



Family and Community Education Hi-lites

March – May 2009

(www.mdafce.org/mcfce.htm)

Montgomery County Association for Family and Community Education Newsletter

Happenings

If a man empties his purse into his head, no one can take it away from him. An investment in knowledge always pays the best interest. - Benjamin Franklin

March

- 3** Linus Project-Sew-A-Thon, 10 a.m.
10 Association Meeting 9:45 a.m.-Noon, Refreshments: Derwood

April

- 8** Linus Project-Sew-A-Thon, 10 a.m. – 9 p.m.
16 Region I Meeting, Quality Inn of Frederick, Frederick, MD 9:30 a.m. – 3 p.m.
Frederick County Hosts
22 Region II Meeting, Synder's Restaurant in Linthicum, MD 9:30 a.m. – 3 p.m.
Anne Arundel County Hosts

May

- 1** Hi-Lites Deadline
Look What's Happening Deadline
2 Spring Luncheon, Extension Office, 10:30 a.m., Derwood Club Hosts
8 Linus Project Sew-A-Thon, 10 a.m. – 3 p.m.
25 Office Closed (Memorial Day)
26 Executive Board Meeting 10 a.m., Extension Office
Hi-Lites Folding

June

- 6** Earth Day
9 Pampering You and Association Meeting 9:45 a.m., Refreshments: Lunch Bunch
16 Linus Project Sew-A-Thon, 10 a.m. – 9 p.m.
23 Executive Board Meeting, 10 a.m.
25 Fun Day at Gettysburg – Registration required

Heart Health with Nuts:

It might seem surprising that little pistachio nut can be one of the secrets of a healthy heart. The mighty pistachio contains PHYTOSTEROLS – a substance that blocks your body from absorbing cholesterol. The results may help prevent your arteries from clogging, keeping your blood vessels clean, your heart healthy and strong. The top five seeds and nuts to lower cholesterol are sunflower seeds, pistachios, pumpkin seeds, pine nuts and whole flaxseeds.

President's Paragraphs

Birthday Month

Happy Birthday to You! February was birthday month. Clubs should have collected a penny for each year of each member's age (or give \$1.00 so no one will know your age) and send to Marilyn Simonds. This money goes to the state treasury to help defer mailing costs.

Linus Project

March 3 Tuesday 10 AM-3 PM

April 8 Wednesday 10 AM-9 PM

May 8 Friday 10 AM-3 PM

The Sew-a-Thon for the Linus Project has been a great success. Bring a sandwich (and a friend); we will provide drink and dessert. Knitters should bring a size 9 or 10 needle and crotchetiers a size H or I hook. Yarn will be provided. If you know of anyone who wants to clean out his or her closet, keep us in mind. If you have any fabric that would be suitable for kids' blankets, please bring it along.



Master Gardener Program

March 10

Joan O'Rourke, master gardener will present a program on a variety of topics for your Spring Gardening. It is sure to be enlightening and fun.

Regional Meetings

April 16 or April 22

The Region I Meeting will be held on **April 16** (Thursday) at the Quality Inn (formerly the Holiday Inn) in Frederick, MD. **The Region II Meeting** will be held **April 22 (Wednesday)** at Synder's Restaurant in Linthicum, MD.

Registration for both meetings is in your state newsletter, cost \$20.00, which includes lunch. You are welcome to go to either meeting; whichever is closer for your travels. We will not have our own Association meeting in April so that you can attend one of these meetings. This is a wonderful time to get together with FCE members from other counties and enjoy informative programs too. If you are going and want to car pool, let Marilyn Simonds or myself know.

Elder Law Series

Tuesday May 4 to June 2

The Elder Law Series is weekly on Tuesday May 4th through June 2nd. It will be held at the Holliday Park Senior Center from 1 to 4 p.m. Cost is \$5.00 per session or \$25 for all 6 of the sessions. This includes refreshments. Registration forms are available at the Extension Office.



Spring Luncheon, May 2
"THE TIES THAT BIND"
Cooperative Extension Office
10:30 AM

Plans are well under way for the Spring Luncheon. Derwood has the organizing responsibilities this year. Everyone is to wear an apron and if your apron has a story behind it, be prepared to share it. **Each club is to provide a minimum of 3 wrapped door prizes (more is appreciated) and a flat of annuals for Laytonsville Haven.** Look for the registration form in this newsletter!

Volunteer Recognition Day

May 20

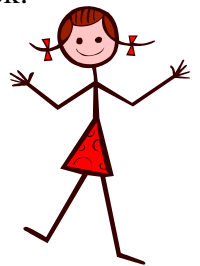
Don't forget that May 20th (Wednesday) is volunteer recognition day at the Extension Office. Activities begin at 5:30 PM.

Close Encounter Dates

The dates for Close Encounters have been announced. Please update your handbook.

The dates are:

Week 1	October 13, 14, 15, 16
Week 2	October 20, 21, 22, 23
Week 3	October 26, 27, 28, 29



We have many exciting programs and activities planned. I hope to see all of you at many of these events. Let's discover new avenues together!

Jeannie Perich

Mosquitoes will soon be here.



To keep those pesky mosquitoes away place a new dryer sheet in your pocket. It seems that they do not like the odor.

CHATTER FROM EXTENSION

Thanks for your kind holiday greetings! I hope you enjoyed time with family and friends in December and are well on your way toward achieving your New Year's resolutions. Ha! As we begin a new year, I'd like to express my *thanks* to our MCAFCE officers, committee chairs, FCE club officers and contacts for their time, dedication and hard work in 2008. Our new and continuing FCE leaders have planned an exciting 2009 program, with special events and projects, including Project Linus and the Fall Festival. The fun has just begun!

At the January MCAFCE meeting, I promised to share **2008 Close Encounters with Agriculture** statistics: 141 staff and volunteers provided...

- 12 days of training (3 rotations per day)
- for 37 elementary schools,
- reaching 2,747 students and
- 485 teachers and parents,
- for a total of 3,232 taught.

That's a pretty impressive educational effort in the areas of production agriculture, the environment and nutrition and health!

Here are dates for the **2009 Close Encounters with Agriculture** program: please note them on your calendars and plan to join us, as many days as possible: Oct. 13-16, 20-23 and 26-29, 2009.

The **2009 Elder Law Series** will be held at the Holiday Park Senior Center in Wheaton, MD on the following Tuesday afternoons: May 5, 12, 19, 26 and June 2 and 9, 2009. Series workshops will include how to select legal and financial professionals, housing and reverse mortgages, legal rights of the seasoned consumer, and more. If you would like a copy of the brochure, please contact Susan Morris or Beth Canetti at the Extension Office.

Also, hold Wednesday, May 20, 2009 for the annual **Montgomery County Extension Volunteer Recognition** picnic and program, starting at 5:30 PM. Share in great food, friendly conversations and this special time to recognize those who support our Extension family during the year.

Best wishes for a year of meaningful relationships, healthy minds and bodies, gratitude for the simple joys and abundance we enjoy.

Susan K. Morris

Frann Peters, Scholarship Chairman

FCE Outreach Programs

Scholarship

Judi Mitchell from the Financial Aid Office at Montgomery College has exciting news! As a class project, she is publishing a 250-recipe cookbook to be available around April 15. The cost will be \$10.00 and all proceeds will benefit the Scholarship Fund at the college. Judi has spoken at our Spring Luncheons and is a dedicated and caring assistant to Patricia Lopez. Budget cuts are making serious concerns for this office.

Hugs and Kisses

Thank you to Diane Kendall for the cookies given to Laytonsville Havens at Christmas time.

Super thanks to the members of the Burtonsville club for the \$300 that was given to the Youth Ranch for their Christmas Party. The money went toward the purchase of special treats, door prizes and Food, Food and more Food!

"Thank you" to each of you who has donated school supplies, socks, underwear, clothing, books, games, hats, craft supplies and a generous supply of shampoos, lotions and bed linens last year.

In addition, thank you to those who saved used postage stamps for the Charlotte Hall Military Retirement Center.

Frann Peters

Cookies for Laytonsville Haven, Our House and Rainbow House and Other Notes

Derwood FCE members Brenda Peters and Diane Kendall volunteer two evenings a week with Young Life's high school and middle school ministries. What is Young Life? Simply stated, the Young Life program is the translation of Jesus Christ and His principles into terms that a teen can grasp and build into daily life. It encourages those who are already interested in their family church and to introduce these vital concepts to those who have no interest whatsoever. Addressing both groups is at the heart of what Young Life does best. Young Life helps meet kids where they are and encourages them to get involved in a church of their

family's choice and helps make sense out of the world's clamor.

About 70 kids (combined) participate weekly in the Olney Area Young Life high school and middle school program with songs, snacks, games, Bible lessons, and to just hang out and build healthy relationships. In December, both of the groups made several dozen of homemade Christmas cookies and decorated them for three local organizations that other members of FCE support. Cookies were delivered to the Laytonsville Haven, Our House and the Rainbow Shelter. The kids learned about all three organizations and enjoyed doing something special for others over the holidays. To learn more about Young Life in Montgomery County, visit the website at www.montgomerycounty.younglife.org or call the area director, Stefan Wiltz, at 301-963-5501.

Diane Kendell

LEMON LOVERS COOKIES

¾ C BUTTER, SOFTENED
3 TBSP SUGAR
2 TSP LEMON JUICE
1 ¼ C ALL PURPOSE FLOUR
½ C CORNSTARCH
1 TSP GRATED LEMON PEEL

FROSTING:

½ C BUTTER, SOFTENED
1 C CONFECTIONERS' SUGAR
2 TSP LEMON JUICE
1 TSP GRATED LEMON PEEL

In small bowl, cream butter & sugar until light and fluffy. Beat in lemon juice. Combine the flour, cornstarch and lemon peel; gradually add to creamed mixture and mix well.

Shape into a 1-½ inch roll; wrap in plastic wrap. Refrigerate for 1 hour or until firm. Unwrap and cut into ½ inch slices. Place 2 inches apart on an ungreased baking sheet.

Bake at 350 degrees for 8 to 10 minutes or until edges are golden brown. Cool completely on wire rack.

In small bowl, beat butter until fluffy. Add the confectioners' sugar, lemon juice and peel; beat until smooth. Spread over cooled cookies; sprinkle with additional lemon peel if desired. Let stand until set. Store in airtight container.

From Taste of Home Dec. 08 issue

CHERRY COOKIES

1 C BUTTER
2 C SUGAR
2 EGGS
2 TSP VANILLA EXTRACT
3 C ALL PURPOSE FLOUR
1 TSP BAKING SODA
¾ TSP SALT
1 C CHOPPED MARASCHINO CHERRIES
1 CUP CHOPPED PECANS

In large mixing bowl, cream butter and sugar until light and fluffy. Beat in eggs and vanilla. Combine the flour, baking soda and salt; gradually add to creamed mixture and mix well. (Dough will be thick.) Stir in cherries and pecans.

Drop by rounded teaspoonful two inches apart onto an ungreased baking sheet. Bake at 375° for 9 to 11 minutes or until set and lightly browned.

From Country Woman Magazine, Dec. 08

Helpful Hints:

Take your bananas apart when you get them home from the store. If you leave them connected to the stem, they ripen faster.

Peppers with three bumps on the bottom are sweeter and better for eating. Peppers with four bumps on the bottom are firmer and better for cooking.

To freeze drop cookie dough, drop the dough in amounts recipe calls for onto a baking sheet and freeze until solid. Once frozen, place the frozen dough into a re-sealable plastic bag. When ready to bake, let thaw on a baking sheet for 30 minutes before baking as per the recipe.

To get rid of the pesky fruit flies, take a small glass, fill it with ½ inch Apple Cider Vinegar and 2 drops of dish washing liquid; mix well. Please glass on counter near fruit – the flies go for the apple cider and are gone forever.

To reuse dry-cleaner bags tie shut the little hole at the top where the hanger goes and then use the bag to hold lightweight trash.



MONTGOMERY COUNTY ASSOCIATION FCE ASSOCIATION MEETING JANUARY 13, 2009

The meeting was called to Order at 10:15 AM; the Creed and Pledge were recited.

The minutes were approved as written in the newsletter by unanimous vote.

Treasurers' Report, Marilyn Simonds

The General fund \$9,777; Scholarship Fund \$2,444. Written copies will be available at the next meeting. We have 97 dues paying members. February is Birthday Month.

President's Report, Jeanne Purich

Thank you for filling out the outreach and program forms. New Forms for Outreach are available. The 2009 Handbooks were sent out. If you did not receive your copy, please see Jeanne after the meeting. The Women's Legislative Meeting is January 25 (a Sunday) at the University of Maryland at the Shady Grove Campus. The agenda for this meeting was handed out. The guest speaker is Donna Edwards from the 4th District, who will speak on Gearing Toward Women and Family and Insuring Women's Health. You may go on line at www.montgomerycountymd.gov/cfw for further information. We have secured ½ of a table to display our FCE things. Doris and Marilyn usually go to hear what is coming up to keep us informed. Please contact me at 301 384 2806 if you plan to go or need more information. Or you may call 240-777-8330 directly. Region II Meeting April 22, Synder's Restaurant, Linthicum. Region I Meeting is April 16 in Frederick. We will sign up at our February meeting.

February is Birthday month; collect 1¢ for each of your age or \$1.00/person (and keep your age a secret). Money goes to allay the cost of postage.

An FCE pin celebrating our 70th year is available for sale at \$5.00 each. A blue pin is available also. Wear the pin and people will ask you about it giving you a chance to talk about FCE and what we do and how they can participate or join.

CES Educator, Susan Morris

The State and County has a hiring freeze in place now. We will be given one to five days of furlough with out pay and maybe the county will furlough also. Doug has said that next year will likely be as bad. Susan will be retiring in November but will be teaching on personal finance – we all need to learn to live within our means or below our means. As far as the budget is concerned, we are hanging in there. We had a great group at the Linus Program this month. Great fellowship. Great energy. Thanks to all of you who worked to support the program. There are three new part time members on the staff. Beth Carnie helped set up the tables for us, for which we greatly thank her.

We had about 2700 fourth graders at Close Encounters with about 140 volunteers and staff.

The Elder Law Series is Tuesday May 4th through June 2nd. It will be held at the Holliday Park Senior Center. \$5.00 per session or \$25 for all the sessions from 1 to 4 p.m. (This includes refreshments.)

Don't forget that May 20th (Wednesday) is volunteer recognition day. Cathy Yingling and Susan Morris will be in charge.

Again, The Extension Office values YOU. And Jeanne added, "We value you too!" "Doug and Cathy are great too".

Vice-President, Lou Marlin

The February meeting is about Adult immunizations and we will be making Valentines for the Boy's Ranch. In March we will have a Master Gardener, Miss Joan O'Rourke. Suggested topics for the Master Gardener: indoor houseplants, pot gardening, water gardening, soil prep/soil mixtures – sand/peat proportions.

We need to recruit new members. Keep FCE materials including Linus calendar with you; you never know when you might meet someone that is interested in FCE.

Special Projects, Pat Kenney

We got a \$50 check at Linus from Judith Hockenberry. She just called up and said that she wanted to do something. Linus will meet on February 3rd from 10 am until 9 pm. Please take the Linus Calendar and hand it out. Keep a copy in your purse or car as you never know when/where/how someone may request one. Next Linus Project is Tuesday February 3rd 10-9 PM and March 3rd 10-3 PM.

For the Harvest Festival we need to begin now to save Happy Meal Toys from McDonalds. When you go to dollar stores, after a holiday, things are often 50 to 75 percent off therefore, that is a good time to buy little items for our grab bags. The drug stores are another great source. (Jeanne interjected that yard sales in the spring are another source to watch for items)

International Day, Barbara Raab - Ireland

Ireland will be our theme in November. Perhaps we could do Ireland as it affects the USA. Also, note that there are two Irelands. Maybe we could report from the potato famine on. We could do **NON**-fiction reading on agriculture, demographics and the people who came here and how. Lou had a foreign exchange student from Ireland. We also might get opinions from various writers. Please keep this in mind. We have had good feedback on the Cuff of the Boot (Italy).

Membership, Lou Marlin

Membership is down about 6 from last year. We would like to get over 100. Invite a friend.

Publicity, Judy Armitage

The notices for February have been sent out. Mostly they are now sent via e-mail. If anyone has any publications that offer free ads please let Judy know. If you have any information for the newsletter – for example someone in the hospital or a relative has died or something special that your club is doing please see that Judy gets it before February 1st.

Scholarship Committee, Frann Peters

We are up to date on our scholarships. Our latest recipient is so grateful to be offered a scholarship a second time. Please give Frann your used Christmas cards. They will be used for a project.

Laytonsville Ladies need p j s – all sizes. Jeanne will e-mail the general membership to request p j s. Boy's Ranch received a donation of \$300 from the Burtonsville Club. These funds went toward their Christmas party and were very much appreciated. There are 15 staff and 24 boys at this time. A box of books was donated and there is more underwear to be sent.

Old Business

There is a change in the green handbook on page 8. Lunch Bunch has the refreshments for the June meeting. Pop tabs – we are still collecting them for Ronald McDonald house. This year we donated between 80,000 tabs through the Leisure World Kiwanis Club.

New Business

Derwood has the luncheon this year. Sharon Hume and the committee are already hard at work.

Lou Marlin got a card from Maddi Klein and Eva Black with excerpts of correspondence from the troops in it. Remember to support Our Troops. Frann Peters said that Maddi has cookbooks for sale, which also support the troops.

The Damascus Lions Women's Auxiliary will have Basket Bingo on March 28, 2009. The doors open at 5 pm. Dinner is at 6 pm. Disposable cameras will be collected for the troops. You will receive an extra game card for bringing in a camera. There is a Blanket Basket and a wrought iron stand with a basket and a Spa Basket with Mary Kay products. Tear-a-way pants are pants that open either with Velcro or with snaps on the side for person with casts on the leg are also needed for the troops.

The meeting was adjourned at 11:15.

Respectfully submitted,

Judy Armitage

Program followed: "Being Green" presented by Marilyn Simonds and Lou Marlin who handed out a "Learning to be Green" quiz and then showed some green products.

MOCHA NUT BALLS

1 C BUTTER, SOFTENED

½ C SUGAR

2 TSP VANILLA EXTRACT

1 ¾ C FLOUR

1/3 C BAKING COCOA

1 TBLSP INSTANT COFFEE GRANULES

1 C FINELY CHOPPED PECANS OR WALNUTS
CONFECTIONERS' SUGAR

In large bowl, cream butter and sugar until light and fluffy. Beat in vanilla. Combine the flour, cocoa and coffee granules gradually add to creamed mixture and mix well.

Stir in pecans. Roll into 1-inch balls. Place 2 inches apart on an ungreased baking sheet. Bake at 325 degrees for 14-16 minutes or until firm.

Cool on sheet 1 to 2 minutes. Roll warm cookies in confectioners' sugar and place on wire rack to cool completely.

NATIONAL FCE CONFERENCE IS COMING

National FCE Conference will be held in Portland Oregon on July 17 to 19, 2009. Registration Forms are in your **FCE Today**. Portland Oregon is known as the City of Roses. Great tours have been planned, including views of the scenic northwest and the Columbia River Gorge.



CHOCOLATE CRISP COOKIES

2 C FLOUR
½ TSP BAKING SODA
½ TSP SALT
1 C BUTTER OR MARGARINE
1 ½ C SUGAR
1 TSP VANILLA
2 EGGS
2 C BRAN FLAKES
1 C SEMI-SWEET CHOCOLATE CHIPS

PREHEAT OVEN TO 375 DEGREES.

Sift together flour, baking soda, and salt.
Blend soft butter and sugar until light and fluffy.
Add eggs and vanilla. Beat well.
Add sifted dry ingredients. Mix well.
Stir in cereal and chocolate chips. Drop dough onto greased baking sheet.
Bake for 7 to 10 minutes. Cool on rack.

EGGNOG COOKIES II

1 C MARGARINE
1 C WHITE SUGAR
1 EGG
1 C EGGNOG
3 ¼ C ALL PURPOSE FLOUR
1 TSP BAKING POWDER
1 TSP BAKING SODA
½ TSP SALT
1 ½ C CONFECTIONERS' SUGAR
2 TBLSP EGGNOG

PREHEAT OVEN TO 350°

In medium bowl, cream margarine and white sugar until smooth. Stir in egg and 1 cup of eggnog. Combine the flour, baking powder, baking soda and salt; stir into the sugar mixture until well blended. Drop by rounded spoonfuls onto baking sheet. Bake 8 to 10 minutes. Allow cookies to cool on baking sheet for 5 minutes before removing to wire rack then cool completely.

ICING:

In small bowl place confectioner's sugar and stir in remaining eggnog one tablespoon at a time until desired consistency to spread. Spread onto cooled cookies and let air dry before serving.

From allrecepies.com

NUT WEDGES

1 PACKAGE PIECRUST MIX (for 2 crusts)
¼ C GRANULATED SUGAR
3 TO 4 TBLSP WATER
1 C FINELY CHOPPED NUTS
1/3 C GRANULATED SUGAR
2 TBLSP HONEY
1 TSP LEMON JUICE
MILK
½ C SEMISWEET CHOCOLATE MORSELS
1 TSP SHORTENING

In medium bowl, stir together piecrust mix and ¼ c sugar. Add enough water to form a ball. Divide ball in half. On a lightly floured surface, roll each half of the dough into a 9-inch circle. Transfer 1 circle to an ungreased cookie sheet.

FILLING:

Combine nuts, 1/3 C sugar, honey, cinnamon, and lemon juice. Spread over dough circle on the cookie sheet. Top with remaining dough circle. Use tines of fork to seal edges and prick dough. Brush with milk.

Bake at 375° for 15 to 20 minutes or until pastry starts to brown. Cool 10 minutes on a wire rack. While warm, cut into 16 to 20 wedges. Cool completely.

In small saucepan, combine the chocolate pieces and shortening. Cook and stir over low heat just until melted. Drizzle over wedges.

Yield 16 to 20

WEIRD, BUT IT WORKS....

If you lost your bathtub plug, use a golf ball as a substitute. It stays in place and rolls back if dislodged.

Shower Curtain sticking? Rub hair conditioner on the rod, and the rings will glide smoothly.

Speed up poky ketchup by inserting a plastic drinking straw into the bottle.

Spring Luncheon May 2, 2009
Registration due by April 10, 2009

DON'T FORGET TO WEAR AN APRON!!!

Make check for \$15.00 per person payable to
MCFCE and send to:
Marilyn Simonds
13708 Lionel Lane
Rockville MD 20853

Name	Phone #
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UNIVERSITY OF MARYLAND
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