belonging and meaning, McConnell says. "You feel like you have greater control of your life."

5. Benefits for Baby's Immune System

Babies raised in families that have pets may be less likely to get allergies and asthma, some studies show. It has to start early, ideally before a baby is 6 months old, says Beck. Babies with dogs or cats at home have fewer colds and ear infections during their first year than babies living in pet-free homes, one study found.

6. Social Support for Autistic Children

Kids tend to relate better to their classmates who have autism when pets are in the classroom, Beck has found in his research. "Animals change the classroom environment and help to integrate those who are a little less typical," Beck says. "Once the children get involved with animals, they view each other more positively and work together better."



FUN FACTS ABOUT FALL

Fact #1: Americans typically refer to this time of year as "fall," while the British use the word "autumn." Both terms date back to the 16th century but before that it was called "harvest."

Fact #2: Fall was called "harvest" because of the "harvest moon" that occurs when the full moon is closest to the autumn equinox.

Fact #3: Weight gain around this time of year may not only be due to comforting fall foods like pumpkin pie and cider, researchers have found that lack of vitamin D reduces fat breakdown and triggers fat storage.

Fact #4: According to The Weather Channel, pumpkins are the most craved food during the fall.

Fact #5: The yellow and orange colors you see actually always exist in leaves but they are overpowered by the abundance of green from chlorophyll.

Fact #6: Red and purple leaves are only that color because of the presence of sugars and sap that are trapped within the leaves.

PARENTING GUIDELINES

- Try to set a side time on a regular basis to do something fun with your child.
- Never disagree about discipline in front of the children.
- Never give an order, request, or command without being able to enforce it at the time.
- Be consistent, that is, reward or punish the same behavior in the same manner as much as possible.
- Agree on what behavior is or is not desirable.
- Agree on how to respond to bad behavior.
- Make it as clear as possible what the child is to expect if he or she performs the undesirable behavior.
- Make it very clear what the undesirable behavior is. It is not enough to say, “Your room is messy. *“Messy”* should be specified in terms of exactly what is meant: “You’ve left dirty clothes on the floor, dirty plates on your desk, and your bed is not made.”
- Once you have stated your position and the child attacks that position, do not keep defending yourself. Just restate the position once more and then stop responding to the attacks.
- Look for gradual changes in behavior. Don’t expect too much. Praise behavior that is coming closer to the desired goal.
- Remember that your behavior serves as a model for your children’s behavior.
- If one of you is disciplining a child and the other enters the room, that other person should not step in on the argument in progress.
- Reward desirable behavior as much as possible by verbal praise, touch or something tangible such as a toy, food or money.
- Both of you should have an equal share in the responsibility of discipline as much as possible.

The “3 Fs” of Effective Parenting

Discipline should be:

- **Firm:** Consequences should be clearly stated and then adhered to when the inappropriate behavior occurs.
- **Fair:** The punishment should fit the crime. Also in the case of recurring behavior, consequences should be stated in advance so the child knows what to expect. Harsh punishment is not necessary. Using a simple Time Out can be effective when it is used



consistently every time the behavior occurs. Also, use of reward for a period of time like part of a day or a whole day when no Time Outs or maybe only one Time Out is received.

- **Friendly:** Use a friendly but firm communication style when letting a child know they have behaved inappropriately and let them know they will receive the “agreed upon” consequence. Encourage them to try to remember what they should do instead to avoid future consequences. Work at “catching them being good” and praise them for appropriate behavior.

The Parent A Teacher/Coach

See your role as that of a teacher or coach to your children. Demonstrate in detail how you would like them to behave. Have them practice the behavior. Give them encouragement along with constructive criticism.

- Try to set aside time on a regular basis to do something fun with your children.
- Rather than tell them what not to do, teach and show them what they should do.
- Use descriptive praise when they do something well. Say, “I like how you ____ when you ____.” Be specific.
- Help your child learn to express how he feels. Say: “You seem frustrated.” “How are you feeling?” “Are you up set?” “You look like you are angry about that.” “It’s O.K. to feel that way.”
- Try to see a situation the way your children do. Listen carefully to them. Try to form a mental picture of how it would look to them.
- Use a soft, confident tone of voice to redirect them when they are upset.
- Be a good listener: Use good eye contact. Physically get down to the level of smaller children. Don’t interrupt. Ask open ended questions rather than questions that can be answered with a yes or no. Repeat back to them what you heard.
- Make sure they understand directions. Have them repeat them back.
- When possible give them choices of when and how to comply with a request.
- Look for gradual changes in behavior. Don’t expect too much. Praise behavior that is coming closer to the desired goal.
- Develop a nonverbal sign (gesture) that your children will accept as a signal that they are being inappropriate and need to change their behavior. This helps them to respond to your prompt without getting upset.

Taste of Home

Make-Ahead Creamy Fruit Salad

TOTAL TIME: Prep: 20 min. +
chilling **YIELD:** 6 cups.

Ingredients

- 3/4 cup (6 ounces) pina colada yogurt
- 3/4 cup (6 ounces) Key lime yogurt
- 1/2 cup heavy whipping cream, whipped
- 1 tablespoon Key lime juice
- 2 cups mandarin oranges, drained
- 1 can (15 ounces) peach halves in light syrup, drained and sliced
- 1 cup miniature marshmallows
- 1 cup unsweetened crushed pineapple, drained
- 1/2 cup sweetened shredded coconut
- 1/2 cup pitted dark sweet cherries, drained and halved
- 1/4 cup chopped pecans, toasted



Directions

In a large bowl, combine the yogurts, whipped cream and lime juice. Gently fold in remaining ingredients. Refrigerate, covered, until serving.

FIRST CLASS MAIL

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