



Family and Community Education Hi-lites

June – August 2011
(www.mdafce.org/mcfce.htm)

Montgomery County Association for Family and Community Education Newsletter

The difference between TRY and triumph is a little umph. – Author Unknown

Happenings

June

- 1 10 AM-9 PM Linus Project Sew-A-Thon. Extension Office
4 All Day Earth Day
16 10 AM Fun Day at Gettysburg – Registration Required, See Page 3

July

- 4 & 5 Office Closed (Independence Day)
14-17 National FCE Conference, Grand Rapids, Michigan

August

- 1 *Hi-Lites* deadline and *Look What's Happening* deadline
2 10 AM-3 PM Linus Project Sew-A-Thon. Extension Office
11 All Day Set up Montgomery County Fair Booths
12-20 All Day Montgomery County Fair – “It’s Udderly Terrific”
23 10 AM Executive Board Meeting, Hi-Lites Folding, Extension Office

September

- 2 10 AM-9 PM Linus Project Sew-A-Thon, Extension Office
5 Office Closed (Labor Day)
13 9:45 AM “What Happened the Year You Were Born?”
and Association Meeting, Refreshments: Olney-Sunshine
Install 2012 Officers
30 9:45 AM Set-up Fall Festival

When Spring Arrives

When Spring arrives upon the scene, With grass and trees all turning green, The birds then seem to take a cue and build their nests all fresh and new.

The flowers soon awake once more in shades of color at my door, Spring just arrived this morn at dawn on yonder hills and far beyond.

Spring never ceases to show her best in pretty springtime color dress, and never puts her time aside her loveliness to run and hide.

When as the world in slumber deep spring’s beauty too shall asleep, to usher in so sweet and fair the sights and sounds of Summer rare.

Katherine Smith Matheney



President's Paragraphs

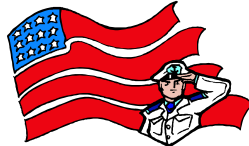
Spring Luncheon

Fifty-one FCE members and friends enjoyed a busy Spring Luncheon. Thanks to the Olney-Sunshine for organizing, decorating and preparing delicious food and for making it possible to make all those Glitzy necklaces. It was wonderful! And thanks to all of you for donations of books (43 books were donated), flowers and door prizes. We were very pleased to have our State President, Martha Moser and State Treasure, Louise Ediger join us. Five members from Prince George's County FCE also attended. It truly was a great day.

FUN DAY

Gettysburg, PA June 16

If you haven't been to this event, you have missed all the FUN! Eating, boat rides, shopping, and just relaxing are some of things you can do. Husbands are welcome. Three high school students and their teacher will be joining us to inform us about their blanket making project for the troops. Come to **FUN DAY on June 16 at Frann Peters'** (301-253-2589) home in Gettysburg, PA. Donation is \$10.00 (make check to MCAFCE). Proceeds benefit the scholarship fund, but the "fun" benefits each and every one of us. Mark your calendar today. Send your check to:
Marilyn Simonds (301-871-1609)
13708 Lionel Lane, Rockville 20852



Sew-A-Thon for PROJECT LINUS

June 1 Wednesday 10 AM to 9 PM

August 2 Tuesday 10 AM to 3 PM

The Sew-a-Thon for Project Linus is an ongoing outreach project. Since beginning in 2002, we have completed 10,738 blankets and 4,130+ 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. If you like to sew, we have many blankets that need to be sewn on the sewing machine. We have machines available or you can bring your own. Our supply of yarn is LOW, please keep your eyes and ears open for more. We have a great deal of fabric, so please **don't** bring any in

right now. Bring a sandwich; drink and dessert are provided. Call Pat @ 301-460-5451 for info.

FAIR BOOTHS

August 12 – 20

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.



What Happened the Year You were Born?

September 13 9:45 AM

Association Meeting at the Extension Office

Time to reminisce about what was happening the year you were born. Members will tell short stories about what was happening in the world the year they were born. Mark your calendars.

INTERNATIONAL LUNCHEON
Recipes for the International Luncheon
(Southern Italy) will be available at the
September meeting.

STATE CONFERENCE

October 20 & 21

The State Conference will be held on October 20 (Thursday) and 21 (Friday) at the **Frederick Residence Inn, 5230 Westview Dr. Frederick, MD 21703 –(301-369-0010)** in Frederick, MD. Registration for the meetings is in the Summer issue of the State newsletter; *Look What's Happening*.

Have a wonderful and safe summer and I'll see you "At the Fair"!

Jeanne Purich

jcpurich@cs.com

Do you realize that in less than 30 years, we'll have many thousands of old ladies running around with tattoos? And rap music will be the Golden Oldies. (SCARY!!!)

CHATTER FROM EXTENSION

New Dietary Guidelines Recommend Limiting Salt to Reduce Hypertension

Every five years, the US Departments of Agriculture and Health and Human Services review and update the Dietary Guidelines for Americans. These guidelines are intended to summarize research and knowledge in the area of nutrition and help Americans make healthy eating choices. At the end of last year, the Dietary Guidelines for Americans 2010 were released. Here are some of the key recommendations that are new to the 2010 guidelines. To see the Dietary Guidelines in their entirety go to www.cnpp.usda.gov. The recommendations include (but are not limited to) the following:

- *Reduce daily sodium intake to less than 2,300 mg and further reduce intake to 1,500 mg among persons who are 51 and older and those of any age who are African American or have hypertension, diabetes or chronic kidney disease. The 1,500 mg recommendation applies to about half of the US population, including children and the majority of adults.*

Note: 2,300 mg of salt is equal to one teaspoon. Keep in mind that the 1,500 mg recommendation includes all salt, not just added salt. Most salt in the American diet comes from processed foods and even so-called low-sodium foods can contain more salt than is considered healthy. Check the nutrition facts label on all foods you buy to ensure that one serving of that food will not contribute too much sodium for one meal. If you are trying to reduce your sodium intake, your best bet is to cook meals from scratch using as few processed foods as possible. Add salt to taste at the table, not while cooking.

- *Limit the consumption of foods that contain refined grains, especially refined grain foods that contain solid fats, added sugars and sodium.*

Examples of these foods include cakes, cookies, and pastries, and some crackers.

- *Increase vegetable and fruit intake.*

This is not a new recommendation but an effort to reinforce the importance of including more fruit and vegetables in your diet. Try adding vegetables, such as beans, green beans, corn, peas, carrots and spinach to casseroles, and make it a rule to serve two vegetables every night at dinner.

Rebecca Davis
Nutrition and Health Extension Educator
301-590-2816

FUN DAY

When: Thursday, June 16, 2011
Where: Lakeside Cottage of Frann & Jack Peters
197 Longstreet Drive, Lake Heritage, Gettysburg, PA
(717-338-1591)
Lunch: 12 noon
Dinner: 5:30 PM.

Come and meet the 3 students and their teacher who are making blankets for the troops and hear their story.

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, Barbara 301-330-5447, or Frann 301-253-2589.

Directions on page 8.

USES FOR VASELINE

1. Put a coat of Vaseline on your eyelashes before you go to bed
2. Put some on your elbows/feet at night, cover them with socks (feet) and wake up to softer elbows/feet
3. Helps to ease off stuck on rings
4. Put Vaseline on your cuticles several times a day for softer and better looking cuticles every day.
5. Put Vaseline on chapped lips
6. Moisturizes severe dry skin
7. Mix with sea salts to make a scrub
8. Makeup remover
9. Conditions scalp pre-shampooing

Scholarship News

We have received word from Montgomery College that **Monica Lopez** was selected as our Next Step recipient for the spring term.

Excerpts from Monica Lopez, scholarship recipient:
Dear Donors, Thank you so much for supporting me with your generous scholarship. This scholarship is assisting me in achieving my education goals by helping to remove the financial burden. I am the first in my family to go to college as well as graduate from high school. My long term goal is become a kindergarten teacher. I appreciate that you believe in Montgomery College students enough to make a difference in our futures.

Scholarship Luncheon

On April 29 Frann Peters and Judy Armitage attended the Scholarship Recognition Luncheon at Montgomery College. This luncheon was for “Honoring and Introducing Scholarship Donors and Student Recipients”. A video of many students expressed gratitude to donors for assisting in their educational financial needs was shown.

President Dr. Pollard expressed the college’s appreciation for supporting students and being an inspiration. **Donna Lowe**, Early Childhood Education recipient attended.

Laytonsville Haven

The ladies look forward to your donations of shampoo and other personal care items. Sleepwear and underwear is always welcome. The annual flower planting is scheduled after our Spring Luncheon. This is always a happy “planting day”.

Back at the Ranch

MCAFCE Brings Valentine’s Day to the Ranch.

Again this year they brought goodies to the ranch for Valentine’s Day for the staff and the youth. Everything was very much appreciated. Did you know that MCAFCE is one of the Ranch’s most faithful benefactors? They are always on the look-out for sports equipment, books (age appropriate for the youth) computers, games, magazines, skate boards, bikes, twin-size bedding, personal care items and of course socks and more socks and underwear. The need continues for paper towels, toilet paper, laundry detergent, postage stamps and movie tickets.

This year the winter weather took a toll on the roof of two buildings. And the kitchen was in need of a weeklong shut down for repairs. Mark Grover, LGSW, CRCCPA, Executive Director sent his thanks for all that MCAFCE has done. The ranch is now on Facebook!

<http://www.facebook.com/Maryland.Sheriffs.Youth.Ranch>.

Letters from Our Troops (excerpts)

1) Thank you so much for all of the support and for all of the care packages! They have meant so much and the entire Marine faces light up when the packages arrive. We received boxes the end of February, the end of March and the end of April. Everything in the boxes were still fresh and definitely hit the spot for those of us with a sweet tooth.

2) You and your group are real troopers! Even your “small” shipments are big to us. Thanks for you continued concern and support.

3) Thank you very much for supporting the troops with your delicious cookies and treats. My unit is currently in Iraq. It is nice to know that we are not forgotten.

4) Thank you for your nice letter to our military. They are truly a blessing to our nation. I appreciate that we have country men and women who count our soldiers and sailors as friends. I am stationed Baghdad. We provide support to the Iraq theatre. The soldiers and sailors are great but eat like ravenous teenagers.

5) Hello from Baghdad. We just received your latest box of goodies. And they’re so good...as ever. Please pass on our thanks to the whole group and community.

6) Long time no talk. I thought I’d take a few minutes and give you an update. My family and I have been in Colorado for a while now. I will not be going to Afghanistan for a while so I suppose that is good news. We bought a nice house in Pueblo West. I have an acre of land for the dogs and for me to play on. I have a lot of landscaping to do - so I stay busy. Stephanie got a job as a Nanny for a couple about the same age as us. She is watching their little boy and he is now Zivah’s best friend. Stephanie gets to take Zivah to work with her so I do not have to pay for day care. I still think about how nice you all treated me and my family. I appreciated that so much. Chris Thomas

Cucumbers

Cucumbers contain most of the vitamins you need every day. One cucumber contains Vitamin B1, Vitamin B2, Vitamin B3, B5, B6, Folic Acid, Vitamin C, Calcium, Iron, Magnesium, Phosphorus, Potassium and Zinc.

Feeling tired in the afternoon? Put down the coffee and pick up a cucumber. This great source of B Vitamins and Carbohydrates can provide that quick pick-me-up that will last for hours.

Tired of your bathroom mirror fogging up after a hot shower? Rub a cucumber slice across the mirror to eliminate it and an added benefit gets a soothing spa-like fragrance.

Are grubs and slugs ruining your planting beds? Place a few cucumber slices in a small pie tin and your garden will be free of pests all season. The chemicals in the cucumber react with the aluminum pie tin causing a scent that drives garden pest crazy thus leaving your garden pest free.

Looking for a fast and easy way to remove cellulite? Rub a slice or two to the problem areas. This will firm-up the skin. This also works on wrinkles.

To avoid a hangover or terrible headache eat a few cucumber slices before going to bed to wake up refreshed and headache free.

Shoes need to be polished and you have no time? Rub a cucumber slice for a durable shine that also repels water.

Out of WD-40 and have a squeaky hinge? Rub a cucumber slice along the hinges – bingo – no more squeak.

Stressed out? Cut up an entire cucumber and place it in boiling water. The chemicals and nutrients will be released into the steam creating a relaxing aroma that has been shown to reduce stress.

Just finished a business lunch and you do not have a breath mint? Take a slice of cucumber from your salad – press it to the roof of your mouth for about 30 seconds. Bad breath GONE!

Looking for a green way to clean your faucets, sinks or stainless steel? Take a slice of cucumber and rub it onto the surface. You will not only remove years of tarnish but will restore the shine.

Using a pen and made a mistake? Use the OUTSIDE of a cucumber and slowly use it as an eraser. This also works on crayons and markers that the kids have used to decorate your walls.

“ICE” Your Phone

Apparently this is a standard procedure paramedics follow at the scene of an accident when they come across your cell phone.

We all carry our mobile phone numbers stored in its memory but nobody other than ourselves knows which of these numbers belong to our family. If you were to be involved in an accident or were taken ill, the people attending you would have your mobile phone but would not know who to call. There are hundreds of numbers stored but which one is the one? Hence this ICE Campaign.

Put ICE in your mobile phone list and the number of who to call in the emergency. If you have more than one contact use ICE 2, ICE 3, etc.

Rules from God for 2011

Wake up and decide to have a good day. Today is the day the Lord hath made, let us rejoice and be glad in it.

Dress up. The best way to dress up is to put on smile. Man looks at outward appearance but the Lord looks at the heart.

Shut up. Say one nice thing and learn to listen. God gave us two ears and only one mouth. He who guards his lips, guards his soul.

Stand up. Stand up for what you believe. Stand for something or fall behind. At every opportunity, let us do good.

Look up. Look to the Lord. I can do everything through Christ who strengthens me.

Reach up. Reach for something higher. Trust in the Lord.

Lift up. Lift up your prayers. Do not worry about anything. Instead pray about everything.

Tidbits for Thought

The only place where success comes before work is in the dictionary.

Men (women) are made stronger on the realization that the helping hand they need is at the end of their own arm.

Even if you are on the right track, you will get run over if you just sit there.

Tornado Precautions

Tornadoes can occur without warning. That's why it's important to be alert to changing weather, and use both broadcast information and your own senses and experience to know when to take cover.

Tornado Watch

A Tornado Watch simply means that conditions are favorable for tornadoes to develop. In this case you should be alert to changes in the weather and take precautions to protect you and your property.

During a Tornado Watch:

- Move cars inside a garage or carport. Keep your car keys and house keys with you.
- Move lawn furniture and yard equipment such as lawnmowers inside *if time permits*.
- Account for family members at home.
- Have your emergency kit ready.
- Keep your radio or TV tuned into the weather reports.

Tornado Warning

Tornado Warning means that a tornado has actually been sighted. Tornadoes can be deadly and devastating storms, with winds up to 260 miles per hour. If a Tornado Warning is issued for your area, seek shelter immediately!

There is little time for closing windows or hunting for flashlights. It's a good idea to know where things are, and to have an emergency storm kit already prepared.

Tornado Preparedness:

- Learn the warning signals used in your community. If a siren sounds, that means stay inside and take cover.
- Consider setting up a neighborhood information program through a club, church group or community group. Hold briefings on safety procedures as tornado season approaches. Set up a system to make sure senior citizens and shut-ins are alerted if there is a tornado warning.
- Put together an emergency storm kit including a transistor radio, flashlight, batteries and simple first-aid items in a waterproof container.
- Make a complete inventory of your possessions for insurance purposes.
- Conduct drills with your family in the home; make sure each member knows the correct procedures if they are at work or school when a tornado hits.

During the Tornado

The safest place to be during a tornado is underground, preferably under something sturdy like a work bench.

If there's no basement or cellar in your home, a small room in the middle of house -- like a bathroom or a closet -- is best. The more walls between you and the outside, the better.

Mobile Home Dwellers/Owners

- Residents in mobile homes, even those with tie-downs, should seek safe shelter elsewhere at the first sign of severe weather.
- Go to a prearranged shelter or talk to a friend or relative ahead of time to see if you can go to their house when the weather turns bad.
- If you live in a mobile home park, talk to management about the availability of a nearby shelter.
- As a last resort, go outside and lie flat on the ground with your hands over your head and neck. Be alert for flash floods that often accompany such storms.

If you are driving during a tornado

- Tornadoes can toss cars and large trucks around like toys. Never try to outrun a tornado.
- If you see a funnel cloud or hear a tornado warning issued on the radio or by siren, get out of your vehicle and seek a safe structure or lie down in a low area with your hands covering the back of your head and neck; keep alert for flash floods.

Office Buildings/Schools

- Learn emergency shelter plans in office buildings and schools you and your family frequent. If a specific shelter area does not exist, move into interior hallways or small rooms on the building's lowest level. Avoid areas with glass and wide, free span roofs.
- If you can't get into a basement or designated shelter, move to the center of the lowest level of the building, away from windows, and lie flat.

If you are in a store or shopping mall

Go to a designated shelter area or to the center of the building on a low level. Stay away from large, open rooms and windows. *Never* seek shelter in cars in the parking lot.

Reprinted from: State Farm® believes the information contained in the Disaster Survival House is reliable and accurate.

Montgomery County Association FCE Association Meeting March 8, 2011

Eleven members present. Call to Order, Creed and Pledge presented. Minutes approved as presented in newsletter.

Treasurers' Report, **Marilyn Simonds**: We have \$11,088 as of January 1, 2011. There is \$1.70 in interest for two months. (.77 cents was for this month). The scholarship fund has \$2,259.93 and has received a gift from the Olney Sunshine group of \$105.93 bringing the total to \$2,364.93.

Spring luncheon, **Doris Lyerly**: The luncheon project is well underway. We will be making a necklace as part of the "bling". The menu is chicken salad with cranberries, mustard greens, home-made rolls, and for dessert cupcakes. Note: We need wicker plate holders – about 20 of them. Please bring them to the luncheon and be sure your name is on the bottom. Sign up today to attend for \$15.00. A signup sheet is being distributed.

President, **Jeanne Purich**: Reminder: Bring Books for Newborns to the luncheon and a six pack flat of annual flowers for Laytonsville Haven. The April meeting is "Making Your Home Safer". It deals with what changes you can make to enable you stay in your home longer and safer.

Special Project, **Pat Kenney**: Next Sew-a-Thon blanket making is April 1, May 3 and June 1. We did about 250 blankets last month (February) with over 50 people in attendance. The Harvest Festival first planning meeting is scheduled. Please save stuffed animals, Happy Meal Toys and prizes, any little prizes you might find. While at the planning meeting Pat will make sure the stopping time for that day is clearly stated. We need about 250 grab bags and about 350 lollipops. We have some Character Counts Pencils to donate. The fair in August has a theme of "Udderly Terrific".

International Day, **Barb Raab**: Save Nov. 8 for the "Shank of the Boot". We will hear about Florence, Rome, Naples, Capri, Pompeii, and more. Recipes will soon be distributed.

Membership: We have 97 members – we did have 100 so please bring a friend to join and go over our previous total.

Publicity, **Judy Armitage**: Judy has discovered one new place to advertise and she is looking for anyone who may know of any other place to accept our ad for our blanket making. A big thanks to all of you for keeping your eyes open for other free places to advertise.

Scholarship, Laytonsville, Boy's Ranch, **Frann Peters**: Two of the women from Laytonsville Haven have gone into their own apartments now. And two new ladies have come into the facility. One of the women needed boots. Someone had donated boots and they were the exact size that was needed. The Boy's Ranch thanked us for all the paper products that were delivered. All were needed items. We have a new person for the next scholarship, Donna Lowe. Recipients will be invited to the spring luncheon.

Old business: Please continue to collect pop tops, Box Tops for Education, Books for Newborns, items for the Boy's Ranch, Laytonsville Haven, Campbell soup labels and collect or make items for the troops.

New business: We need a program for Fun Day.

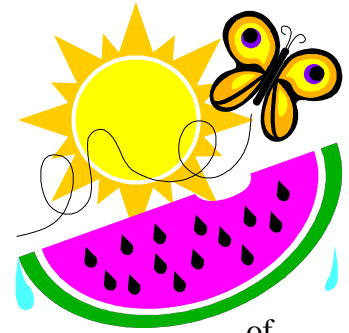
Other items: Eleanor Cregger had a hip replacement. She is home now and is moving around. Lou Marlin has much pain from arthritis. A card to each would be appreciated.

Meeting adjourned.

Respectfully submitted, Judy Armitage

Directions to Fun Day:

Route 270 North to 15 North, through Thurmont and Emmitsburg 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.



From Westminster – 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
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