



Family and Community

Education Hi-lites

June – August 2017

(www.mdafce.org/mcfce.htm)

Montgomery County Association for Family and Community Education Newsletter

"It was June, and the world smelled of roses. The sunshine was like powdered gold over the grassy hillside".

Maud Hart Lovelace, Betsy-Tacy and Tib

Happenings

June

- | | | |
|----|-----------|---|
| 1 | 10 - 9 PM | FCE Blanket Making Day, Extension Office |
| 20 | 10 AM | Cookie Packing, Laurel Methodist Church |
| 22 | 10:30 AM | Fun Day at Gettysburg – Registration Required \$10.00, see page 3 |

July

- | | | |
|---------|-------|---|
| 4 | | Office Closed (Independence Day) |
| 13 – 16 | | National FCE Conference, Omaha, Nebraska, registration in your FCE TODAY Newsletter or at www.nafce.org |
| 18 | 10 AM | Cookie Packing, Laurel Methodist Church |

August

- | | | |
|----------------------------|-----------|--|
| 1 | | <i>Hi-lites</i> and "Look What's Happening" deadline |
| 1 | 10 - 3 PM | FCE Blanket Making |
| 10 | 10 AM | Set up Montgomery County Fair Booths |
| 11 - 19 | All Day | Montgomery County Fair – "Party with the Animals" |
| 15 | 10 AM | Cookie Packing, Laurel Methodist Church |
| 22 | 10 AM | Executive Board Meeting, <i>Hi-lites</i> Folding, Extension Office |
| 26 – Sept. 4 th | | Maryland State Fair, Timonium, MD |

September COLLECT DUES

- | | | |
|---------|-----------|--|
| 1 | 10 – 9 PM | FCE Blanket Making |
| 4 | | Office Closed (Labor Day) |
| 12 | 9:45 AM | "Volunteerism". Why do we volunteer? How do we get more volunteers? Let's exchange ideas. Association Meeting, Refreshments: Derwood. Install Officers |
| 19 | 10 AM | Cookie Packing, Laurel Methodist Church |
| 25 – 26 | 9:30 AM | MDAFCE Annual Conference, Best Western, Westminster MD. See "Look's What Happening" Summer newsletter for registration. |
| 29 | 10 - 3 PM | FCE Blanket Making |

COFFEE SUBSTITUTE Take sound ripe acorns, wash them while still in the shell, dry them, and parch until they open, take the shell off, roast with a little bacon fat and you will have a splendid cup of coffee. source: Jefferson Davis Freeman Press

President's Paragraphs

SPRING LUNCHEON

Fifty-five FCE members and friends had a wonderful time at "Patchwork Friends" Spring Luncheon that was held on May 20th. Barbara Perry told us about "Stitches -Past and Present" and many beautiful quilts were displayed. We were disappointed that our scholarship recipient, Jade Ballard, could not attend. But very happy to have Clancey Moreino and last year's recipient Victoria Martinez join us for lunch. Thanks to Burtonsville FCE for organizing, decorating and serving delicious food. Thanks to all of you for your donations of books, flowers and door prizes. We were kept in "stitches" with our friends all day.

YARD SALE

Friday June 16 and Saturday June 17
Set-up day Thursday June 15

There will be a yard sale to benefit the SCHOLARSHIP Fund at my home: 15500 Gallaudet Avenue Silver Spring 20905. 301-384-2805 You can drop off things anytime; just leave them on the porch.

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 on Thursday to help.**



FUN DAY

Gettysburg, PA

Thursday June 22

Fun on Mount Everest

Meet at 10:30 AM at the community center (1000 Heritage Drive) for a power point program/talk about a trip to Mount Everest.

(Then we will go to Frann's house.)

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 22th** we want to see you at **Frann Peters'** (301-253-2589) home in Gettysburg, PA. More info on page 3 and directions on page 8. Donation 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

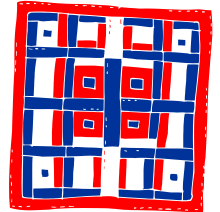
June 1 Thursday 10 AM to 9 PM

August 1 Tuesday 10 AM to 3 PM

September 1 Friday 10 AM to 9 PM

September 29 Friday 10 AM to 3 PM

Since beginning in 2002, we have completed over 17,000 blankets and 10,000 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

"Party with the Animals"



August 11 – 19

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, supporting the troops etc., please contact me (Jeanne 301-384-2805).

VOLUNTEERISM

September 12 9:45 AM

Extension Office

Who is a volunteer? Why do you volunteer? How do we attract more volunteers? Put September 12th on your calendar and come to the Extension Office to discuss these issues and find out how we can increase our membership and participation in activities of FCE.

MARYLAND FCE ANNUAL CONFERENCE

September 25th – 26th, 2017

Best Western Hotel

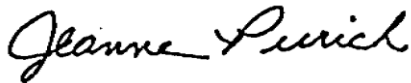
451 WMC Drive, Westminster, MD, 21158

Phone: 410-857-1900

Come to the conference on Monday and Tuesday, September 25th and 26th and enjoy two days of fun, learning, good food and camaraderie.

One program which has been proposed is "Fit and Fashion for the Senior Figure". This will include information about how our bodies change as we mature, how these changes affect the clothes we wear, and what styles are appropriate for our changing figures. We will bring the latest information from NAFCE on Prescription Drug Interactions. 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

CONGRATUALTIONS to MARILYN SIMONDS



Marilyn Simonds was awarded the Neal Potter Path of Achievement Service Award as past director of Olney Help for more than 14 years and active involvement with the organization for nearly 30 years, and currently serves as

the organization's ex-officio board member. Among her many achievements at Olney Help, she spearheaded the development of the organization's food pantry. She is also a long-term volunteer for the MedStar Montgomery Medical Center Gift Shop and frequently serves at Manna Food Center, Suburban Hospital, and the Women's Association of Oakdale Emory Church. Marilyn is also a 50 year member of FCE, holding many positions on both the County and State Boards.

NEWS FROM FRANN PETERS

Youth Ranch

Eight men are receiving residential therapy for drug and alcohol abuse and one man has graduated from the Ranch program. Three more will interview next. Although the Ranch was

unsuccessful in attracting young men under 18 for in-house drug and alcohol treatment, they are accepting girls and boys under 18 for outpatient therapy. The Ranch appreciates yours donations of magazines, personnel care items and snacks. They send a big THANK YOU for the flowers!

FUN DAY

When: Thursday, June 22, 2017 10:30AM

Where: Meet at the community center at **1000 Heritage Drive**. then we will go to Frann and Jack Peter's home at 197 Longstreet Drive, Lake Heritage, Gettysburg, PA (717-338-1591)

Lunch: 12 noon

Dinner: 5:30 PM.

**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.**

Program starts at 10:30AM at the Community Center 1000 Heritage Drive, Gettysburg, PA. Join members, friends, and husbands for a day of fun, activities, shopping, jokes, sightseeing, boat rides, on dock fishing, R & R, and food. Lunch and dinner are included.

Lake Heritage resident Larry Johnson will take us on a mountain trip to Mount Everest. He will show us his equipment and boots that were necessary for a climb. He co-authored a best-selling book entitled "Ghosts of Everest". We will meet at the Lake Heritage Community Center 1000 Heritage Drive instead of at Frann's home. Turn right at the Gate House and continue 1.5 miles; the community center is on the left across from the marina. All of this for only \$10.00, with the proceeds benefitting the Mary Irene Waters Scholarship Fund. Please make you reservations by June 15th.

Questions – comments

Frann Peters 301-253-2589 (717-338-1591) or Jeanne 301-384-2805 (301-641-4878 cell)

Laytonville Safe Havens

Laytonville Safe Havens appreciates the perfume, nail polish, magazines and personal care items that you have donated.

TROOP UPDATE



Wishing you all a very
Happy Mother's Day, 2017!!

I would like to share with
you a little at a time the true story of one of our
soldiers that we got to know through our monthly
shipments of cookies. Some of you already know a
little about Alex Mirey. Rather than try to cram it all
into one article, I will include additional installments
of his story in the quarterly newsletters that follow.

I came to know Alex through a thank you
letter he sent to my daughter, Jackie for a care
package she sent him through her church back in
December 2007. I felt there was something very
special about this young man and asked my daughter
if she would mind if we added his name to our list of
military recipients. Below is the letter he wrote to
Jackie.

From: Alex Mirey (written by Alex in 2007)

"Happy New Year Jackie! I am truly sorry
for the length of time it has taken me to finally reply
to your e-mail. I am deeply honored and happy to
have received a reply from you. It is nice to finally
get in touch with the people responsible for shedding
a little love and hope my way. Thank you!

Thank you for going out of your way to share
the comforts and love of home with me and my guys
out here. To be very honest with you, it's the simple
things that people like you do/say, that makes all that
we do out here truly worthwhile. After being here
for a while, all the politics and military agenda
seems of little significance as we press on in our
daily missions. After a while, we realize that all
we're fighting for are 3 simple things; to come home
alive, to keep the dangers and threats thereof away
from the people we love and to ensure that the
people who count on and support us are not left in
disappointment or in harm's way. And it's the
actions of people like you and your family that truly
make all this worthwhile. With my deepest gratitude
and appreciation, THANK YOU for your support!

I've been here since August, 2007. As of
January, 2008, we have 11 more months to go. This
is my 2nd tour out here. The first time I was here, I
was attached to the 1st and 2nd Marine Divisions as
their demolitions squad. We conducted missions in
Ramadi and Fallujah, took part in retaking back
Fallujah from the insurgents in 2004-05. Right now,
I'm currently stationed here at Camp Liberty,

Baghdad, Iraq. I haven't taken R&R leave yet and
my leave slot isn't until September, 2008. But I don't
mind, I like being deployed. I feel that out here, I'm
truly making a difference and contributing to all that
I signed up to do.

Well, about me...I'm not married, nor do I
have any children. My girlfriend of 6 years and I
broke up this very day last year. It's a long story, but
I guess we needed a little time apart. We still talk
and all, and the love is still there, but I guess the
distance between us was just too strenuous. It's hard
being apart, something I'm sure you know quite well.
But anyways, I'm not from the states, nor am I from
Alaska or Hawaii. This is quite another long
story..ehhehe.. I'm from the Federated States of
Micronesia, the island of Yap. Under the Compact
of Free Association with the United States, we the
citizens of Micronesia are allowed the privilege to
enlist in its Armed Forces. During WWII, when my
grandma (my mom's mom) was a little girl, the
Japanese invaded the islands. When I was a young
boy back on the islands, my grandma told me
countless stories about the war. A particular story
that stuck in my mind was this one. That towards
the end of the war, in an attempt to avoid
surrendering to the U.S. Forces who were gradually
taking back the islands from the Japanese, the
Japanese soldiers ordered the local populace of Yap
into a bunker (along with themselves) and were
going to practically blow the whole bunker up.
Fortunately for my grandma and everyone else, the
U.S. Army landed on shore before all that could have
happened. I remember my grandma always telling
me how we owe our lives to those fighting "men in
green". On her dresser was a very old, black and
white picture of her and an unknown U.S. Soldier.
She was quite little 😊.

"sigh"

Before she passed away, I made her a
promise that I would do my part and serve in the
Army as long as I could. I feel (just as my grandma
did) that we owe our lives, our ethnic existence, to
those "fighting men in green". I had initially planned
to finish college before I enlisted, but after a
semester in college I started to feel restless. I felt as
if I wasn't doing enough. And after September 11th
happened, I quit college and enlisted. It hasn't been
easy, but I haven't regretted a single day that I am
alive and serving. And as long as God allows me, I
will continue to train, fight, defend, protect and serve

in the United States Army. Proud and privileged to do my part, just as the men and women before me did theirs. And even if this service takes me to my grave, I'll pass on happy and proud, knowing that I've done my time and served amongst the greatest people of my generation.

My parents are both from Yap, Micronesia and still reside there. Though they divorced when I was 10 years old, I was raised, along with my little sister, by my mom and grandma. My little sister is 5 years younger than me, which makes her 20 by now. I guess she's not so little any more, but in any sense, she'll always be my little sister. She's currently in college over in Guam. I miss both my mom and sister a lot! I rarely talk to my dad because I don't really know him much. We grew apart over the years, sad to say. But I intend to visit him when I go on leave. My mom is a great woman, my best friend. I guess you can say I'm a mamma's boy. 😊

Anyways, I'd love to keep in touch. We're constantly on the move; moving from sector to sector. So please do not be alarmed if it takes me a little longer to reply. We're usually out of Camp for weeks, sometimes a month. But I'll always reply back to your e-mails once I get back on Camp. Thank you once again for everything. Take care and hope to hear from you and yours when time allows. May the good Lord continue to watch over us all. God bless"!

Regards,
Alex

“Happy Mother's Day!

Happy Mother's Day to my mom, my adopted mom Berna, my sister Grace, my baby Debby Laan, **Mamma Klein** and to all my cousins and friends who are themselves lovely moms! Know that yours is a blessing that means so much to the little people in your lives - to include us grown ones. May you always find the strength to go the extra mile; the wisdom to understand and see past life's shortcomings; hope to keep on pushing through trials and tribulations; faith to get you through; and love to remind you always, that you're a wonderful mom in whom precious hearts are entrusted to. May you never forget what an inspirational factor you are in the lives of many.

Below is his message to his mother and a poem he wrote just for her...very fitting for May being Mother's Day!

To my mom, words could never do justice to the love, care and support that you shower me with daily. My existence would never amount to anything without you mom! I could write a whole book and still not be able to fully express the love and appreciation I hold for you. You will always be the greatest woman that has ever known my heart. I miss you, and I love you! May God's hands always be upon you, until we meet again. You're always with me at heart and in thoughts and prayers mom – always. The greatest woman who has ever known my heart - I love you mom! May the hands of God be upon you, till I'm home again”.

(This is a poem Alex wrote.)

“I've tossed and turned
fallen and nearly drowned
time and time again
but never once I have frowned
because you were with me..
It rained and the winds blew
thunder roared and rattled my ears
life was a big storm
but I was at peace with my fears
because you were with me..
When I stumbled and fell
and the world turned away
leaving me far behind
still I managed to find my way because you were
with me..
I've set sail into open waters
left the comforts that I have known
though uncertain of what lies ahead
I know that I am not alone
because you are with me..
Though vast oceans separate us
we are never too far apart
for you're the wind in my sails
the beat in my heart
forever and always with me”.

signed, your loving son”.

[a.mirey]

There is so much more to his story...but I wanted to start at the beginning of what became a strong bond between Alex and myself. He has been through hell and struggles to make it back.

For more information contact:

Maddi Klein

maddik@comcast.net

301-774-8088

MCFCE Association Meeting

April 11, 2017

Meeting Called to Order; Creed and Pledge recited.

Treasurer's Report: Marilyn Simonds

We have over \$9000 on hand, including over \$6000 in our Scholarship Fund.

President's Report: Jeanne Purich

- We lament the passing yesterday of Judy Armitage, our Secretary and the sister of our President. Judy was a longtime mainstay of our Montgomery County chapter of FCE and is already much missed.
- At a ceremony on April 24, our Treasurer Marilyn Simonds will receive one of this year's two Path of Achievement awards conferred by the Montgomery County Volunteer Center Congratulations, Marilyn!
- In March, we made 36 pillowcase dresses for girls in Honduras, Nicaragua and South Africa. A new seamstress came to our sewing sessions, with good ideas to refine our dressmaking technique.
- Our Spring Luncheon will be held on Saturday, May 20, at the Extension Office, hosted by the Burtonsville club. Cost \$15. Sign-up sheet available. We will meet before lunch at 10:30 AM for a program given by Barbara Perry. Clubs should bring a flat of flowers for the Boys Ranch. Individuals are asked to bring a 6-pack of annuals for the Youth Ranch and everyone is to bring new books for our Books for Newborns drive. Individuals may also bring a special quilt to exhibit.
- The official day for ACWW Women Walk the World is April 29. Women in each time zone around the world will walk to raise money and publicity for ACWW programs. MCFCE will do our walk on May 20, at the Spring Luncheon.
- The annual Montgomery County Volunteer Recognition event will take place on Wednesday, May 17, at 5:00 PM here at the Extension Office. Please come to be recognized and to enjoy a delicious cook-out.
- Our annual FCE Yard Sale will take place over the weekend of June 16-17 at 15500 Gallaudet Avenue, Cloverly. Set-up for the yard sale will take place on Thursday, June 15. Your lunch will be provided. Please wait until after May 10 to bring items to contribute to the yard sale; then bring lots of items because this is one of our major fundraising efforts for our Scholarship Fund!
- The National FCE Conference will take place this year July 13-16 in Omaha, Nebraska. A registration form may be found in the spring edition of FCE Today (just being delivered to your mail box now) or online at www.nafce.org
- Blanket-making. Three sessions are scheduled over the next quarter: Friday, May 12 (10:00 AM to 3:00 PM), Thursday, June 1 (10:00 AM to 9:00 PM), and Tuesday, August 1 (10:00 AM to 3:00 PM). There will not be a session in July.
- Montgomery County Agricultural Fair. The 68th fair will be held August 11-19. The theme this year is "**Party with the Animals.**" Start thinking now about what booths your clubs might present at the fair. Set-up day is Thursday, August 11.

Vice President's Report for Program: Kathie Mack

- Today, following this business meeting, Linda Nunes-Schrag will present a program on what you should know about diabetes.
- The Maryland State FCE Conference will take place this year September 25 - 26 in Westminster, Maryland. Our Montgomery County chapter is planning the program, so be sure to sign up to come. Registration information will be in the summer issue of "Look What's Happening".

Scholarship Committee: Frann Peters

- The Youth Ranch is making progress. Several young men are in residence and profiting from the rehabilitative programs there. Accreditation has now been received for girls as well as boys. There is an effort to put a bill before the Maryland Assembly that would enable parents to commit minor children to rehab. Success is greater with earlier intervention, but currently minor children must agree to rehab before they can be accepted at the Boys Ranch.
- On March 30, Frann Peters and Ginny Hagberg attended the Montgomery College Foundation Scholarship Recognition Luncheon. It was exciting to learn more about the achievements of

Montgomery College and how valuable the scholarships are. MCFCE is proud to contribute to this effort.

- After the Spring Luncheon on May 20, Frann will take to Asbury Methodist Village the cancelled postage stamps we have collected.
- Frann's lakeside Gettysburg vacation home is once again available for Fun Day on Thursday, June 22. The day will begin with a program in the community center by a local man who has climbed Mt. Everest. Then much food and many other activities (including lounging) will be available to round out the day. Cost \$10 (for the Scholarship Fund). Sign-up sheet available.

Old Business

- Continue to collect cancelled stamps, books for newborns, twin sheet sets for the Boys Ranch, items such as travel-sized toiletries for Laytonsville Haven, soda can pop tops, box tops for education, and crimped bottle caps, snack foods and cookies for the troops.

New Business

- The National FCE has challenged each member to recruit one or more new members. When you do recruit a new member, the Maryland FCE will enter your name and the name of your new member into a drawing for free registration for both of you to attend the state conference in September.

MCFCE = Montgomery County chapter of Family & Community Education in Maryland

<http://www.mdafce.org/mcafce.htm>

FCE = Family & Community Education <http://www.nafce.org>

ACWW = Associated Country Women of the World <http://www.acww.org.uk>

Kathie Mack, VP for Program

Grilled Corn, Avocado and Tomato Salad with Honey Lime Dressing

The following recipe has such a really fresh taste – perfect for a hot day picnic.

- 1 pint grape tomatoes
- 1 ripe avocado
- 2 ears fresh sweet corn
- 2 tablespoons fresh cilantro, chopped
- 1 lime, juice of
- 3 tablespoons vegetable oil
- 1 tablespoon honey
- 1 garlic clove
- 1 dash cayenne pepper
- sea salt

DIRECTIONS

1. Grill corn for 10 minutes. Cut the corn off the cob and cool.
2. Slice tomatoes in half.
3. Dice the avocado.
4. Chop the cilantro.
5. Whisk remaining ingredients in small bowl and set aside.
6. Combine corn, avocado, tomatoes and cilantro. Toss with honey lime dressing.
7. Let rest 15 minutes.

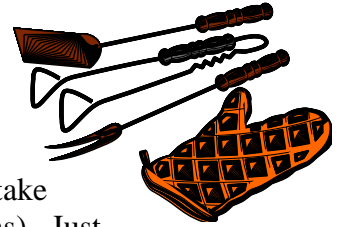
Source: <http://www.food.com/recipe/grilled-corn-avocado-and-tomato-salad-with-honey-lime-dressing-524216>

Directions to Fun Day:

You are going to the Community Center first at 1000 Heritage Drive. Program starts at 10:30AM

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 as the Community Center **1000 Heritage Drive**, turn right at the Gate House and continue 1.5 miles; the community center is on the left across from the marina. Frann's home address is #197 Longstreet Drive. You may park at 196 and 197 and 198. If you need more information call 717-338-1591.



**UNIVERSITY OF MARYLAND EXTENSION
MONTGOMERY COUNTY OFFICE
18410 MUNCASTER ROAD
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