



Family and Community Education Hi-lites

June – August 2015
(www.mdafce.org/mcfce.htm)

Montgomery County Association for Family and Community Education Newsletter

Now every field is clothed with grass, and every tree with leaves; now the woods put forth their blossoms, and the year assumes its gay attire. Virgil

Happenings

June

- 8 10 AM - 9 PM FCE Blanket Making Day, Extension Office
16 10 AM Cookie Packing, Laurel Methodist Church
25 10 AM Fun Day at Gettysburg – Registration Required \$10.00, see page 3

July

- 4 Office Closed (Independence Day)
21 10 AM Cookie Packing, Laurel Methodist Church
24 – 26 National FCE Conference, Kansas City, MO, registration in your *FCE TODAY* Newsletter or at www.nafce.org

August

- 1 *Hi-lites* and “*Look What’s Happening*” deadline
4 10 AM - 3 PM FCE Blanket Making
13 10 AM Set up Montgomery County Fair Booths
14 - 22 All Day Montgomery County Fair – “Celebrate and Educate”
18 10 AM Cookie Packing, Laurel Methodist Church
25 10 AM Executive Board Meeting, *Hi-lites* Folding, Extension Office
27 11:30 AM Back to School Picnic, Barbara and Bill Raab’s house
10141 Brink Rd. See page 2 for details.
28 – Sept. 7th Maryland State Fair, Timonium, MD

September

COLLECT DUES

- 7 Office Closed (Labor Day)
8 9:45 AM “Grow It, Eat It, Preserve It, Freeze It”. Speaker, Liza Gonzales, CES Educator
Association Meeting, Refreshments: Derwood
Install Officers
9 10:00AM - 9PM FCE Blanket Making
15 10AM Cookie Packing, Laurel Methodist Church
20 - 22 CWC Meeting, Tulsa Oklahoma, registration at www.cwcusa.org

President's Paragraphs

Spring Luncheon

Forty-five FCE members and friends had a wonderful time at "It's Moo-licious" Spring Luncheon. A speaker from the Dairy museum, Gerri King Black, told us about the history of the property that the dairy museum is on and what we can see when we visit the museum in Germantown. She also explained that there is a map there that gives the name of each farm in MC in years past, so you can locate your presence residence and see whose farm you are on. We were disappointed that our scholarship recipients Maria Jaxa Claver and Diana Matamoros could not attend. Greg Enloe from Montgomery College gave us greetings and thanks for our continued support. Thanks to Olney-Sunshine FCE for organizing, decorating and serving delicious food. We also celebrated Martha Breslin's 100th birthday!!! Thanks to all of you for your donations of books (44 books in all), flowers and door prizes. It truly was a "moo-licious" day.

YARD SALE

Friday May 29 and Saturday May 30

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.



FUN DAY

Gettysburg, PA

June 25

Fun in the Galápagos Islands,
an archipelago in Ecuador



Are you ready for fun, drama, boat rides, food, shopping and/or just relaxing? Then bring your

husband, significant other or friend and come to **FUN DAY**. On **June 25th** we want to see you at **Frann Peters'** (301-253-2589) home in Gettysburg, PA. Ann and Chuck Theiss will share their experiences in the Galápagos. More info on page 3 and directions on page 8. Donation of \$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**

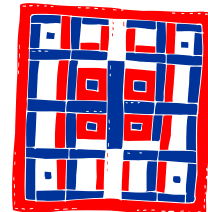
FCE Blanket Making Day

June 8 Monday 10 AM to 9 PM

August 4 Thursday 10 AM to 3 PM

September Wednesday 10 AM to 9 PM

Since beginning in 2002, we have completed over 16,000 blankets and 7,500 baby hats. This project helps many children, brings people together, 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 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

"Celebrate and Educate"

August 14 – 22



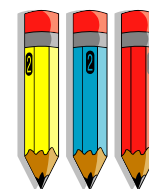
Planning and work on the **Fair Booths** has begun. If you could design a display to present at the Fair, please let me know (301-384-2805). We have display boards that you can borrow or you can design a free style booth. Also if you can spend some time at the Fair to sit by the booths and talk about FCE, blanket making, support for the troops etc., please contact Pat Kenney (301-460-5451) or me.

BACK to SCHOOL PICNIC

August 27

11:30 AM

Barbara and Bill Raab's house
10141 Brink Rd. Germantown MD
301-330-5447



This is our time to get all caught up with friends and have an afternoon of fun. **Everyone bring a dish to share.**

We will collect school supplies and back packs for needy children. **DO NOT BUY ANYTHING FOR THE BOY'S RANCH.** (See page 4 for info about Boy's Ranch.)

Watch your newspaper this summer for back to school supplies specials.

More questions, call Pat (301) 460-5451 or Jeanne at (301) 384-2805

Grow It, Eat It, Preserve It, Freeze It

Lisa Gonzales, CES Educator

September 8 9:45 AM

Extension Office

Did you ever wonder what to do with all the wonderful fresh food from your garden or farmer's market? Put September 8th on your calendar and come to the Extension Office to learn about freezing these foods for winter use. Lisa Gonzales will show us the best way to preserve fresh food.

Maryland FCE Annual Conference 2015

October 13th – 14th, 2015

Comfort Inn & Conference Center

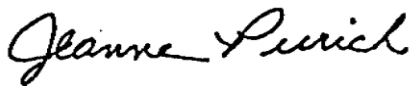
4500 Crain Highway, Bowie, MD, 20716

Phone: 301-464-0089

Come to the conference and enjoy two days of fun, learning, good food and camaraderie.

Speaker Joyce I Nohowel will talk about how to downsize and what to keep. We will be bring the latest information from NAFCE on human trafficking. Registration for the Annual conference is in the summer issue of the MDAFCE newsletter, *Look What's Happening*.

Have a safe, fun and wonderful summer, come on down to the Fair and plan for some fun Fall activities.



jcpurich@cs.com

Tips:

Empty Toilet Paper Rolls hold electrical cords – result less mess. Also you may write on the roll which appliance this cords belongs to.

Wax Removal from a glass candle holder – place in the freeze – remove a few hours later – turn the holder upside down and wax falls out.

Save some money by cutting your S.O.S. pad in half before using and get twice as many for the same money...also the scissors you use will get sharper.

FUN DAY

When: Thursday, June 26, 2015 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 **Fun in the Galápagos Islands** with Chuck and Ann Theiss.

**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.**

NEWS FROM FRANN PETERS

FUN DAY

Thursday, June 25, 2015 at 10 AM at the home of Jack and Frann Peters' lakeside cottage, 197 Longstreet Drive, Gettysburg, Pa. Join members and friends for a day of fun, activities, shopping, jokes, sightseeing, boat rides, R & R, and food. Lunch and dinner are included. We will enjoy an imaginary trip to "Fantasy Island", led by Ann and Chuck Theiss. All of this for only \$10.00, with the proceeds benefitting the Mary Irene Waters Scholarship Fund. Please make you reservations on or before June 18th.

STAMPS

FCE Members donated 9,437 postage stamps this year. These stamps will be taken to Asbury Village where interested residents prepare the stamps to sell to collectors. The proceeds from the sale of the stamps are used to support the Benevolent Fund, which helps residents with financial needs.

Youth Ranch

The annual flowers for the ranch look lovely at the front door and in the containers by the flag pole. The ranch is most grateful for our support during the year. They send a big THANK YOU for the flowers!

Support Our Troops



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)

BOY’S RANCH

It is with great sadness that I tell you we have received a letter from Mark Grover, Executive Director of the Boy’s Ranch stating that after 41 years, the ranch will be suspending its current residential program operations as of June 19th. The state of Maryland has had a significant shift in its approach to care regarding “at risk youth”. Their “Place Matters” initiative states that children are best served in their homes. Over the last eight years, the number of children places in group homes has been cut by two thirds. The Mr. Grover states that they will continue with their mission to serve youth in becoming productive members of society and they will be evaluating how to do this. When we know what we (FCE) can do, we will let you know. This has been a well-loved project that FCE has participated in for many years (who will we make Valentine’s for?) and we wish to help where we can.

Cell Phone Numbers Go Public



All cell phone numbers are being released to telemarketing companies and you will start to receive sales calls.

YOU WILL BE CHARGED (that is, they will use your minutes) **FOR THESE CALLS**

To prevent this, call the following number from your cell phone: **888-382-1222**.

It is the National DO NOT CALL list and it will only take a minute of your time. It blocks your number for five (5) years. BUT you must call from the cell phone number you want to have blocked. You cannot call from a different phone number.

Watch Out for Summer Heat

Temperatures are on the rise, which means a perfect storm for heat-related illnesses. Dr. Terry Jodrie, emergency physician at Washington Adventist Hospital, advises paying attention to the following warning signs of severe heat-related illnesses that require immediate emergency treatment. Be sure to drink your water!!!



Symptoms of heatstroke include:

- Unconsciousness.
- Difficulty breathing.
- Confusion, severe restlessness or anxiety.
- Fast heart rate.
- Sweating that may be heavy or may have stopped.
- Skin that may be red, hot, and dry, even in the armpits.
- Vomiting and diarrhea.

Symptoms of severe dehydration include:

- Eyes and mouth become extremely dry.
- Pass little or no urine for 12 or more hours.
- Not feeling alert or losing the ability to think clearly.
- Feeling weak or too dizzy to stand.
- Passing out.

If you or a loved one is experiencing any of the above symptoms, call 9-1-1 immediately.

CALENDAR OF SAVINGS FOR 2015



January

Bedding/Linens/Toys/Treadmill & Elliptical/TV's/Winter Clothing

February

Humidifiers/Indoor Furniture/Treadmill & Elliptical

March

Digital Cameras/Humidifiers/Small Consumer Electronics/TV's/Winter Sports Gear

April

Laptop Computers/Desktop Computers/Digital Cameras/Lawn Mowers/Spring Clothing

May

Athletic Apparel + Shoes/Camping-Outdoor Gear/Carpeting/Cordless Phones/Lawn Mowers/Mattresses/Small Consumer Electronics

June

Camcorders/Carpeting/Computers. Indoor Furniture/Pots/Pans, Dishware/Summer Sports Gear/Swimwear

July

Camcorders/Indoor – Outdoor Furniture/Swimwear

August

Air Conditioners/Backpacks/Dehumidifiers/Outdoor Furniture/Snow Blowers

September

Bikes/Digital Cameras/Gas Grills/Lawn Mowers/Shrubs + Perennials/Small Consumer Electronics/Snow Blowers

October

Bikes/Computers/Digital Cameras/Lawn Mowers/Winter Coats

November

Baby Products/Bikes/Camcorders/Gas Grills/GPS Navigators/Toys/TV's

December

Bikes/Camcorders/Gas Grills/GPS Navigators/Home Appliances/Small Consumer Electronics/Toys/TV's

Consumer Reports February 2015 Issue

Kitchen Cleaning Tips

The toughest kitchen soils are grease and food. Plus, there is a need to reduce the spread of food-related bacteria. There are many effective

products for general cleaning, as well as specialty cleaners for tasks like killing germs and removing soil from specific surfaces.

To clean small areas (countertops), sprays or gels are easy to use. To clean larger areas (floors or walls), powders or liquids mixed in a pail of water are more efficient.

To prevent streak marks when cleaning large vertical areas, start at the bottom and work up, overlapping areas as you clean and using a circular motion.

Abrasive cleansers provide extra cleaning power for hard-to-remove soils like food particles and grease residue in sinks. Be sure the abrasive product is suitable for the surface being cleaned; otherwise it may scratch the finish. In general, liquid, spray and gel cleansers are less abrasive than powders.

Use nonabrasive cleaners on surfaces that are easily scratched.

Use a cutting board for preparing meats and poultry, then immediately clean and disinfect the cutting board to prevent spreading food-borne bacteria.

Use paper towels to clean up juices from meats and poultry. If using a sponge or cloth, disinfect after using and launder it often.

Clean microwave spills when they happen since they don't get "baked on," it's a snap to wipe them up before they harden.

Use a small foam paint brush to clean tight spaces between cabinets or under appliances.

Avoid using or spilling strong acidic or alkaline cleaning products (toilet bowl cleaners, drain openers, rust removers, oven cleaners, etc.) on kitchen countertops. They can permanently discolor the surface.

American Cleaning Institute

Apple Pudding Cake

Ingredients

2 eggs
2 cups sugar
Cream these together.

Add to creamed mixture.

2 tsp baking soda
1 heaping tsp. cinnamon
4 cups diced apples
1 cup nuts
1/4 tsp. oleo
1 tsp vanilla
2 cups flour
1/4 tsp salt
1/2 to 1 cup raisins
Bake at 350° in a greased 9 x 13 pan for 50 to 60 minutes

Prevent Poisoning at Home

A poisoning is when someone swallows, breathes, touches or gets splashed in the eye with a substance that can cause sickness or death. Many times the substances in and of themselves are not poisonous. An adult may take an aspirin to ease some pain, but when a two-year-old ingests a handful of pills thinking they're candy, it can result in much more than a headache.

Why is poison prevention at home important? Shockingly, 90% of all poisonings occur in the home, which is the one environment you'd think people had the most control over. Read on for advice about how you can prevent poisonings in your home and free resources you can download from the American Cleaning Institute.

How can you prevent poisonings?

Poison prevention at home starts with reading the label. Turn on the lights, get your glasses and read the label, even if you use the product all the time. Read on to learn why reading the label is important and other poison prevention tips when using and storing cleaning products at home.

Read and follow the product label directions. The household cleaning products you use are safe when used and stored according to the directions on the label. Just be sure to read and follow the label directions carefully. Pay particular attention to products whose labels include the words "Caution", "Warning", "Danger" or "Poison" and if you have any questions, call the toll-free number found on most product labels.

Call for help. If you think someone has ingested or otherwise been exposed to a cleaning product call the Poison Help line at 1-800-222-1222.

- **Do not reuse empty cleaning product containers for toys or crafts.** Cleaning product containers are not toys. We encourage parents and teachers to keep cleaning products out of reach of children and pets. So, using cleaning product containers for crafts could send a mixed message to children.

Safety First Do's & Don'ts:

DO...

- Always read and follow label directions for proper use, storage and disposal.



- Store cleaning products in an area which is away from food and not accessible to young children or pets.
- Store products in their original containers and keep the original label intact. Product use and storage, disposal instructions, precautions and first aid instructions vary according to their ingredients. It can be dangerous to use a product incorrectly or to follow the wrong emergency procedures.
- Put cleaning products away immediately after use. This will help limit accessibility to young children and help prevent accidental spills.
- Keep buckets containing cleaning solutions out of the reach of young children.
- Properly close all containers, especially those with child-resistant caps.

DON'T...

- Mix cleaning products. Products which are safe when used alone can sometimes cause dangerous fumes if mixed with other products.
- Reuse an empty household cleaning product container for any other purpose. The label instructions and precautions for the original product may be inaccurate or dangerous if used for a different product.

Tick Removal



Spring is here and the ticks will soon be showing their heads.

Here is a good way to get them off you, your children or your pets. Give it a try.

"Apply a glob of liquid soap to a cotton ball. Cover the tick with the soap-soaked cotton ball and swab it for a few seconds (15-20); the tick will come out on its own and be stuck to the cotton ball when you lift it away.

This technique has worked every time I've used it (and that was frequently), and it's much less traumatic for the patient and easier for me. Unless someone is allergic to soap, I can't see that this would be damaging in any way. I even had my doctor's wife call me for advice because she had one stuck to her back and she couldn't reach it with tweezers. She used this method and immediately called me back to say, "It worked!" (ed note:) This is supposedly a nurse's remedy which came from Pat Hunt via the Internet.

MDAFCE Association Meeting

April 7, 2015

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

Treasurers' Report and Budget, Marilyn Simonds: Income \$1,480.52, Balance \$9,566.12

President's Report, Jeanne Purich: "It's Moo-licious" Spring Luncheon on Saturday May 2nd at the Extension Office at a cost of \$15.00. Sign-up sheet is available. Individuals are to bring a 6 pack of annuals for the Boy's Ranch and the clubs are to bring a flat of flowers. Reminder: Bring new Books for Newborns drive. **ACWW Women Walk the World** on or around April 29th to raise money for ACWW programs and to spread the word. **Volunteer Recognition night** is May 20, please register. **BUS TRIP** to Harrisburg is closed for May 15th at 6 a.m. at the Liberty Grove parking lot. **YARD SALE** is May 29 and 30th. Set-up is May 28th (15500 Gallaudet Avenue in Cloverly) starting at 10 a.m. (Drop in any time that day to help.)

Vice-President's Report, Lou Marlin: September meeting – CES agent, Lisa Gonzales, will speak on preserving food. SAVE THE DATE October 13 and 14, State Conference at the Comfort Inn in Bowie, MD. Registration form will be in the Summer issue of "Look What's Happening". One topic will be How to Downsize.

Special Projects, Pat Kenny: Dates for Blanket Making are May 7, June 8 and August 4th. The Fall Festival is October 3rd and set-up is October 2 at 10 a.m.

County Fair, Kitty Cooley: Start thinking about what your club might present at the Fair August 14 – 22, 2015, the 66th Anniversary entitled "Celebrate and Educate". Set-up is on Thursday August 13 at 10 a.m.

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

Publicity, Judy Armitage: Please let Judy know of any free papers where we might advertise. The yard sale will be advertised in a paid ad.

Scholarship, Boy's Ranch, Laytonville Haven, Frann Peters: Fun Day is June 25th donation \$10.00. Sign up today. We need empty clear-plastic coffee jars with lids to make banks. The ladies at the Haven are interested in any craft project you may have. The Ranch loved the Valentine candies and are looking forward to the plants. A note was received from Libby Wade's family thanking us for honoring her father. The Montgomery College luncheon honoring those who donated to the scholarship funds was attended by Frann Peters and Ginny Hagberg. Ginny was impressed by the number of donors who attended the luncheon and the reading specialist speaker.

Old Business: Continue to collect stamps, soda can pop tops, items for the Boy's Ranch and Laytonville Haven, Box Top for Education, Campbell labels, and snack food for the troops. We will collect school supplies but the Ranch needs new single size sheets, laundry detergent, paper towels and of course toilet paper. The school supplies will go to the Children's home and the Betty Ann Ranke Home. (*Ed note - No supplies for Boy's Ranch, see page 4.*)

New Business: Friday is Craft Day at Jeanne's. Bring a sandwich and Jeanne will provide beverage and dessert.

NATIONAL FCE CHALLENGE: EVERY MEMBER IS TO GET ONE (OR MORE) NEW MEMBER. WHEN YOU GET A NEW MEMBER, MARYLAND FCE WILL ENTER YOUR NAME AND YOUR NEW MEMBER'S NAME INTO A DRAWING FOR **FREE** REGISTRATION FOR THE BOTH OF YOU TO THE STATE CONFERENCE IN OCTOBER. CARRY BOOKMARKS OR BLANKET MAKING CALENDARS WITH YOU TO TELL FRIENDS, RELATIVES, NEIGHBORS, AND ACQUAINTANCES ABOUT FCE AND TO ENCOURGE THEM TO COME AND JOIN.

Adjourn.

Respectfully submitted, Judy Armitage

Directions to Fun Day:

Take 270 North to 15 North into Pennsylvania. Exit at Baltimore Street – Right (see Outlets) into intersection – left into Heritage Drive. Or take Route 97 North into Pennsylvania (Watch for Gettysburg Village Mall Signs). Just ahead, see Heritage Drive entrance on your right.

Stop at the gate and give destination #197 Longstreet Drive. You may park at 196 and 197 and 198. Need more information call 717-338-1591.



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

FIRST CLASS MAIL

