



Family and Community

Education Hi-lites

June – August 2022

(www.mdafce.org/mcfce.htm)

Montgomery County Association for Family and Community Education Newsletter

“Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world.” -
Desmond Tutu

Happenings

June

- 3 FR 10 AM Executive Board Meeting, Extension Office
- 10 FR 10 – 8 PM FCE Blanket Making Day, Extension Office Garage
- 16 TH 10:30 AM Fun Day at Gettysburg – Registration required \$10.00, see page 2.

July

- 4 MO Office Closed (Independence Day)
- 14 – 17 National FCE Conference, Portland Oregon
“Be the Spark that Ignites FCE!”



August

- 1 *Hi-lites* and “*Look What’s Happening*” deadline
- 4 TH 10 – 3 PM FCE Blanket Making Day, Extension Office Garage
- 11 TH 10 AM Set up Montgomery County Fair Booths
- 12 - 20 All Day 73th Annual Montgomery County Fair – “Let the Good Times Grow!”
- 25 TH 10 AM Set-up for Yard Sale (15500 Gallaudet Ave)
- 26 - 27 FR, SA Yard Sale
- 25 – Sept. 11th Maryland State Fair, Timonium, MD
- 30 TU 10 AM Executive Board Meeting, Extension Office

September COLLECT DUES

- 2 FR 10 – 8 PM FCE Blanket Making Day, Extension Office Garage
- 5 MO Office Closed (Labor Day)
- 13 TU 9:45 AM Speaker from Sheppard Pratt, a non-profit social service agency.
It is one of the places where we distribute our blankets.
Association Meeting, Refreshments: Derwood. Install 2023 Officers
- 27 TU 10 – 3 PM FCE Blanket Making Day, Extension Office Garage
- 30 FR 10 AM Set-up for Harvest Festival, Extension Office
- 10/1 SA 10 – 5 PM Harvest Festival



President's Paragraphs

Spring Luncheon

At the Spring Luncheon, thirty-eight (38) members and friends enjoyed Pat Rumbaugh tell us how important it is to "play" and have fun. Attendees donated books for newborns (41) for the hospital and plants for The Ranch. The Derwood club treated us to a delicious lunch, great information on famous women and lovely favors. Thank you for all your effort and attention to details. It was truly lovely.

We celebrated the Olney-Sunshine Club's 100th year anniversary. Congratulations!

FUN DAY

June 16

Frann and Jack Peters agree Fun Day is a go!

Where: 197 Longstreet Drive, Gettysburg, PA. Food, fun, sightseeing, outlet shopping, boat ride or laze around the porch – only \$10.00 per person – all proceeds benefit the Mary Irene Waters Scholarship Fund.

PLEASE RSVP to Jeanne Gillis (jeannegillis2326@gmail.com – 301-926-1038). We need your reservation, so we can plan the right amount of food.

Cost is a \$10.00 donation for the scholarship fund. Activities start at 10:30, lunch approximately at noon, dinner at 6:00 PM. Morning program will be the Cooley Family bringing their NASCAR race car.

You can give comments or suggestions to: Frann Peters at 301-253-2589 or Jeanne Purich at 301-384-2805

FCE BLANKET MAKING DAYS
June 10 Friday 10 AM to 8 PM
August 4 Thursday 10 AM to 3 PM
September 2 Friday 10 AM to 8 PM
September 27 Tuesday 10 AM to 3 PM

Thank you for all the hard work, time and effort each of you have put into continuing this project. We are so pleased to be distributing to some of the hospitals as well as all the other agencies we have found since COVID started. Call Kathie at 301-270-5367 for more info.

FAIR BOOTHS

"Let the Good Times Grow!"

August 12 – 20



Planning and working on the **Fair Booths** has begun. If you would like to design a display to present at the Fair, please let me know. 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, etc., please contact me, Jeanne - 301-384-2805.

YARD SALE

Set-up Thursday August 25

August 26 and 27 (Friday and Saturday)

15500 Gallaudet Silver Spring

The tables will be on the front porch starting in July for you to drop off your items for the yard sale. We will need lots of help for the set-up day on Thursday, August 25 and for the sale days.

BACK to SCHOOL SUPPLIES



In July, August and September, we will collect school supplies. Items can be dropped off on blanket days, at my house anytime, with Kathie Mack, or when you come to the yard sale. Thank you very much for your help. I know the schools and students are very appreciative of these supplies.

Who/What is Sheppard Pratt?

September 11

9:45 AM Extension Office

Sheppard Pratt is one of the agencies to which we donate blankets, hats, socks, school supplies, etc. to. But what do they really do and whom do they serve? Our speaker will give us the inside scoop on where your handmade and donated items go.

Have a safe and healthy summer. Hope to see you soon.

jcpurich@cs.com

Jeanne Purich

NEWS FROM FRANN PETERS

Montgomery College

Colleen Dollak, Annual Fund Manager, from Montgomery College spoke at the Spring Luncheon on how grateful they were for our continued support for the scholarship fund. Unfortunately, our 2 scholarship recipients, Afra Alizadeh and Herve Yamba, were not able to attend.

The Ranch

Currently, there are 43 men at the Ranch. They can use men's magazines and single (twin) bed sheets and pillow cases.

Laytonsville Veterans Home

Presently, there are 4 men and 4 women at Laytonsville Home. They can use magazines, toiletries and games, cards, and puzzles, etc.

Frann Peters

301-253-2589

WOMEN WALK THE WORLD



We were not able to do our outside "Walk" during the Spring Luncheon due to the weather but we did "walk" in the hallway. And this is our great picture!

The "Walk" is a way for our international partner, The Associated Women of the World, to raise money for operational expenses. This is also where your Pennies for Friendship go. Check out their website for a list of their projects and how they are helping women and children around the world. www.acww.org.uk

MARYLAND FCE ANNUAL CONFERENCE

October 17 and 18, 2022

The Maryland FCE annual conference is a go. We will be meeting at the Best Western in Westminster and we are very excited to be back in person this year.

There are many great programs planned. One is "Trampling the Serpent: American POWs in North Vietnam". Speaker John Fer was a prisoner of war in the "Hanoi Hilton" along with John McCain. Mr. Fer is an informative and an exciting speaker who will share his experiences in Vietnam.

We are also planning a fun outreach activity for Monday evening.

Full registration is in your Summer [Look What's Happening](#) newsletter (and on the website) along with more information on the programs.

We really look forward to being able to get together with friends, make some new ones, get back to some type of normal, and have the conference again.

Top 5 Sleep Tips for Adults

1. Avoid Alcohol, Tobacco, and Caffeine Before Going To Bed

All caffeinated products should be avoided, including pain killers, caffeine-heavy soft drinks, chocolate, tea, or coffee for four to six hours at least before going to bed.

2. Use Light to Your Benefit

During the day it is important to get as much exposure to natural light as you can. Natural light helps with keeping your internal clock set to a sleep-wake cycle that is healthy.

3. Exercise Three Hours At Least Before Going to Bed

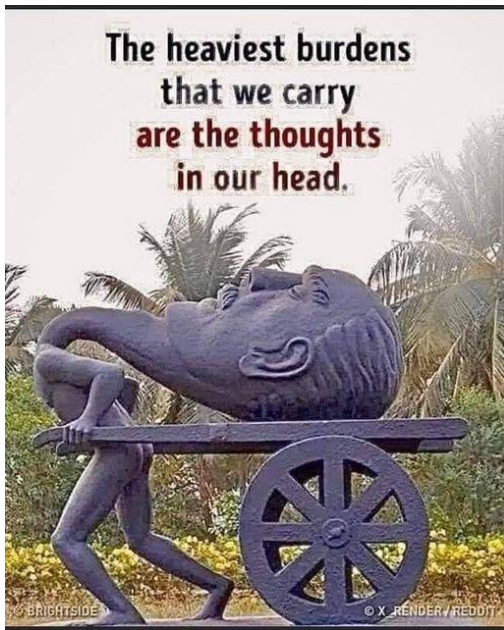
Planning to exercise at least three hours before going to bed helps to promote improved restful sleep. If you exercise right before you go to bed, then you will struggle with getting to sleep for a long time.

4. Create a Good Sleep-Inducing Environment

It is essential to have the right environment set up in order to get a good night's sleep. To promote sound sleep, you need to have a cool, quiet and dark environment.

5. Stick to a Regular Sleeping Schedule

An Attitude of Gratitude



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Imagine that a friend has called you. She's very upset. Someone she trusted has just burst into a rant about how unfeeling, how selfish, and how stupid she is. "Is it true", she asks? "Do you see me that way too"? You comfort and assure her that the 'friend' was out of line. By the time you both hang up she feels better, but still might have some lingering doubts about her self-worth.

Now think back to some of the negative thoughts you've had about yourself today. Maybe you only accomplished part of your to-do list or left the supper dishes in the sink to wash tomorrow morning. Did you call yourself lazy, sloppy, or less than capable of doing everything you should have? It's so common to talk to yourself in a way that you'd never think of talking to someone else!

What difficult times we're having now! Apparently, two+ years of fighting Covid was not enough. We are dealing with rising food and gas prices, political issues, war in Eastern Europe, and too many more problems to list. It's enough to drive anyone into inaction or depression. Of course, the less we do, the worse we feel.

There are so many tools to combat these feelings. Dozens of books have been written on this topic. If you are in this negative place, I'd like to offer two suggestions for fighting back.

The first is a gratitude journal. You can write down things you are/were grateful for today or just

mentally review them daily. They don't have to be ginormous things. Sometimes just buying fresh flowers or changing your sheets is something to be grateful for. Did you hear from a friend who has been out of touch for a while? Maybe you initiated contact and learned how delighted they were to hear from you. Nice! Maybe someone at the Post Office complimented your shirt. There are the bigger things, of course. Do you have enough food or the resources to get some? Shelter. A bed in a safe environment. These are not a given, or accessible to everyone worldwide.

Please find five things you're grateful for every day, large or small. If you do this in the evening, you'll start to notice the little things that happen during the day. Changing your mindset to look out for the small bounties of our lives becomes habit after a while. (It might also help to take a break from watching the news every day).

The other suggestion might seem a little wacky or uncomfortable at first. (Persist). Before you get into bed look at yourself in the mirror and tell yourself about your day. Say your name. Review any achievements, personal or professional. Praise yourself for resisting a temptation. Remind yourself of a kindness you performed that didn't feel like a big deal to you, but that might have changed someone's day. Acknowledge a personal goal – diet, exercise, meditation – that you kept up with. Look yourself in the eye while you speak. After a while, it will begin to feel more natural.

Optimism is not just about listening to birds singing to drown out the bad things in life. The positive benefits of finding the good in life are discussed by the Mayo Clinic: [Search Mayo Mindfulness: Overcoming negative self-talk - Mayo Clinic News Network](#)

Please be as kind to yourself as you would be to a good friend. You deserve it!

Susan M Goldberg
harmony51480@aol.com

"You've gotta dance like there's nobody watching,
Love like you'll never be hurt,
Sing like there's nobody listening,
And live like it's heaven on earth."

William W. Purke

Teaching Caring by Sharing the Cleaning



One thing the pandemic taught many households over the past year or so is that roles are fluid. Whether picking up new caretaking duties or household chores, many families needed to redistribute the load when outside support was unavailable. This included getting the kids involved in helping around the home, if they haven't already.

There are a lot of ways kids can help with tasks around the home and it's been shown to teach responsibility and build self-esteem. The most important element is assigning chores that are age appropriate. They must be able to complete it safely. Here are some ideas:

- Start small: Even a few tasks can help instill a sense of shared responsibility. Set kids up for success by identifying initial places to help, like sorting socks, and working up from there.
- Embrace imperfection: Especially when they get started, kids will not be good at certain tasks. Figure out what you can live with and assign things you won't get the urge to redo after they're done.
- Keep it light: Pitching in on chores is a fact of life when living in a family; however, it can quickly be a point of contention. Try to find ways to make it a neutral or even a fun experience. It may help to offer a choice or build in an incentive.
- Be safe: Look for tasks where kids can be successful and keep young kids away from cleaning products. There are other places they can help, like picking up toys or putting clean clothes away.

Source: cleaninginstitute.org

Do You Remember?

I remember the corned beef of my childhood,
And the bread that we cut with a knife,
When the children helped with the housework,
And the men went to work not the wife.

The cheese never needed a fridge,
And the bread was so crusty and hot,
The children were seldom unhappy,
And the wife was content with her lot.

I remember the milk from the bottle,
With the yummy cream on the top,



Our dinner came hot from the oven,
And not from a freezer; or shop.

The kids were a lot more contented,
They didn't need money for kicks,
Just a game with their friends in the road,
And sometimes the Saturday flicks.

I remember the shop on the corner,
Where biscuits for pennies were sold
Do you think I'm a bit too nostalgic?
Or is it - I'm just getting Old?

Bathing was done in a wash tub,
With plenty of rich foamy suds
But the ironing seemed never ending
As Mum pressed everyone's 'duds'.

I remember the slap on my backside,
And the taste of soap if I swore.
Anorexia and diets weren't heard of
And we hadn't much choice what we wore.

Do you think that bruised our ego?
Or our initiative was destroyed?
We ate what was put on the table
And I think life was better enjoyed.

Author, Unknown...

**If you can remember those days...
Continue to enjoy your Retirement.**

What to do on Memorial Day Weekend



If you're looking to soak up some rays over the Memorial Day holiday, here are a few outdoor things to do and places to visit in [Montgomery County, Maryland](#).

Visit Our Three National Parks: Did you know that Montgomery County has three National Parks. Popular places to visit along the [C&O Canal National Historical Park](#) include Great Falls on the Potomac River, Great Falls Tavern Visitors Center, Billy Goat Trail, and the canal towpath. You can also stay overnight in a historic [Canal Quarters Lockhouse](#). At [Glen Echo Park](#), take a ride on the historic and newly-refurbished [Dentzel Carousel](#) (1921) and take a selfie in front of an extensive array of historic art deco architecture. Located next door is the [Clara Barton National Historic Site](#), home to the first Red Cross headquarters.

Enjoy the Hometown Holidays Music Festival: [Hometown Holidays Music Festival](#) (Rockville) starts Saturday, May 28, spans three days, and is jam packed with more than 10 free performances across two stages covering genres from rock and reggae to pop and blues. Kid-friendly music will take place on the Patient First Stage and kids' amusements are available for a fee. Savor bites at the Taste of Rockville portion of the festival, where attendees get to sample local restaurants. The weekend concludes with the annual Memorial Day Parade featuring marching bands, floats, and more.

Discover Flora and Fauna: With well over 400 parks and gardens, there is a wide range of opportunities to discover what's blooming in Montgomery County. Locals love visiting Brookside Gardens, Seneca Creek State Park, Black

Hill Regional Park and Rock Creek Regional Park. Find the best place to park your car with [Montgomery Parks' free downloadable guide](#).

Follow the Tastemakers Trail: Plan a weekend getaway or a fun day exploring the craft beverage makers throughout Montgomery County. Sip and savor your way around farm-chic tasting rooms and sophisticated urban wineries. Grab a pint on a working horse farm or hit a few breweries along the red line metro. Pay a visit to the largest organic coffee roaster in Maryland or sample craft spirits at the county's first and only distillery. Plan your stops along the [Tastemakers Trail](#).

Walk Through the Flags of Our Heroes: [Flags For Our Heroes](#) is a celebration of the people who have shaped us and inspired us. Each Memorial Day weekend since 2014, Gaithersburg's Bohrer Park is transformed into a Field of Honor where 750 8-foot-high American flags are flown to celebrate our heroes. Each flag honors a person who has made a difference in someone's life.

Play a Round of Golf: All of Montgomery County's [nine public golf courses](#) are open for tee time reservations. Even if you're not an avid golfer, a visit to the driving range or [Topgolf in Germantown](#) is a great way to stretch your legs and give the sport a try. The nine public courses feature beautiful driving ranges or head over to the [South Germantown Driving Range](#) for an afternoon of fun. Make sure to check directly with the course or driving range on tee time and club rental availability. The county also features two mini-golf courses with beautifully landscaped courses with challenging holes in a park setting.



Pick the Perfect Trail: Charge up your Fitbit and pick your perfect trail with the [MoCo Trail Guide](#). With over 250 miles of trails, Montgomery County

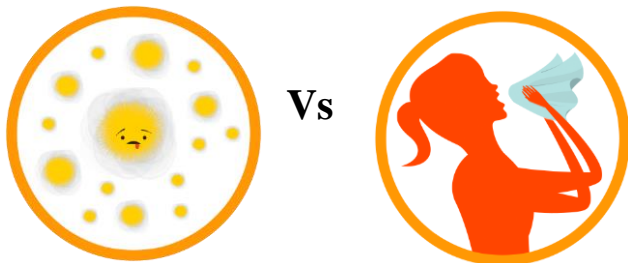
has the perfect hiking, biking or equestrian trail for all skill levels.

Explore the Ag Reserve: Take a scenic drive around Montgomery County's 93,000-acre Agricultural Reserve. Enjoy farm breweries and wineries along the Tastemakers Trail, visit pick-your-own farms and farm stands, or head to the top of Sugarloaf Mountain for breathtaking views of the countryside.

Take a Treetop Adventure: A thrilling option for aerial forest ropes courses is Adventure Park in Sandy Spring. With 13 different trails of varying levels of difficulty, the course offers nearly 200 unique challenges from bridges to zip lines. At Go Ape in Rockville, there are six individual sections within the course for visitors to climb up ladders, cross bridges, go through tunnels and glide across zip lines.

And remember to have FUN!

Cold vs Allergies: What's The Difference?



The difference between allergies and a cold can be hard to work out based on the early signs. Both cause similar symptoms, such as a runny or stuffy nose, sneezing, fatigue, and a sore throat.

However, they're very different issues – and knowing which you have is important, so you can ensure you get the best possible treatment.

Fortunately, there are some key things that can help you tell if you're coming down with a cold or experiencing allergies.

Discover what separates the two, how to identify one from the other and what to do if you experience symptoms with our useful guide.

Is it a cold or allergies I'm experiencing?

The common cold and allergies share some overlap in their symptoms, but there are ways to tell them apart.

What is a cold?

A cold is an infection that can be caused by more than 200 different types of viruses¹. It usually affects your:

- Nose
- Throat
- Sinuses
- Trachea (windpipe)

Colds can be contagious up to two days before symptoms start, and can last for two weeks after exposure. There's currently no cure for a common cold, but they're generally mild and don't normally result in serious health problems².

What are allergies?

Allergies occur when your body's immune system reacts to a foreign substance – such as pollen, mold, animal dander or certain foods⁴. For many people, coming into contact with these things will have no effect, but for those with allergies it can cause a reaction.

In this case, symptoms are a result of your body producing antibodies to fight off the allergen and remove it. As your immune system reacts, it can cause inflammation of your³:

- Sinuses
- Skin
- Airways
- Digestive system

Some allergies occur at a particular time of year, when the allergen is in the air. Symptoms can vary in terms of how long they last and their severity, depending on the allergen and your body⁴. If your symptoms seem to go away when you change environments, i.e., when you come inside after being out in the yard, or stop cleaning a dusty place, or the trees are no longer giving off pollen, then that would tend to be an allergy, not a cold.

Another important difference from colds is that allergies are not contagious. Like the common cold, however, most allergies can't be cured. That said, you can try to control and relieve your symptoms with an appropriate allergy treatment.

If you're unsure what's causing your illness, check with your doctor.

1. <https://my.clevelandclinic.org/health/diseases/12342-common-cold>
2. <https://www.cdc.gov/flu/symptoms/coldflu.htm>
3. <https://www.mayoclinic.org/diseases-conditions/allergies/symptoms-causes...>
4. <https://www.aafa.org/rhinitis-nasal-allergy-hayfever/>

Fresh Corn Salad

PREP TIME 10 minutes, TOTAL TIME 10 minutes, SERVINGS 8

AUTHOR Holly Nilsson

Sweet summer corn, crisp cucumbers and ripe juicy garden tomatoes all combined in a light and easy vinaigrette.

Ingredients

- 3 cups corn kernels, about 4 cobs of corn
- 1 cup cherry tomatoes quartered
- 1 cup cucumbers diced
- ¼ cup red onion diced
- 3 tablespoons olive oil
- 3 tablespoons apple cider vinegar or rice vinegar
- a generous sprinkle of course salt
- pepper to taste
- 1 tablespoon fresh parsley
- fresh basil or dill optional

Instructions

1. Either boil or grill corn. Once cooked, remove kernels from corn.
2. Combine all ingredients in a large bowl and gently toss.
3. Season with salt & pepper to taste.

Notes: If time allows, grill your corn for maximum flavor.



**UNIVERSITY OF MARYLAND EXTENSION
MONTGOMERY COUNTY OFFICE
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FIRST CLASS MAIL

