



Family and Community Education Hi-lites

December – February 2018

www.mdafce.org/mcfce.htm

Montgomery County Association for Family and Community Education Newsletter

“If you don't go after what you want, you'll never have it. If you don't ask, the answer is always no. If you don't step forward, you're always in the same place”. Nora Roberts

Happenings

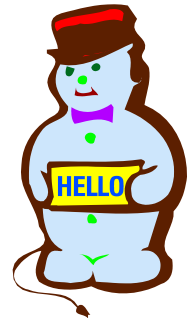
December 2017

- 12 9:30 am **Cookie Exchange and Crafts**, Extension office (garage)
Call Pat with any questions 301 460 5451
- 15 **Send yearly reports to Vice President/Programs**

January 2018

Note: NO Association Meeting This Month

- 1 **New Year's Day Celebrated – Extension Office Closed**
- 4 10:00 am – 3:00 pm **Blanket Making Sew-A-Thon**, Extension Office
- 16 10:00 am **Cookie Packing for the Troops**, Laurel Methodist Church



February

Collect “Birthday Monies” (1 penny for each year of member's age or a \$1 to keep your age anonymous!)
Send check to Montgomery County FCE Treasurer.

- 1 **Hi-Lites and Look What's Happening Deadline**
- 9 10:00 am – 9:00 pm **Blanket Making Sew-A-Thon**, Extension Office
- 13 9:45 am **Association Meeting**, and Valentine Craft (garage) Lunch Bunch Hosts
- 27 10:00 am **Executive Board Meeting** – Hi-Lites Folding Executive Board

March

- 2 10:00 am – 3:00 pm **Blanket Making Sew-A-Thon**, Extension Office
- 13 9:45 am **Is There a Vaccine to Cure Rudeness?**
Association Meeting Olney-Sunshine Hosts
- 20 10:00 am **Cookie Packing for the Troops**, Laurel Methodist Church



A WISH that each Christmas you and yours will enjoy the greatest of all gifts...EACH OTHER.

PRESIDENT'S PARAGRAPHS

Reports

In order to complete our State FCE reports by December 31st, we need your outreach hours and the program report from your club for 2017. All report forms including your outreach hours should be returned to me by December 15th. Why not bring them to the cookie exchange on December 12th?

Cookie Exchange

December 12, 2017 9:30 AM

COOKIES! COOKIES! COOKIES! Are you ready for some fun? Bring 4 dozen cookies, the recipe and an empty container (to put your new cookies in) to the Extension Office garage on December 12th. We will have a craft or two, maybe some singing or games. It will be a great Holiday Party. We will go to lunch after the party.

FCE Blanket Making

Sew-A-Thon

January 4, 2018 Thursday 10 AM - 3 PM

February 9, 2018 Friday 10 AM - 9 PM

March 2, 2018 Friday 10 AM - 3 PM



This year we have made 1,137 blankets and 843 hats for children. In 16 years, we have made 18,763 blankets and 10,527 baby hats. Can you believe it we are starting our 17th year? It still remains a rewarding and fun project and a joy to see all the blankets. If you haven't seen the "operation," I encourage you to come. You do not have to sew, knit or crochet to take part – there is yarn to sort, and blankets to count and pack. Bring a sandwich (and a friend); drink and dessert are provided. Come prepared to have some fun, exchange ideas and do something that makes a difference.

We are always looking for more yarn; if you know of anyone who is cleaning out their closet, keep us in mind. We can also use KID print and plain-colored fabric. Please wash and iron the cotton or cotton poly fabric before you donate it.

Handbooks

The Handbooks will be distributed at the Cookie Exchange in December. The Handbook is a

very useful, quick reference to keep you updated and to enable you to contact your local and state officers. The handbook explains FCE programs (i.e. Pennies for Friendship, ACWW etc.) and most importantly keeps you informed of county events and programs.

February is Birthday Month

Happy Birthday! Remember that February is birthday month. Clubs should collect a penny for each year of each member's life (or \$1.00 so no one will know your age) and send to Marilyn Simonds. The fund goes to the state FCE treasury to help defer mailing costs for the newsletter.

Valentines

February 13, 2018 (Extension Office garage)

9:45 AM

We will be making Valentine's for distribution to the NIH Children's Center. Enjoy a morning out and be a kid again cutting and pasting!



Is There a Vaccine to Cure Rudeness?

March 13, 2018 10 AM

What did George Washington say about rudeness and civility? What were the rules then and what are they today? Let's have an open frank discussion about respect, civility and rudeness.

Membership

National FCE has challenged every member to get a new member. Here in Montgomery County, we also have a need to increase membership. So let's take the NAFCE challenge and get a new member. You and your new recruit will be entered into a drawing for free registration at the Maryland FCE Annual Conference in October of 2018. We all know someone we can invite to be a member. Come on, let's do it. Let's have Montgomery County be the county that gets everyone to recruit a new member!!!

A handwritten signature in black ink that reads "Jeanne Purich".

Jeanne Purich, President

FAITH

FAITH is the warmth in the embers, when the firelight's dies away.

Hugs from Frann

Scholarship: We have not yet received information from Montgomery College on this year's scholarship recipients.

As of July 2017 - **\$63,200** has been donated in scholarships from Montgomery County FCE to Montgomery College. Thank you for all your generosity and hard work.

Youth Ranch: The Youth Ranch is very grateful for the donation of \$200.00 for the purchase of pillows, towels and sheets. If you wish to donate, you can purchase single bed size sheets with a pillow case or towels.

The Ranch has been approved for two grants from the state of Maryland to enable the Ranch to furnish the remaining unit with new beds and equipment. They will be able to provide residential care for 48 men with alcohol and/or drug dependency.

If you have sports or other male oriented magazines, (Men's health, Popular Mechanics, etc), please consider donating them to the ranch.

Stamps: Thank you for saving postage stamps and supporting this activity. (Remember to leave a bit of the envelope showing around each stamp.)

Picture postcards are requested – save the entire postcard. This year's collection will be given to Rockville Village. The residents prepare stamps for sale and this income supports monthly birthday cakes and gifts for residents without family.

Laytonville Safe Haven: The ladies enjoy donations of magazines, personal care products, greeting cards, nail polish, hair brushes, etc. Games, adult coloring books, colored pencils and activity books are also greatly appreciated.

Frann Peters

301-253-2589

GOOD HYGIENE

Practice good hygiene. Wash your hands often with hot water and soap to get rid of any germs you might have picked up during the day, or use an alcohol-based hand sanitizer. Keep your hands away from your nose, eyes, and mouth when they're not freshly washed. Cover your mouth and nose when you cough or sneeze, and always wash your hands afterward.

Signs of Cancer Men Are Likely To Ignore

Many men's cancer signs can mimic symptoms of other diseases or conditions - and many men are notorious for delaying doctors' visits - so it's easy to ignore them.



But it's important to know your body and see a doctor about these or any unusual pains or other changes.

1. Difficulty Urinating
2. Testicular Changes
3. Noticeable Skin Changes
4. Sores or Pain in Your Mouth
5. Chronic Coughing
6. Blood in Your Stool
7. Stomach Pain or Nausea
8. Frequent Fevers or Infections
9. Difficulty Swallowing
10. Excessive Bruising
11. Unexplained Weight Loss
12. Persistent Fatigue
13. Chronic Headaches

Holiday Beef Roast

Ingredients

- 1 beef prime rib roast (5 lb.), 2 to 3 ribs
- 1 Tbsp black pepper
- 1 cup Zesty Italian Dressing
- 1-1/2 cups Real Mayo Mayonnaise, divided
- 1/4 cup Prepared Horseradish
- 1/4 cup Honey Mustard Dressing
- 1/2 tsp dried thyme leaves

Place meat in large glass dish; sprinkle with pepper. Pour Italian dressing over meat. Refrigerate 15 minutes to marinate, turning occasionally. Heat oven to 325°F. Remove meat from marinade; discard marinade. Place meat, fat-side up, in shallow pan. Bake 2 to 2-1/2 hours or until 150°F, basting occasionally with pan juices. Remove from oven. Cover with foil; let stand 15 to 20 minutes or until medium doneness (160°F).

Meanwhile, mix 1 cup mayo and horseradish in serving bowl. Mix remaining mayo, honey-mustard dressing and thyme in separate serving bowl. Slice meat. Serve with the sauces.

FIRE EXTINGUISHER - KIDDE RECALL



Nearly 38 million fire extinguishers manufactured by Kidde and sold between 1973 and 2017 are part of a nationwide recall.

There have been nearly 400 reports of affected models failing to activate in a fire emergency, according to the Consumer Product Safety Commission. The CPSC cites one death and 16 injuries.

The affected models of Kidde (pronounced “kidda”) include plastic-handle fire extinguishers and plastic push-button fire extinguishers.

They were sold at Menards, Montgomery Ward, Sears, The Home Depot, Walmart and other department and hardware stores nationwide. They were also sold online at Amazon.com, ShopKidde.com and more.

Go to this web site to see if the fire extinguisher you have is on the recall list.

Do Not Delay! – Your life could depend on it.

<https://www.cpsc.gov/Recalls/2017/kidde-recalls-fire-extinguishers-with-plastic-handles-due-to-failure-to-discharge-and>

Cookie Exchange December 12, 2017



It is time to get out your favorite cookie recipe or a new one and bake those fabulous cookies for our annual cookie exchange.

On December 12th starting at 9:30 AM, please bring **48 homemade** cookies. This will be 40 to exchange and 8 to sample while we are busy making a few **crafts** prepared by Ginny Hagberg. It is a fun time for all so invite a friend to join us. The more the merrier. There will be **door prizes** and other surprises. If you do not want to make cookies, come anyway and join in the fun.

Afterwards, we will go out for lunch.

Pat Kenney

301-460-5451

Call from 877-382-4357? Hang up

October 24, 2017

by Andrew Johnson, Consumer Education Specialist, FTC

Scammers are using fake caller ID information to trick you into thinking they’re someone who can be trusted. The practice is called caller ID spoofing, and scammers can fake anyone’s phone number.

Today, we got reports that scammers are spoofing the FTC’s Consumer Response Center’s phone number (877-382-4357). But don’t let that stop you from reporting scammers — it’s still safe to call the Consumer Response Center, and it’s also safe to report scammers online.

If you’ve submitted a report or request to the FTC’s Consumer Response Center, the FTC might call you for additional information. But we won’t call you from 877-382-4357. And the FTC will never ask for money or for sensitive information such as your Social Security number, date of birth, or bank account information.

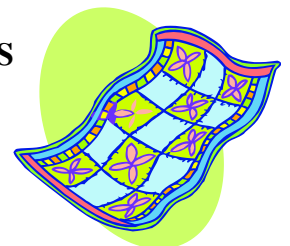
Scammers are constantly picking new phone numbers to spoof. Here are a few tips for staying ahead of scammers and their unexpected calls:

- If you get a strange call from a government phone number, hang up. If you want to check it out, visit the official (.gov) website for contact information.
- Don’t give out — or confirm — your personal or financial information to someone who calls.
- **Don’t wire money** or send money using a reloadable card. In fact, never pay someone who calls out of the blue, even if the name or number on the caller ID looks legit.
- Feeling pressured to act immediately? Hang up. That’s a sure sign of a scam.

If you’ve gotten a call from a scammer, with or without fake caller ID information, report it to the FTC.

CONGRATULATIONS

To Jenny Ricketts who won the raffle of the Noah Ark Afghan. I know some grandchild is going really could to love it.



Perks of being 60-ish!!

- Kidnappers are not very interested in you.
- In a hostage situation, you are likely to be released first.
- No one expects you to run anywhere.
- People call at 9 PM (or 9 AM) and ask, 'Did I wake you?'
- People no longer view you as a hypochondriac.
- There is nothing left to learn the hard way.
- Things you buy now won't wear out.
- You can eat supper at 4 PM.
- You can live without sex but not your glasses.
- You no longer think of speed limits as a challenge.
- You quit trying to hold your stomach in no matter who walks into the room.
- Your eyes won't get much worse.
- Your investment in health insurance is finally beginning to pay off.
- Your joints are more accurate meteorologists than the national weather service.
- Your secrets are safe with your friends because they can't remember them either.
- **AND THE MOST IMPORTANT THING:** Never, NEVER, NEVER, under any circumstances, take a sleeping pill and a laxative on the same night!

Don't Touch! Seven Icky, Germy Hotspots

Here are the seven germiest surfaces in the U.S.A. and the percentage that are "highly contaminated" with the kinds of germs that are associated with a high risk of illness:

1. Gas pump handles: 71 percent
2. Mailbox handles: 68 percent
3. Escalator rails: 43 percent
4. ATM buttons: 41 percent
5. Parking meters and kiosks: 40 percent
6. Crosswalk buttons: 35 percent
7. Vending machine buttons: 35 percent

So what can you do? While exposure to germs and bacteria is just part of everyday living, be smart.

- Wash your hands after touching any of these surfaces.
- If soap and water are not available, keep a stash of moist towelettes or a bottle of hand sanitizer in your car or purse.

Cold or Flu? How to Know Which One

Rena Goldman and Stephanie Watson

Medically Reviewed by Elaine Luo, MD on April 24, 2017

Your nose is stuffy, your throat is scratchy, and your head is pounding. Is it a cold or the seasonal flu?



Symptoms can overlap, so unless your doctor runs a rapid flu test it's hard to know for sure. Here are some basic guidelines for telling the difference between cold and flu symptoms, and what to do if you have either one of these infections.

How to spot the difference?

Viruses cause colds and the flu. Both are respiratory infections. The simplest way to tell the difference is by looking at your symptoms.

Cold symptoms can include:

- runny or stuffy nose
- sore throat
- sneezing
- cough
- headache or body aches
- mild tiredness

Flu symptoms can include:

- dry, hacking cough
- moderate to high fever, although not everyone with the flu will run a fever
- sore throat
- shaking chills
- severe muscle or body aches
- headache
- stuffy and runny nose
- severe fatigue that may last up to two weeks
- nausea and vomiting (most common in children)

Colds come on gradually over a few days and are often milder than the flu. They usually get better in 7 to 10 days, although symptoms can last for up to 2 weeks.

Flu symptoms come on quickly and can be severe. They usually last 1 to 2 weeks. Use your symptoms as a guide to figure out which condition you have. If you think you might have the flu, see your doctor to get tested within the first 48 hours of showing symptoms.

What is the common cold?

The common cold is an upper respiratory infection caused by a virus. According to the Mayo Clinic, more than 100 different viruses can cause the

common cold, but, the rhinovirus is most often the one that makes people sneeze and sniffle, and it's highly contagious.

Colds are more common during the winter months, because most cold-causing viruses thrive in low humidity. Colds spread when someone who's sick sneezes or coughs, sending virus-filled droplets flying through the air. You can get sick if you touch a surface (such as a countertop or doorknob) that has recently been handled by an infected person and then touch your nose, mouth, or eyes. You're most contagious in the first two to four days after you were exposed to the cold virus.

How to treat a cold

Because it is a viral infection, antibiotics are not effective at treating a cold. However, over-the-counter medications, such as antihistamines, decongestants, acetaminophen, and NSAIDs (like ibuprofen), can relieve congestion, aches, and other cold symptoms. Drink plenty of fluids to avoid dehydration. Some people take natural remedies, such as zinc, vitamin C, or echinacea, to prevent or relieve cold symptoms. The evidence is mixed on whether they work.

A 2015 study in *BMC Family Practice* found that high-dose (80 milligram) zinc lozenges could shorten the length of colds if taken within 24 hours of showing symptoms. Vitamin C doesn't seem to prevent colds, but if you take it consistently, it might lessen your symptoms, according to a 2013 *Cochrane* review. And echinacea hasn't been shown to help prevent or treat colds. A 2017 study in *BMJ* found vitamin D helps protect against both colds and flu.

How to treat the flu

In most cases, fluids and rest are the best ways to treat the flu. Drink plenty of fluids to prevent dehydration. Over-the-counter decongestants and pain relievers, such as ibuprofen and acetaminophen, may control your symptoms and help you feel better. However, never give aspirin to children. It can increase the risk of a rare but serious condition called Reye's syndrome. Your doctor may prescribe antiviral drugs — oseltamivir (Tamiflu), zanamivir (Relenza), or peramivir (Rapivab) — to treat the flu. These drugs can shorten the duration of the flu and prevent complications such as pneumonia. However, you need to take them within the first 48 hours of getting sick for them to work.

ELIMINATING VIOLENCE AGAINST WOMEN – 2017

A public statement from the Associated Country Women of the World

Violence against women affects communities in every country of the world, and in every generation. The impact is not just the physical and psychological damage done to woman, but also weakening of communities. Gender-based violence retards development of safe, peaceful, healthy and productive nations. The Associated Country Women of the World stands against all forms of violence against women, and encourages individuals, communities, nation states and international bodies to raise awareness of this crucial issue.

Between the International Day for the Elimination of Violence against Women (25 November) and Human Rights Day (10 December), the international initiative 'Orange the World' seeks to promote positive action towards ending gender-based violence. ACWW fully supports this initiative, and the theme "Leave no-one behind".

Gender-based violence can be generational, and education and intervention are crucial to breaking the cycle. Those who are abused suffer long-term impacts on their mental health, and can further suffer from agitation and anxiety, depression, panic attacks, and other ongoing effects on their happiness and health.

ACWW calls on all States to implement robust strategies to eliminate violence against women, with particular emphasis on culturally appropriate education, legislation and enforcement. Crucially, support and treatment for victims must be sustainably funded, and the process of shaming or re-victimizing must end. Harsher penalties, fully and consistently employed, will further work to dissuade perpetrators. Civil society, institutions, and community groups must take responsibility for changing attitudes and behaviors. It is crucial for violence against women to be visibly, vocally and unequivocally unacceptable.

We support 16 days of Activism against Gender-Based Violence.

Ruth Shanks AM ACWW World President

Kerry Maw-Smith ACWW UN Committee Chairman



MCAFCE COUNTY ASSOCIATION MEETING MINUTES

September 12, 2017

Call to Order, Creed, and Pledge started the meeting.

Treasurers' Report, Marilyn Simonds

- By mistake, Marilyn distributed copies of an earlier Treasurer's Report. She read us the categories and numbers from her single copy of the report prepared for today.

President's Report, Jeanne Purich

- YARD Sale was a huge success, even though the weather was very hot!!! (In fact, should we discontinue this effort because of the heat?) THANK YOU for all your help
- Back to School Picnic and school supplies. Thank you to all who donated and to all who came to the picnic. We had a great time at Barbara Raab's house and we thank Barbara, her husband and daughter for being wonderful hosts. Supplies went to Greentree Shelter, two schools and to the Betty Ann Krahnke Center (Jeanne Gillis will take them).
- Montgomery County Agricultural Fair.
 - 4 booths. Thanks to the Derwood Club for Summer Pet Safety Tips, to Ethel DeHaven and Marilyn Simonds for Don't Dump - Donate, to Jean Purich for Look-a-Likes - Prevent Accidental Poisonings, and to Pat Kenney for FCE Blanket Making. Each booth received a blue ribbon. We gave out over 300 blanket-making calendars.
 - The You Be the Judge contest this year collected 106 pillowcase dresses for Robin (Raab) to take to needy children in Central America and Africa.
- Membership Form for 2018. Make check payable to MCAFCE. Talk us up everywhere you go!
- Outreach form. Please fill out and turn in at the Cookie Exchange in December.
- Close Encounters with Agriculture, Oct 9 – 27. Goodie packing day is Oct 4.
- Troop Support. keep baking cookies, providing snacks, knitting or crocheting hats, ditty bags & Christmas stockings. Next Cookie packing is September 19 and October 17.
- We are invited to join Belles & Beaux on a trip to see the Wednesday December 20th matinee of *Miracle on 34th Street* at Toby's Dinner Theatre. \$57 includes dinner. Sign up soon!

Vice-President/Programs, Kathie Mack

- Our Maryland state conference takes place in Westminster on September 25th and 26th. Montgomery County FCE is the official host and we have planned a wonderful programs. Sign up soon if you have not already!
- No meeting in October. Don't forget International Day on November 14th, celebrating four regions of our own USA. Recipes available today for our potluck lunch.
- The Cookie exchange is on December 12th. (Bring 4 dozen cookies and recipe)

Special Projects, Pat Kenney

- Fall Festival is on and ready to go. BUT we need help on Friday Oct 6th to set-up and on Saturday Oct 7th. We need help in the kids' craft room, to sit by the displays in the hallway, to give out books, and to help with the sales tables. This is a money maker for the scholarship fund.
- Blanket making on Friday September 29th and Friday November 3rd.

Montgomery County Agricultural Fair, Kitty Cooley. Thanks, Kitty, for your help.

International Day, Genie Sidwell

- International Day—Celebrating the USA—November 14th. The four regional cuisines we will celebrate are Boston, New Orleans, Minnesota, and New Mexico. Recipes are available for each region to make for our potluck luncheon.

Membership Get your 2018 dues in by September 30th to Marilyn Simonds.

- Recruit a new member and participate in the National FCE membership challenge; everyone should recruit one new member. That will double the Montgomery County's membership.

Publicity, Kathie Mack

- Publicity for blanket-making goes out each month to various newspapers, newsletters, and listserves. The new website for Montgomery County volunteers is also being updated. Please let us know if you see any of our publicity.

Scholarship Committee, Frann Peters:

- We have received some nice notes because of our scholarship aid. One person wrote to thank us for helping to support the children of others even though we have our own families to support.
- Youth Ranch.
 - We donated 116 plants last spring to the Youth Ranch. This included both flowers and vegetables. Their garden is thriving and so are their chickens. More young residents are expected.
 - We voted to give the Youth Ranch \$200 from our treasury for new pillows and towels. This replaces the money we had intended to give them for new sheets and pillowcases.

Old Business: WE NEED A SECRETARY, please volunteer. Respectfully submitted, Kathie Mack

Christmas Morning Rolls

Ingredients

- 24 frozen dinner rolls
- 1 (3 3/4 ounce) package butterscotch pudding mix (not instant)
- 1/2 cup butter
- 3/4 cup brown sugar
- 3/4 teaspoon cinnamon
- 1/2 cup chopped nuts

Directions

1. Arrange rolls in greased fluted tube pan. Sprinkle dry pudding mix over rolls.
2. Cook butter and remaining ingredients over a low heat until sugar dissolves and mixture bubbles; pour over rolls.
3. Cover tightly with foil and let stand on counter overnight.
4. Next morning, remove foil and bake at 350 degrees for 30 minutes. Let stand 5 minutes, then invert carefully onto serving dish.



**UNIVERSITY OF MARYLAND EXTENSION
MONTGOMERY COUNTY OFFICE
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