



Family and Community Education Hi-lites

June – August 2014
(www.mdafce.org/mcfce.htm)

Montgomery County Association for Family and Community Education Newsletter

Caring is the art of sharing. If you want to lift yourself up, lift up someone else.

Booker T. Washington

Happenings

June

- 5 10 AM Set-up for yard sale
6 – 7 9 AM-4 PM Yard Sale 15500 Gallaudet Avenue Silver Spring 20905
9 10 AM-9 PM FCE Blanket Making Day, Extension Office
17 10 AM Cookie Packing, Laurel Methodist Church
19 10 AM Fun Day at Gettysburg – Registration Required, See Page 3
23 10 AM Pillow Case Dress Day at Jean Purich's house; bring a sewing machine.
See page 2 for details.

July

- 4 Office Closed (Independence Day)
15 10 AM Cookie Packing, Laurel Methodist Church
17 - 21 National FCE Conference, Tucson, Arizona, registration in your *FCE Today* newsletter or on line at www.nafce.org
31 10 AM-3 PM FCE Blanket Making Day, Extension Office

August

- 1 *Hi-lites* and “*Look What's Happening*” deadline
7 10 AM Set up Montgomery County Fair Booths
8 - 16 All Day Montgomery County Fair – “**Country is in the Air**”
19 10 AM Cookie Packing, Laurel Methodist Church
23 - 9/1 Maryland State Fair, Timonium, MD
26 10 AM Executive Board Meeting, *Hi-lites* Folding, Extension Office

September

- 1 Office Closed (Labor Day)
5 10 AM-9 PM FCE Blanket Making Day, Extension Office
9 9:45 AM “Dress for Success - Teen Edition” and Association Meeting, Refreshments:
Derwood. Install 2015 Officers
16 10 AM Cookie Packing, Laurel Methodist Church
25 - 27 CWC Area Meeting, Manitowoc, Wisconsin, registration on line at
www.cwcusa.org

President's Paragraphs

Spring Luncheon

Thirty-six FCE members and friends, "Honored Mother" at the Spring Luncheon. We were pleased to have our scholarship recipients Masayo Shepherd and Belinda Hester and their guests join us. John Libby from Montgomery College gave us greetings and thanks for our continued support. Thanks to Lunch Bunch FCE for organizing, decorating and serving delicious food, Judy Hughes, Judy Armitage, Frann Peters, Pat Kenney, Bill Raab for helping with the set-up and to the Derwood Club for making the nametags and favors. Also thanks to Kathy Mack who sung some wonderful songs to close the program. We learned about 'moms' in Maryland and famous 'moms' from Montgomery County including Stella Werner and Betty Ann Krahnke. Also, thanks to all of you for your donations of books (65 books in all), flowers and door prizes. It truly was a great day.

YARD SALE

Friday June 6 and Saturday June 7

There will be a yard sale to benefit the SCHOLARSHIP Fund at my home:

15500 Gallaudet Avenue
(301-384-2805)

Silver Spring 20905. **HELP is needed to staff the sale.** Your lunch will be provided.

Set-up will be on Thursday starting at 10 AM; **you can drop in anytime that day to help.**



PILLOW CASE DRESS DAY

June 23 10 AM

Jeanne's House (301-384-2805)

**15500 Gallaudet Ave
Silver Spring 20905**

We are having another pillow case dress making day! This activity will be at my home. Bring your sewing machine (I have several but if you cannot bring one of your own, you need to contact me) and we will make dresses to be taken to Zimbabwe and/or Guatemala. The material, thread and trimmings will be provided. Bring a sandwich, drink and dessert provided.

FUN DAY

Gettysburg, PA

June 19

Christmas in June

Are you ready for fun, drama, boat rides, food, shopping or just relaxing? Then bring your husband, significant other or friend and come to **FUN DAY**. Since we missed our Christmas Party last December, we are having a speaker on Christmas traditions and you can later have a tour of his store. Wear red and bring a favorite or an old ornament for show and tell. On **June 19th we want to see you at Frann Peters'** (301-253-2589) home in Gettysburg, PA. More info on page 3 and directions on page 8. Donation is \$10.00 (make check to MCAFCE). Proceeds benefit the scholarship fund. Mark your calendar today. Send your check to: **Marilyn Simonds (301-871-1609) 13708 Lionel Lane, Rockville 20852**

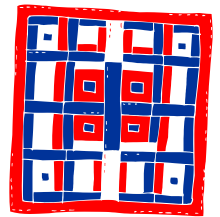


FCE Blanket Making Day

June 9 Monday 10 AM to 9 PM

July 31 Thursday 10 AM to 3 PM

Since beginning in 2002, we have completed over 15,000 blankets and 6,500 baby hats. This project brings people together, helps many children and is fun. You do not need to know how to sew, knit or crochet to participate. Sewing machines are available or you can bring your own. We also need **yarn**, so please keep your eyes and ears open for more. Bring a sandwich; drink and dessert are provided. Call Pat @ 301-460-5451 for info.



FAIR BOOTHS

"Country is in the Air"

August 8 - 16

Planning and work on the **Fair Booths** has begun. If you could design a display to present at the Fair, please let me know (301-384-2805). We have display boards that you can borrow or you can design a free style booth. Also if you can spend some time at the Fair to sit by the booths and talk about FCE, blanket making, support for the troops etc., please contact Pat Kenney or me.



Support Our Troops

Dress for Success - Teen Edition September 9 9:45 AM Extension Office



This program will make you think about what teens are wearing. You will design an appropriate outfit for a teen job interview. Hopefully you will be able to share this info with a granddaughter, church group, 4-H or with a Girl Scout troop. Please mark your calendars.

Maryland FCE Annual Conference 2014 October 13th – 14th, 2014 Best Western Hotel 451 WMC Drive, Westminster, MD, 21158 Phone: 410-857-1900

Come to the rolling hills of Westminster and enjoy two days of fun, learning, good food and camaraderie. Speakers include Chuck Schuster, Senior Agent, Agriculture & Natural Resources, Commercial Horticulture and “Rosie the Riveter”. Registration for the Annual conference is in the summer issue of the MDAFCE newsletter, *Look What’s Happening*.

Have a wonderful and safe summer and come on down to the Fair.

Jeanne Purich

jcpurich@cs.com

APHORISM: a short, pointed sentence expressing a wise or clever observation or a general truth.

The nicest thing about the future is that it always starts tomorrow.

Money will buy a fine dog, but only kindness will make him wag his tail.

If you don't have a sense of humor, you probably don't have any sense at all.

Seat belts are not as confining as wheelchairs.



We have totally run out of cards and letters for our troops and are in desperate need of more before our June shipment. We know many of you feel a bit uncomfortable having to write a note on the spot. Please take the time while at home to jot off as many as you can so that we will have enough to continue including mail from home each month. Make as many copies of the same message, if you wish. Just mark the stack as “repeat messages”. That way we will be sure to only place one in each of the 38 to 40 boxes we send. As is evident by the letters of thanks we receive from them, letters from home mean the world to them. It helps to remind them of how much we care.

We are so grateful to all of you for the tremendous support you’ve shown each and every month for the past seven years. They say it takes a village and we certainly are fortunate to have the best village working with us.

Heart hugs to all,

Maddi Klein (301-774-8088)
Eva Black (301-725-7038)

FUN DAY

When: Thursday, June 19, 2014 10AM
Where: Lakeside Cottage of Frann & Jack Peters
197 Longstreet Drive, Lake Heritage, Gettysburg, PA
(717-338-1591)

Lunch: 12 noon Dinner: 5:30 PM.

We will have a “Christmas in June” speaker. Wear red and bring a favorite or old Christmas ornament for show and tell.

**Donation: \$10.00 per person. Send check made to MCAFCE to: Marilyn Simonds
13708 Lionel Lane
Rockville, MD 20853**

If you need a ride, have extra room in your car, or have comments, questions or will donate food please contact Jeanne 301-384-2805 or Frann 301-253-2589. **Driving directions on page 8.**

SENIORS SAVINGS

The following places give senior discounts:

Dress Barn:

Monday – Wednesday, depending on location, seniors 55 + get 10% off total purchase.

dressbarn.com

Stein Mart:

First Monday of each month Seniors 55+ can take 20% off “red dot” clearance items. steinmart.com

Michael’s:

Tuesday, seniors receive 10% discount with an AARP card. michaels.com

Ross Stores:

Tuesday, seniors 55+ get a 10% discount on all purchases. rosstores.com

TJ Maxx:

Tuesday, seniors get a 10% discount on all items.

tjmaxx.tjx.com

Kohl’s:

Wednesday, seniors get a 10% discount on all items.

kohls.com

Harris Teeter:

Thursday, all locations, seniors get 5% off.

harristeeter.com

Walgreens:

“Senior Day” for Balance Rewards Members 55+ and all AARP members once a month which varies by location. Discount: 20% off Walgreen brands and 15% off most everything else. walgreens.com

Cici’s Pizza:

Rockville Pike and Quince Orchard locations, seniors 60+ take 10% off. cicispizza.com

Regal Cinemas:

Seniors 60+ receive up to 30% off (varies by location) regular adult admission. regmovies.com

Arocon Roofing and Construction:

Seniors 60+ receive 10% discount on all services in MD/DC. Call 410 861 6767

United Window Cleaning, Inc.:

Windows and handyman services in MD, VA, DC for 14 years. Seniors 50+ get 20% discount. Call 301 213 1011

Brad’s Deals:

Lists “100 + stores offering discounts for senior citizens” on his blog. bradsdeals.com

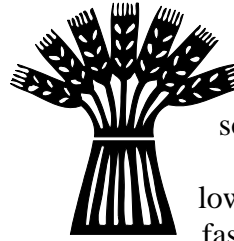
We cannot recommend or endorse these businesses, but we can spread the word about the opportunities for savings.

Information supplied by The Washington Beacon March 2014

Page 4

FOLLOW UP ABOUT GRAINS

Karen Collins, MS, RD, CDM



When you would like to eat more whole grains products but need to limit sodium here are some suggestions:

First compare labels to find lower sodium options like old fashioned or one-minute oatmeal rather than higher sodium types of cereals. Instead of prepared whole-grain mixes, like boxed seasoned brown rice choose plain, unseasoned and then add your own herbs, lemon juice or other sodium free flavorings.

Some whole grains that cook in less than 15 minutes include bulgur, quick-cooking brown rice, whole-wheat couscous, quinoa and whole grain pasta. Try wild rice, millet, barley, wheat berries, amaranth and freekeh (“free-kuh”) when you have more time for cooking.

You may check Whole Grains Council website <http://wholegrainscouncil.org/wholegrains-101/whole-grains-a-to-z> or recipes from the American Institute for Cancer Research www.alcr.org/reduce-your--cancer-risk/diet/reduce_diet_recipes_test_kitchen

FOUR SEASONINGS THAT MAY IMPROVE YOUR HEALTH

Chili Pepper – Capsaicin, the compound that gives chili pepper its heat, may boost metabolism.

Cinnamon – A daily half-teaspoon may help control blood sugar, cholesterol, and triglyceride levels in people with type 2 diabetes, according to a study published in 2013.

Sage – Some evidence suggests that this herb may improve cognitive performance in people with mild Alzheimer’s disease & boost memory in young adults.

Turmeric – Curcumin, a yellow color substance may ease osteoarthritis symptoms.



Consumer Reports Vol 26 # 3 2014

29 Ways to Give Your Kitchen a Deep Clean

OVEN + STOVE

1. Scrub the inside of your stove with a baking soda-water paste.

Combine a box of baking soda with water to form a paste. Fill any openings in the oven with foil. Avoiding bare metal surfaces and the oven door spread it all over your oven then let it sit overnight. Use a plastic scraper or spatula to remove the paste, wetting as needed, then rinse with water.

2. Clean greasy gas burners in a sealed plastic bag with ammonia.

Put the burners in a plastic Ziploc, add 1/4 cup of ammonia then seal. Place the bag on a baking sheet and put it outside overnight. The burners don't need to soak; they just need to be exposed to the fumes. Wipe the burners clean with a sponge or briefly dunk into dish soapy water. (Never mix bleach with ammonia because it creates toxic fumes.)

3. For electric stoves, use a gentler cleanser.

Remove the electric coils and the reflector dishes you can use a mild cleanser like **Bon Ami** on the dishes, but use only water on the coils.

SINK

4. Clean a stainless steel sink with baking soda.

Sprinkle baking soda and scrub

5. Or with salt and a lemon.

Take a pretty lemon, smash and roll, cut in half, use half (save half for ice tea!!), sprinkle cut side with salt, scrub the sink.

6. For a ceramic sink, use Barkeeper's Friend.

7. Don't forget the disposal!

Use a tooth brush to clean, then put the used lemons in the drain (not down the drain) and run hot water on them to have a great clean smell.

8. Use this lemon/vinegar ice cube trick to keep the disposal clean in the future.

Freeze lemon slices in vinegar in ice cube trays. Run a few cubes through the disposal every few days to keep it fresh.

FRIDGE + FREEZER

9. Clean your fridge with baking soda and hot water.

Soap or detergent can leave behind a scent that will affect the food. Get the full clean fridge checklist from Martha Stewart.

10. Next step: reorganize.

EGGS: Middle shelf. **MILK, YOGURT, SOUR CREAM, ETC:** If possible, bottom shelf where it's coldest, if not, middle shelf. **RAW MEAT:** Bottom shelf, where it's coldest, and so if juices drip down they don't contaminate other food. **VEGETABLES:** They need the most humidity. **FRUIT:** Need a little less humidity than vegetables — keep them in the crisper. **DELI MEAT:** That's what the shallow drawer is for. If you don't have a shallow drawer, put them on the bottom shelf. **BUTTER, CHEESE, CONDIMENTS, and PASTEURIZED JUICES:** They can go in the warmest part of the fridge, the door or the top shelf.

11. Put a turntable in your fridge.



12. Clean and reorganize your freezer.

- Unplug the refrigerator. Put on rubber gloves. Empty the ice from the freezer trays into a large cooler. Scrub the trays with water, liquid soap, and a sponge. Set aside to dry.
- Unload the freezer. Ditch anything that has expired or is freezer-burned and covered in ice crystals. Put the rest in the cooler.
- Remove the drawers and detachable shelves and place them in the sink. Scrub them well with soap, water, and a sponge. Set aside to dry.
- Note: Most freezers defrost every 8 to 12 hours. If yours has more than 1/4 inch of ice on the base or walls, manually defrost it. Before proceeding to the next step, dip a rag in rubbing alcohol, then cover the ice. Chip away frost with a plastic spatula.
- Follow a premeasured spray bottle to make a cleaner from 1 cup water, 1 teaspoon white vinegar, and 1 teaspoon dish soap. Shake to blend.

- Douse the interior with the cleaner. Wipe down the walls and shelves with paper towels.
- Plug the unit back in. Hang or place the odor fighter in the back. Return the shelves and food.

13. Then make your freezer work harder.

Bon Appetit editor Carla Lalli Music tries to have these items in her freezer at all times: frozen peas, edamame, ground turkey, burger patties, chicken cutlets, ravioli, homemade soup, and homemade meatballs in sauce. “Each night I take a look at my freezer and transfer an item into the refrigerator to thaw for the next day,” she says. “Keeping the freezer in rotation means I always have a green vegetable on hand and don’t have to worry about meat spoiling in the fridge during the week.” Get more smart tips in Lalli Music’s post *The Working Mom’s Top 5 Tips for Making Dinner Happen*.

DISHWASHER

14. Clean your dishwasher with lemonade Kool-Aid.

Empty a pack of lemonade Kool-Aid into the powered soap dispenser and run like a normal wash. The citric acid helps wipe out stains and clean lime deposits. Make sure you run it empty.

SMALL APPLIANCES

15. Steam-clean your microwave with water and lemon.

Microwave some water with lemon juice for three minutes, and then let it sit undisturbed for another five. This will loosen any sticky mess inside the microwave, which you can then wipe off with a wet sponge and dishwashing liquid, then rinse.

16. Use a small pastry brush to get crumbs out of the toaster, and then clean the tray.

17. Put a drop of soap and half fill with water, then turn on your blender to clean it. Rinse with clear water and let dry.

18. Polish stainless steel appliances with cream of tartar.

19. Run 1 part vinegar + 1 part water through the brew cycle in your coffeemaker.

Then run just water through the cycle twice or until the vinegar smell goes away.

TOOLS + EQUIPMENT

20. Put a dryer sheet along with soap and water in pans to remove baked-on food. Let pans soak a while.

21. Clean wooden cutting boards with lemon and salt. See cleaning your sink.

22. Then rub them with oil like Boos Lock Board Cream or Neutral Mineral Oil, to keep them in good shape.

23. Hose down your trash can outside or in the bathtub, then use this trick:

For a stink free trash can, sprinkle a few tablespoons of baking soda in the bottom of the can.

STORAGE

24. Reorganize your pantry by food type.

Take everything out. Clean inside with water and vinegar. Then put everything back in keeping in mind what you use most. Make sure the ingredients you use the most are the easiest to reach: GRAINS (rice, cereal, pasta), SPICES, -OILS and VINEGARS, SNACKS, CANNED VEGETABLES, FRUITS, SOUPS, COFFEE & TEA, NUTS AND DRIED FRUITS, BAKING STUFF, etc.

25. Or organize by “zones” like “quick breakfasts” and “lunch on the run.”

Try organizing your food into “zones” that match the way you cook. So you’d group the following foods together, making sure the zones you use the most often are the easiest to reach.

Easy weeknight meals, quick breakfasts, entertaining, baking stuff, lunch on the run.

26. Hang cleaning products under the sink with a tension rod.



27. Reorganize your spice rack, and keep a picture of your spices on your phone for reference when shopping.



28. To clear up counter and fridge space, hang a cork board on the inside of a cupboard for grocery lists and recipes.

29. Consider a peg board for storing pots, pans, and kitchen tools.

MDAFCE Association Meeting

April 8, 2014

Call to Order, Creed, and Pledge were recited. There were 16 persons present.

Treasurers' Report and Budget, Marilyn Simonds: Report: Income \$71.80 in dues, \$1.63 in interest, \$16.55 in pennies, \$26.40 in dollars, \$142 from blanket making, \$45 for the luncheon, for a total of \$1,707.50. The scholarship fund has \$2,658.33.

President's Report: Honoring Mothers is our theme for the Spring Luncheon on Saturday May 10th at the Extension for only \$15.00. We will honor famous Moms also. Bring a picture of your own Mother. Also bring door prizes and books for newborns. Someone from the Lutheran Home will speak about the stamps that we save and donate. Signup sheet distributed for Luncheon. Individuals to bring a six pack of annuals for the Boy's Ranch and clubs should bring flats. ACWW Women Walk the World is on April 29th. We raise money to support ACWW programs and spread the word. We will NOT have an organized walk this year. We got rained out last year therefore walk on your own. Volunteer Recognition Night is May 14th - please be sure to RSVP. We will have a dinner (hot dogs and hamburgers) and a program.

Bus Trip: We will go to Turkey Hill Farm on May 22 (Thursday). We leave at 9:15 and return about 6 p.m. We will have lunch at an Amish home, then ice cream at Turkey Hill and shopping after that. Yard Sale: June 6 and 7th with set up on the 5th.

Vice-President's Report, Lou Marlin: September meeting is Dress for Success - Teen Edition. Save the Date: October 13 and 14 for the State Conference at the Best Western in Westminster, MD Registration will be in June, see "Looks What's Happening" newsletter.

Special Projects, Pat Kenny: Linus is now **Project Blanket Making**; the next one is May 12 from 10 until 3 pm and June 9th from 10 am till 9 pm with July dates being July 31st 10 until 3 pm. We did 26 pillow case dresses and another project day will be forthcoming, date to be announced.

County Fair, Kitty Cooley: Start thinking about what your club might present at the Fair August 8th through 16th. It is the 65th anniversary "County in the Air" We will have four booths with set up on Thursday August 7th.

Membership, Lou Marlin: We need to increase our membership. Bring a friend. We have two new members this month.

Publicity, Judy Armitage: Please keep an eye out for free places to advertise. Keep brochures about FCE with you to hand out when you speak to anyone about FCE or Blanket Making.

Scholarship Committee, Frann Peters: Mark calendars for June 19th for Fun Day in Gettysburg. We will have Christmas in June as our regular Christmas cookie exchange program was snowed out this past year. Wear something RED. Bring an ornament that you like. If you need a ride, call or if you can drive, call. The Ranch continues to need twin size bedding, clothing (new), books, supplies, and slippers. We have turned in over 13,000 stamps.

Old Business: Continue to collect stamps, pop top tabs, books for newborns, box tops for education, soup labels (Campbell's), collect or make items for the troops. Also, until August we will collect small caps...like soda pop or water bottles. Save used ink cartridges for us to redeem for cash vouchers.

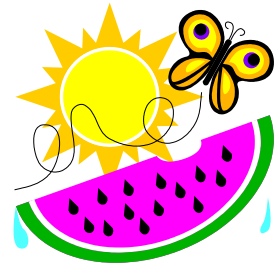
Our speaker is Karen Basinger who will speak to us about Great Grains.

Adjourn.

Respectfully submitted, Judy Armitage

Directions to Fun Day:

Route 270 North to 15 North, through Thurmont and Emmetsburg into Pennsylvania. Or take Route 97 North into Pennsylvania (Watch for Gettysburg Village Mall Signs). Exit onto Baltimore Street and bear right at the intersection of Route 97 and Baltimore Street. Just ahead, see the Heritage Drive entrance on your left. Stop at the gate and give destination #197 Longstreet Drive. Turn left onto Heritage Drive. Continue straight to Longstreet and turn right.



Coming from Westminster and south – Take Route 97 North through Littlestown to the end of Route 97. The entrance to Lake Heritage is at the end of Route 97 on your right.

**UNIVERSITY OF MARYLAND EXTENSION
MONTGOMERY COUNTY OFFICE
18410 MUNCASTER ROAD
DERWOOD MD 20855**

FIRST CLASS MAIL

