



Family and Community Education Hi-lites

June – August 2013
(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-9 PM FCE Blanket Making for Linus Project, Extension Office
- 18 10 AM Cookie Packing, Laurel Methodist Church
- 17 10AM Pillow Case Dress Day at Extension Office. See page 2 for details
- 20 10 AM Fun Day at Gettysburg – Registration Required, See Page 4

July

- 4 Office Closed (Independence Day)
- 16 10 AM Cookie Packing, Laurel Methodist Church
- 18-21 National FCE Conference, Fargo, North Dakota

August

- 1 *Hi-Lites* deadline and “*Look What’s Happening*” deadline
- 6 10 AM-3 PM FCE Blanket Making for Linus Project, Extension Office
- 8 10 AM Set up Montgomery County Fair Booths
- 9-17 All Day Montgomery County Fair – “**Plenty to See from A to Z**”
- 20 10 AM Cookie Packing, Laurel Methodist Church
- 24 - 9/2 Maryland State Fair, Timonium, MD
- 27 10 AM Executive Board Meeting, Hi-Lites Folding, Extension Office

September

- 3 Office Closed (Labor Day)
- 6 10 AM-9 PM FCE Blanket Making for Linus Project, Extension Office
- 10 9:45 AM “Barns of Maryland” and Association Meeting, Refreshments: Derwood
Install 2013 Officers
- 17 10 AM Cookie Packing, Laurel Methodist Church

Recycling Pill Containers:

Q Can I recycle those little yellow-orange prescription bottles?

A It depends on where you live, according to experts at Consumer Reports Best Buy Drugs.

The vials might not make it through the conventional sorting process used in many areas, which filters out small items such as broken glass and rocks and often prescription bottles. The best answer is to ask your local recycling center to see if they can handle the vials. Occasionally your pharmacy may recycle. Reminder: Always mark out all of your information to be sure that it is unreadable before tossing the container.

President's Paragraphs

Spring Luncheon

Forty-six FCE members and friends, including eight gentlemen, enjoyed "The Fabulous Fifties" at the Spring Luncheon. Thanks to Burtonsville FCE for organizing, decorating and preparing delicious the food, Frann Peters, Pat Kenney, Barbara Raab for helping with the set-up and to the Derwood Club for making the nametags. It brought back many memories. It was terrific! 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 May 31 and Saturday June 1

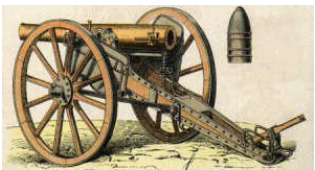
There will be a yard sale to benefit the SCHOLARSHIP Fund at my home 15500 Gallaudet Avenue Silver Spring 20905 on the above days. Set-up will be on Thursday starting at 10 AM; you can drop in anytime that day to help.

PILLOW CASE DRESS DAY

**June 17 10 AM
Extension Office**

Many of you have asked for another pillow case dress making day and now we have one!. Bring your sewing machine (there are a few at the Extension that we can use but now enough for everyone) and we will make dresses to be taken in July by a local minister to Zimbabwe. Mall the material and tread and trimmings will be provided. Bring \$2.00 and we will have pizza for lunch.

**FUN DAY
Gettysburg, PA
June 20**



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**. We will have a program on the 150th anniversary of the Battle of Gettysburg. On **June 20th** we want to see you at **Frann Peters'** (301-253-2589) home in Gettysburg, PA. More info on page 4 and directions on page 8. Donation is \$10.00 (make check to MCAFCE).

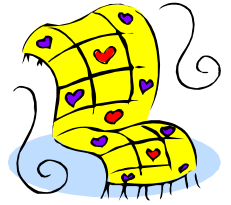
Proceeds benefit the scholarship fund. Mark your calendar today. Send your check to: **Marilyn Simonds (301-871-1609) 13708 Lionel Lane, Rockville 20852**

FCE Blanket Making for PROJECT LINUS

June 5 Wednesday 10 AM to 9 PM

August 6 Tuesday 10 AM to 3 PM

Since beginning in 2002, we have completed over 13,000 blankets and 6,000 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. Our supply of yarn is **LOW**; 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

"Plenty to See from A to Z"

August 9 - 17

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.



Barns of Maryland

September 10 9:45 AM

Association Meeting at the Extension Office

Ever wonder about the beautiful barns you see along the Maryland highways and byways? Well wonder no more. A video on the history, style and use of barns will be shown at the September meeting. Please mark your calendars.

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

Maryland FCE Annual Conference 2013
75th Diamond Jubilee
September 19th – 20th, 2013
Sheraton Washington North Hotel,
4095 Powder Mill Road, Beltsville, MD 20705

The conference is in your backyard, near Riderwood off Calverton Boulevard. Speakers include Chuck Schuster, Senior Agent, Agriculture & Natural Resources, Commercial Horticulture and Rebecca Davis, Senior Agent, Family & Consumer Sciences. Registration for the Annual conference is in the summer issue of the State newsletter, *Look What's Happening*.

See you at the Fair and have a wonderful and safe summer.

Jeanne Purich

jcpurich@cs.com



Support Our Troops

The month of April marks six years of our involvement in supporting our men and women serving in Iraq and Afghanistan. Without your continuous help and dedication; this mission would never have gotten off the ground, let alone been sustained during this period. Our heartfelt thanks and blessings to each of you for this incredible support!

Below are a few of the comments we have received from the troops describing what our packages and messages have meant to them.

"I want to thank you and the MCAFCE members as well as your family and friends for the thoughtful care packages we received several weeks ago. I apologize for the delay in responding but I have been away from my base for the past few weeks. Rest assured, however, that my colleagues did not wait for my return to begin enjoying the treats. We were especially pleased to read the Valentine's Day notes and cards, and we enjoyed the special Valentine cookies".

"We've received another round of your wonderful boxes. Thanks as always to you and your association. We will definitely let you know when any of us are in your area so we can thank you and your team in person. It was great to hear that the

USAID Director had an opportunity to visit with you all!"

"Happy New Year! I am Lieutenant Commander Greg St. Andre with the US Navy. I am stationed overseas in Kabul, Afghanistan. I have been here since mid July and will be leaving in early April. I want to Thank you for the care package that was sent to us. We all really enjoyed them. It is definitely some comfort from home, especially since the food over here sometimes isn't really good. Thank You for appreciating those who make the sacrifices we make and risk our lives to defend freedom. Many people throughout the world will never know what true freedom feels like, a freedom that many US citizens take for granted."

We are still sending boxes of goodies to the Troops. Here is a list of snacks and other items needed for Treat The Troops:

- | | |
|---|-------------------|
| Powdered Drinks | Microwave Popcorn |
| Beef Jerky | Slim Jims |
| Dried Fruit Snacks | Blank Note Cards |
| Hard Wrapped Candy and non chocolate throughout the year, (chocolate from October to May) | |
| Cheese and Peanut Butter Crackers | |
| Individual Packages of Nuts | |
| Individual Packages of Trail Mix | |
| Comics with crossword puzzles and Sudoku puzzles | |
| (NO DOONESBURY PLEASE) | |

LOTS AND LOTS OF CARDS AND LETTERS OF GRATITUDE AND ENCOURAGEMENT FOR OUR TROOPS.

Next to our boxes of goodies, these written notes from home give our troops a much needed lift. Other than orders to return home, they need this support most. Check with your local schools and Church Sunday School classes to see if the children and staff would take a few minutes to write notes.

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

- | | |
|-----------------|------------------------|
| EAT THIS | INSTEAD OF THAT |
| Figs | Cookies |
| Brown Rice | White Rice |
| Oil & Vinegar | Salad Dressing |
| Sweet 'taters | White 'tater |
| Whole Wheat | White bread |
| Broiled Salmon | Fish Sticks |
| Nuts & Seeds | Chips |
| Olive oil | Butter |

Chatter From Extension

Planning a Vegetable Garden

Adapted from University of Maryland's Grow It Eat It website:

<http://extension.umd.edu/growit/food-gardening-101/>

Vegetable gardening is an empowering activity for people of all ages and backgrounds. Whether you have a few containers, a community garden plot, or a large "country" garden, you can supply your family and friends with nutritious vegetables for 6 to 9 months of the year.

Many vegetables are easily grown in Maryland. Planning and preparation are essential to a good gardening experience. A vegetable garden is not created in a day. Before you run out to the garden center and buy plants, think about these 5 basic steps:

1. Planning your garden,
2. Selecting your site,
3. Preparing your soil,
4. Planting your crops, and
5. Taking care of your garden.

Planning your garden. You're ready to get growing and you want to get your hands in the soil right away! But a little planning now will help prevent frustration later. Some points to consider include whether to grow vegetables and herbs in containers or in garden soil; the size of your garden; building raised beds; and rotating your crops so that early short season crops can give way to later season crops after the harvest.

Selecting your site. Beginning gardeners don't need a lot of space. An area 50-75 feet square should be adequate. Your garden should be on level ground in a spot that gets at least 6 hours of full sun a day (preferably more) with no tall objects or trees blocking sun on the south side. Avoid sites that border trees and shrubs. They may block sunlight and their root systems will interfere with your new vegetable garden. Easy access to water is essential.

Preparing your soil. Soil supplies plants with water, nutrients, and mechanical support. Ideal vegetable garden soil should be loose, deep and crumbly. It should drain well (water should not

stand on top after rain) and contain plenty of organic matter. Organic matter is the key to improving soil quality which, in turn, leads to healthy, productive plants. It improves the structure of soils that are high in clay or sand so that roots can better grow and take advantage of available water, air, and nutrients. Have your soil tested to determine nutrient levels and pH, and to be sure it is safe to plant in (low lead level). The pH level should be in the 6.2-6.8 range. More information on adding organic matter and how to amend deficiencies if necessary can be found at the UME Grow It Eat It website.

Planting your crops. Look for cultivars with disease resistance, especially if specific diseases have been a problem. Pay attention to the cultivars that are grown successfully by neighbors and become familiar with those recommended by the University of Maryland. For more information, see publication, **HG 70, *Recommended Vegetable Cultivars for Maryland Home Gardens***, available on the Grow It Eat It website under Information Library.

Many different crops can be grown in Maryland. To get the most from your garden grow the vegetables that you like; are most nutritious (sweet potato, kale, pepper, broccoli); are most expensive to purchase in a grocery store (e.g. leeks, herbs); and are easiest to grow (e.g. tomato, greens, beans, cucumbers, and squash).

It is tempting to squeeze more seeds or transplants into a small garden. Deep, fertile soil and attention to watering, weeds, and fertilizing may allow you to tighten up plant spacing a bit. But pushing the envelope too far will cause a decline in yield and plant problems. Follow spacing recommendations in the vegetable profiles section guidelines and on seed packets for best results.

Taking care of your garden. There are not enough nutrients in your garden soil to grow strong, productive plants for the entire growing season. Your need for fertilizers will decrease in time if you add some organic matter each year. Fertilizers, whether organic or synthetic, will supply nutrients to plants when they need them. Plants will tell you if nutrients are lacking by stunted growth, pale leaves, and low yields. **Follow label directions.** Both chemical and organic fertilizers can be over-applied and burn plants or stimulate leaf growth at the expense of fruit (tomato, squash, pepper, etc.).

Vegetable plants and fruits are 75% to 95% water. Succulence, eating quality, plant growth, and productivity are all improved when sufficient soil moisture is available. In general, water is most needed during the first few weeks of plant development, immediately after transplanting, and during development of edible plant parts.

Controlling weed growth is a key to success in the vegetable garden. Start early, as soon as weeds appear. Whenever bare soil is exposed, weeds are likely to germinate and fill that space. Spread organic mulches around your crops to prevent weed growth, moderate soil temperature, and conserve soil moisture.

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

FUN DAY

When: Thursday, June 20, 2013
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 program on the 150th anniversary of the Battle of Gettysburg.

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.**

Tips to Preserve Your Vision

- Wear Sunglasses to help prevent cataracts.
- Eat a colorful diet that is rich in greens.
- Don't smoke.
- When you work at your computer look away every few minutes.
- Wear protective eyewear when working in the yard or with tools.
- Have your eyes checked every year.

Montgomery County Office of Consumer Protection Ensuring Integrity in Our Marketplace

Cash or credit? Until now this choice has been a matter of convenience, but as of January 27, this decision may impact your wallet at checkout. Due to a settlement reached last year, beginning January 27th, retailers will have the option of passing the surcharge fee, typically between 1.5% and 4%, to consumers when a credit card is used.

Passing the surcharge to consumers is not mandatory and retailers have the option of charging consumers this added fee. However, you should know what to look for before making a purchase.

Below are some helpful tips and guidelines regarding credit card surcharges:

- Stores that charge checkout fees or surcharges will have to post a notice at the entrance to the store and will have to disclose the exact amount at the point of sale.
- Retailers are not required to disclose the surcharge fee in advertisements.
- You should always contact the retailer to find out if there are any extra fees before you go to the store.
- Before checking out, ask the clerk if there is a surcharge fee and how much it will be.
- Online retailers must disclose the surcharge on the first page that a credit card is mentioned; meaning the total can change moments before checking out.
- Retailers can only surcharge consumers for the actual cost of processing credit card transactions.
- This surcharge does not apply to debit and prepaid cards.

If you have any questions or believe you were unfairly charged a surcharge fee, contact the Montgomery County Office of Consumer Protection at 240-777-3636.

“In oneself lays the whole world and if you know how to look and learn, the door is there and the key is in your hand. Nobody on earth can give you either the key or the door to open, except yourself.”

Jiddu Krishnamurti

HEALTH ISSUES

SYMPTOMS YOU SHOULD NEVER IGNORE

Pain, fever, shortness of breath –when are these a temporary bother or something much worse?

A SUDDEN HEADACHE: If you experience head pain unlike any you have had before, especially if it peaks in seconds to minutes in any part of the head, it could signal a ruptured aneurysm, a blood vessel in your brain that suddenly bursts, requiring IMMEDIATE attention.

CHEST PAIN: Any intense discomfort, heaviness or pressure – like an elephant sitting on your chest – could spell heart attack. It may be combined with pain radiating down an arm, nausea and vomiting, sweating, and shortness of breath. Women can experience more subtle symptoms, like fatigue, a burning sensation, back or upper abdominal pain. Call 911 NOW! A delay could cause the heart muscle to be damaged.

UNEXPLAINED WEIGHT LOSS: Losing more than 5 % of your body weight – without trying - over a period of six months could mean cancer. Weight loss is a symptom in up to 36 percent of cancers in older people.

UNUSUAL BLEEDING: Ulcers and colon cancer can cause rectal bleeding or black tarry stools. If you have not had a colonoscopy recently, talk to your doctor. Vaginal bleeding can be linked to gynecologic cancers. Bloody vomit can result from stomach or esophageal cancer, and people with lung cancer can cough up blood. Whenever you see blood where it should not be, call your doctor.

HIGH OR PERSISTENT FEVER: Fever is your body's way of fighting infection. However, fever of 103 degrees and higher warrants a trip to the doctor. It may indicate a urinary tract infection, pneumonia, endocarditis (inflammation of the lining of the heart chambers and valves) or meningitis. A persistent low-grade fever –for several weeks—with no obvious cause is characteristic of some infections, including a sinus infection, and some cancers, like lymphoma and leukemia.

SHORTNESS OF BREATH: Sudden shortness of breath can indicate a pulmonary embolism—when a blood clot forms in the body's deep veins (usually the legs), travels to the lungs and gets lodged in the lung's blood vessels. Suspect an embolism if you have recently traveled, have undergone surgery or have been immobile, and/or your shortness of breath is accompanied by chest pain and coughing up blood. If you find yourself gasping after climbing two or three stair steps or getting tired sooner than you used to, doctors will want to rule out chronic obstructive pulmonary disease (COPD), especially if it's accompanied by a cough and fatigue and you have a history of smoking. Irregular heart rhythm, congestive heart failure and other types of heart disease are additional problems.

SUDDEN CONFUSION: If you are experiencing sudden confusion, personality changes, aggression or an inability to concentrate (can not remember what you were just told), it is important to see a doctor now. A TIA (transient ischemic attack), brain tumor or bleeding in the brain could be behind the delirium. If your speech is slurred, difficulty in finding the right word, or numbness or weakness in the face, hands, or legs, stroke is a strong possibility. Get to the hospital now.

SWELLING IN THE LEGS: An accumulation of fluid (called edema) can be caused by a number of conditions, but the one that most concerns doctors is heart failure, when the heart cannot pump as much blood as the body needs. When that happens, blood backs up in the veins, causing fluid to accumulate in the body's tissues. Swelling of the legs, especially if it is persistent, should never be ignored. Heart failure is suspected when both legs are affected and the patient has shortness of breath, fatigue and chest tightness.

NOTES FROM FRANN PETERS

THE BOY'S RANCH has sent a heartfelt thanks to everyone who has contributed to the needs of the ranch. They still need new bedding (twin size), pillows, detergent, white socks, white underwear paper towels and of course money.

THE HAVEN continues need toiletries. No clothing at this time. Puzzles and books would also be appreciated.

MDAFCE Association Meeting

April 9, 2013

16 members with 2 guests present - thanks Joe for repairing the microphone.

Call to Order, Creed, and Pledge + troop hand out

Treasurers' Report and Budget, Marilyn Simonds: copy attached and made a part hereof. Balance \$3,193.28

President's Report: "The Fabulous Fifties" spring Luncheon – on Sat. May 11 at the Extension Office.

Cost \$15.00. A Sign-up sheet is available. Give any pictures you may have to Maddi. They will be scanned and returned. Individuals are to bring a 6-pack of annuals for Boy's Ranch; clubs should bring a flat of flowers that are drought resistant. Reminder: Books for newborns. ACWW Women Walk the World on Sunday April 28th to raise money for ACWW programs and spread the word. We will meet at Brookside Gardens Greenhouse at 2 p.m. A sign-up sheet is available. Volunteer recognition night – May 15th at 5:30 p.m. at Extension Office.

Vice-President's Report, Lou Marlin: "Barns in Maryland" Video. Save the Date: Sept. 19 and 20 is the State Conference in Beltsville, MD (Calverton). One of the speakers will be our own Chuck Shuster who will discuss his trip to Afghanistan. Registration will be in the June issue of "Look What's Happening". Perhaps Rebecca Davis will also speak.

Special Projects, Pat Kenny: For the Women Walk the World seating will be available for those who cannot walk. Linus Project is May 1st and June 5th. The Harvest Fall Festival is Oct 4th with set-up on the 4th. We need toys.

International Day, Barbara Raab: India, November 12th. Barb will have recipes.

Membership, Lou Marlin: We need to increase our membership. Bring a guest to our next meeting.

Publicity, Judy Armitage: The Post and Gazette did publish this time but not in the library copies. If you have any other free places to advertise please let Judy know.

Scholarship Committee, Frann Peters: Mark your calendars for June 20th for Fun Day in Gettysburg, PA. The cost is only \$10.00 for snack, lunch and dinner. Bring a guest. The boat is ready, weather permitting. We will have a Civil War Program.

Laytonville had two ladies move into independent living and another may move in June. The ranch is doing well.

Old Business: Continue to collect stamps, books for newborns, items for the ranch and Laytonville Haven, soda pop flip tops, box tops for education, Campbell Soup labels, and collect or make items for the troops. We will need less school supplies this year as the ranch has a new source for them. But we will collect for younger children. The ranch needs white socks and underwear, flowers to plant and sheet sets, single size, please. Our scholarship people have sent a letters – you may read them – see Frann.

Barb Raab: Barb's daughter, Robin needs buttons, needles and thread that she will deliver when she goes.

Troops: Handout: Afghanistan newsletter telling of the things that we do. Letters from troops were read. This is the last month for chocolate chip cookies. A list of what the troops need is attached and made a part hereof.

Yard Sale: May 31st and June 1st. This year maybe we can do it before it get too hot. Set up is May 30th. at 15500 Gallaudet Ave, Silver Spring. Drop off items on the porch anytime.

Maryland Job Fair for vets is available. They take a test to see which job they would match. Also college credit will be given.

Mouse Pad: Leda distributed mouse pads for anyone who would like one. They have a calendar on them.

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

