



Family and Community Education Hi-lites

March – May 2017
www.mdafce.org/mcfce.htm

Montgomery County Association for Family and Community Education Newsletter

Happenings

“Saving our planet, lifting people out of poverty, advancing economic growth... these are one and the same fight. We must connect the dots between climate change, water scarcity, energy shortages, global health, food security and women's empowerment. Solutions to one problem must be solutions for all”.

Ban Ki-moon, Secretary-General of the United Nations

March

- 2 TH FCE Blanket Making, 10 a.m. - 3 p.m.
- 14 TU Senior Driving Safety – Car Fit, speakers from AAA and MDOT
Association Meeting 9:45 a.m. Extension Office
Refreshments: Olney-Sunshine
- 21 TU Cookie Packing, 10 a.m., Laurel Methodist Church



April

- 6 TH FCE Blanket Making, 10 a.m. – 9 p.m.
- 11 TU Diabetes, speaker
Association Meeting 9:45 a.m. Extension Office,
Refreshments: Burtonsville
- 18 TU Cookie Packing, 10 a.m., Laurel Methodist Church
- 29 SA Women Walk the World

May

- 1 MO *Hi-Lites* Deadline
Look What's Happening deadline
- 12 FR FCE Blanket Making, 10 a.m. - 3 p.m.
- 16 TU Cookie Packing, 10 a.m., Laurel Methodist Church
- 17 WE Volunteer Recognition, 5:30 p.m., Extension Office RSVP
- 20 SA Spring Luncheon Extension Office (\$15.00) 10:30 a.m. - 2 p.m.
(page 2 & 8 has details)
- 23 TU Executive Board Meeting, 10 a.m., Extension Office
Hi-Lites folding
- 29 MO Office Closed (Memorial Day)



June

- 1 TH FCE Blanket Making, 10 a.m. – 9 p.m.
- 15 TH Set-up for Yard Sale at 15500 Gallaudet Avenue, Silver Spring 20905
- 16 - 17 FR/SA Yard Sale 8 a.m.
- 20 TU Cookie Packing, 10 a.m., Laurel Methodist Church
- 22 TH Fun Day at Gettysburg – Registration required (\$10.00). See page 3 for details.

President's Paragraphs

Drive Safe - Senior Driving tips

Car Safe

March 14

Cooperative Extension Office 9:45 AM

Are you a safe driver? Could you be a safer driver? There will be tips to help you navigate the roads and your car. Program presented by AAA and MDOT speakers, Julie Maione, Joe Beddick and Mike Sobel.

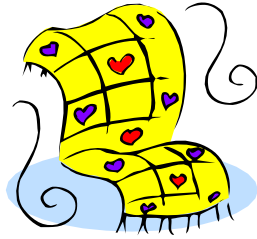
FCE Blanket Making

March 2 Thursday 10 AM - 3 PM

April 6 Thursday 10 AM - 9 PM

May 11 Thursday 10 AM - 3 PM

Ready for spring and ready to get out of the house? Come to blanket making – no skills needed to participate – to warm your heart and have a “warm” day. You will meet many interesting people and help a child as well. Bring a sandwich (and a friend); we provide a drink and dessert. We always are looking for yarn and washed kid's print fabric.



Diabetes

April 11

Cooperative Extension Office 9:45 AM

The percentage of Americans age 65 and older developing diabetes remains high at 25.9% or 11.8 million seniors. Diabetes remains the 7th leading cause of death in the United States in 2010, with 69,071 death certificates listing it as the underlying cause. Learn more about this disease and what you can do to decrease your chances of developing diabetes.

WOMEN WALK THE WORLD FOR ACWW

April 29

On or around ACWW Day, April 29, 2017 friends throughout the world are joining in **Women**

Walk the World, aiming to raise funds for ACWW's work. ACWW

would like members to take part by arranging walks locally. What can you do? Plan a walk and invite FCE members and friends to join you. Send your funds to Marilyn Simonds (MCAFCE) and she will forward them to ACWW.



Volunteer Recognition Day

May 17

Cooperative Extension Office 5:30 PM

Don't forget that May 17th (Wednesday) is volunteer recognition day at the Extension Office. All are invited but you **must RSVP acceptance to 301-590-9638 so they know how many hamburgers to cook.**

Spring Luncheon, May 20

“Patchwork Friends”

Cooperative Extension Office 10:30 AM

Plans are under way for the Spring Luncheon. The Burtonsville Club is organizing this wonderful day. The speaker will be our own Barbara Perry discussing different quilting techniques and projects. **If you have an old quilt or a unique one, bring it for show and tell. Each club is to provide a minimum of 3 door prizes (more is appreciated) and a flat of annuals for The Boy's Ranch.** Individual members of the Lunch Bunch should bring a 6-pack of flowers. Everyone is to bring a “Book for a Newborn”. Registration form on page 8.

Yard Sale

Supports Scholarship Fund

June 15 Thursday Set-up

June 16 -17 Friday/Saturday Sale

You can start dropping your items off on my porch in May for the yard sale. We will set-up on Thursday starting at 10 AM (Come anytime, we will be working all day.) Help is needed for Friday and Saturday starting at 8 AM. Your lunch and drink will be provided on all days. Thank you in advance as this could not be done without many helping hands.

FUN DAY

Thursday, June 22

Mark your calendars now for Fun Day, Thursday, June 22rd. Come to Lake Heritage, Gettysburg, PA for shopping, antiques, sightseeing, boat rides (weather permitting), or just R and R. details on page 3.

We hope that you will find of interest many of the activities we have planned for 2017. If you have suggestions, please let me know. I hope to see all of you at many of these events.

Jeanne Perich

FUN DAY

When: Thursday June 22nd 10 a.m. for coffee until after dinner.

Where: 197 Longstreet Drive, Gettysburg, PA.

Food, fun, sightseeing, outlet shopping –only \$10.00 per person – all proceeds benefit the

Mary Irene Waters Scholarship Fund.

Please give comments and or suggestions to:

Frann Peters at 301 253 2589 or

Jeanne Purich at 301 384 2805

Notes from Frann Peters

Youth Boy's Ranch

There are 5 boys at the ranch. The boys have expressed that this ranch as a great place to go. It is clean, has a weight room, library and the most important item, a cook, great food and is well maintained. (Note – they would appreciate snack foods – popcorn, chips and like that.) Later on they will need more twin size bed sheets. The ranch now has national accreditation. It is funded by private donations and Medicaid. On Tuesday, Linda Clark met with the Lt. Governor who said that he is pleased with the program. Unfortunately, the law states that a parent cannot force their child (under 18) to enter the program but the child can sign themselves in.

Montgomery College Scholarship:

An excerpt of their letters follow: Jade Ballard – Jade comes from Silver Spring and has a background of a passion for dance, martial arts, health and wellness. She will full her prerequisite courses toward her Associate Degree in Health Fitness by May of 2017. She has been accepted to the Exercise Program through Salisbury University at the University of Shady Grove beginning in the fall of 2017. She is most grateful for the scholarship. Clancey Morcino is working on a major in Chemistry. Clancey has a passion for Chemistry and Art and is planning to become a research chemist. As a transplant from Bangladesh, Clancey is most thankful for our support.

Thanks for always doing great things!

Frann

Smart Drug Disposal

- 1) Place drugs in a resealable plastic bag.
- 2) Add just enough water to dissolve solids.
- 3) Add kitty litter or coffee grounds or any other undesirable product.
- 4) Seal the bag and place in regular trash.
- 5) Remove and destroy all identifying information from container and toss out separately. If it has a sticky label, peel off bottle and turn label onto itself so name is not seen or stick on another paper and shred.
- 6) Recycle container drug came in.
- 7) **Do NOT - repeat NOT** - put unused medications, herbals, or vitamins down the sink or flush down or the toilet.
- 8) Check out local return/recycle centers (ie pharmacies, police department) that have drug disposal days.

Dark chocolate peanut butter cookies

- 3 c flour
- 1 teaspoon baking soda
- 1 ½ c peanut butter
- ½ c soften butter
- 2 ½ c brown sugar
- 2 eggs
- 2 tablespoons vanilla
- 2 c dark chocolate chips
- 1 c raisins

Mix flour, baking soda and flour together - set aside. Mix peanut butter, butter, brown sugar, eggs, vanilla, chips and raisins together. Add to dry ingredients. Form small balls onto an ungreased baking sheet. Press with tines of a fork to slightly flatten. Bake 375° for 10 minutes. Let cool on sheet for about 2 minutes. Then transfer to rack to finish cooling.

“In politics, if you want anything said, ask a man. If you want anything done, ask a woman.”

“Any woman who understands the problems of running a home will be nearer to understanding the problems of running a country”.

-Margaret Thatcher-

Walking Safety Rules

Whether you are walking alone or with someone, it's important to understand **Walk Facing Traffic**: If there is no sidewalk and you must walk on the side of the road, choose the side where you are facing oncoming traffic (the left side of the road). This gives you the best chance to see traffic approaching closest to you and take evasive action when needed.



Cross Safely: Mom was right: look both ways before crossing any street. At controlled intersections, it is wise to cross only when you have the pedestrian crossing light, but even then, drivers and bikers may have a green light to turn and won't be expecting you to be in the crosswalk. Make eye contact with any drivers who may be turning. Give them a wave. Make sure they see you. In a car-walker interaction, the walker will lose!

Walk Single File: Unless you are on a sidewalk separated from the road or a wide bike lane, you should walk in single file. This is especially important on a road with lots of curves, where traffic has only a split second chance of seeing you before hitting you. While it can be enjoyable to walk down the road two to three abreast chatting merrily, drivers don't expect it and you may lose your best walking buddies.

Stay Aware of Bikes and Runners: Share the road and path with bikes and runners. Bike riders should alert you when approaching from behind with a bike bell or a "passing on the left/right." Listen for them, and move to walk single file, allowing them to pass safely. Runners should also call out for passing. Bike - walker collisions can result in broken bones or head injury for either.

Be Visible: Wear bright colors when walking in daytime. When walking at night, wear light-colored clothing and **reflective clothing, a reflective vest, or carry a flashlight** to be visible. At night, you need to give drivers every chance to see you, even at street crossings that have crossing

signals. Be just as cautious at dawn or twilight, as drivers still have limited visibility or may even have the setting or rising sun directly in their eyes. Always use the crosswalk.

Be Predictable: Make a practice of staying on one side of the path while walking rather than weaving randomly from side to side. Watch your arm motions, or you may end up giving a black eye to a silently passing walker, runner or biker.

Keep the Volume Down: Don't drown out your environment with your iPod. If you use headphones, use only one ear piece. Keep the volume at a level where you can still hear bike bells and warnings from other walkers and runners. Your audiologist will also thank you.

Hang Up and Eyes Up: Chatting or texting on a mobile device while you walk is as dangerous as doing those things while driving. You are distracted and not as aware of your environment. You are less likely to recognize traffic danger, passing joggers and bikers or tripping hazards. Potential criminals see you as a distracted easy target.

Walk Dogs on Short Leashes: Dogs off leash or on a very long leash may run out into traffic or get into a fatal dog fight. Don't trip up other walkers or bikers with poor control of your pet. Do not use a retractable leash.

Know When to Stop Walking: Heat sickness, dehydration, heart attack or stroke can strike walkers of any age. Learn the symptoms of medical emergencies and carry a cell phone to dial 911.

Be Aware of Stranger Danger: Choose your walking route for paths frequented by other walkers, joggers, and bikers. If you see someone suspicious, be prepared to alter your course or go into a store or public building to avoid them. Look the person in the eye. Acting alert and aware can convince bad guys to choose an easier target.

TROOP UPDATE

February 2017



We are reaching out to everyone to start collecting bottle caps from both soda and beer bottles for a craft project we are working on for the troops. Thank you.

This coming April will mark 10 years of dedicated and loving support for our military and their civilian counterparts serving primarily in the Middle East. MCAFCE began preparing for this mission in January 2007 by joining forces with Treat The Troops and Operation Shoebox and we shipped our first boxes in April 2007.

We started out with 13 members and Eva Black generously offered us her home to do the packing of the cookies. It took us all day to pack 8 boxes and we made a mess of her home using Styrofoam peanuts to pad the boxes, then moved to shredded newspapers which made more of a mess. We then graduated to using bubble wrap thanks to my husband's suggestion.

A few months later, Eva obtained approval from her church to use their facility for our packing and they have graciously and generously opened their doors to us ever since, in addition to the support they and their parishioners have given in other ways.

What took us all day to pack 8 boxes now takes approximately an hour and a half for up to 40 boxes, thanks in large measure to the use of the church's facilities and the numerous additional volunteers that have stepped up over the years.

Looking back, I am awestruck at how much we've grown and accomplished since then. As more people heard about what we were doing-- individuals, clubs, churches, schools, office workplaces, Girl Scouts, family and friends all joined forces and the rest is history.

No words are adequate to express my appreciation to all of you for your loyal dedication and contributions to making this project the success it enjoys today. The letters of gratitude we receive should make you all proud of what you do — they certainly have motivated us to devote the time, energy and cost to bring these fine men and women a taste of home for these past 10 years.

Heart hugs to all for your continued support.
Maddi 301-774-8088

ITEMS WE CAN USE

SNACK AND OTHER ITEMS THAT WE CAN USE FOR TREAT THE TROOPS:

Instant Individual Oatmeal Packages
Instant Individual Hot Chocolate
Individual Microwave Popcorn
Individual Powdered Drinks
Beef Jerky and Slim Jims
Individual packets of Fruit Snacks
Hard Wrapped Candy and non-chocolate throughout the year, (chocolate candy from November to May)
Cheese and Peanut Butter Crackers
Individual Packages of Nuts
Individual Packages of Trail Mix
Individual Granola Bars
Girl Scout Cookies
Comics, crossword puzzles, Sudoku puzzles

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, this is the support they need most. Check with your local schools, Church Sunday School Classes and summer campers, friends, senior citizens, friends and family to see if they would take a few minutes to write notes. Put out blank cards at work and encourage your co-workers to jot down a short note, or even a long one. Take blank note cards to any meetings you attend.

As always **MONETARY DONATIONS** are needed to help offset high postage costs (which once again went up in January of this year) and supplies for the 40+ boxes we ship each month to our troops in Iraq and Afghanistan. The postage costs alone are running over \$600.00 per month.

For Ribbon Angels, we need:

#7 plastic canvas, multi colors and white (preferably not the clear plastic).
1/8" spools of ribbon
8 mm oval or round rhinestones
9 mm jewelry jump ring for the halo

Household cleaners: Chlorinated Products

The Chlorine Chemistry Council®, Water Quality and Health Council and The Soap and Detergent Association remind you that following a few simple guidelines will help ensure that you are handling and using your chlorinated household products safely.

Read and follow label directions at all times. Disinfectants and disinfectant cleaners are the only products that kill germs - but they only work if the label directions are followed. Products that claim to kill germs must meet efficacy requirements and guidelines established by the U.S. Environmental Protection Agency (EPA), and must be registered with EPA and carry an EPA registration number on their label.

- Never mix chlorine bleach or any product containing chlorine bleach with ammonia, ammonia-based products or acidic products. The combination can be dangerous giving off deadly fumes.
- Keep chlorinated cleaning products away from food.
- Store cleaning products in areas that are not accessible to children.
- Do not leave cleaning buckets containing even small amounts of liquid unattended. Empty and thoroughly rinse out buckets after each use.
- Store chlorinated products in their original containers and never remove product labels.
- Immediately dispose of empty household cleaning product containers. Reuse of containers can be a hazard, as label instructions and precautions are often product-specific.

Clean, disinfected surface areas are a key to a healthy home. Chlorinated cleaning products, used safely and effectively, provide a host of health benefits and are a trusted guard against seasonal flu outbreaks and episodes of foodborne illness. Daycare centers, hospitals, restaurants and public facilities of all kinds rely upon the disinfectant qualities of chlorine - based cleaners to keep the environment pathogen-free and safe for everyone.

THE EVERYTHING COOKIE

- 2 sticks butter
- 1 teaspoon salt
- ¾ c vegetable oil
- 1 c oats
- 1 teaspoon cream of tartar
- 1 c brown sugar – packed
- 2 teaspoons vanilla extract
- 1 teaspoon baking soda
- 2 eggs
- 1 c Rice Krispies
- 1 c chopped nuts
- 1 c chocolate chips
- ½ c peanut butter chips
- ½ c butterscotch chips



Mix butter, oil, sugars, eggs and vanilla together. Add remaining ingredients. Bake at 350° until LIGHTLY browned (10 to 12 minutes).

Yield: 6 – 7 dozen medium sized cookies.



Six Ways to Celebrate Spring

1. Enjoy a picnic meal
2. Visit a farmers market
3. Take a nature walk
4. Bring nature indoors
5. Bird watch
6. Do some spring cleaning

Bottom line is:

Everyone enjoys the coming of spring and the promise of beautiful weather. Celebrate with these six friendly activities. They're perfect ways to appreciate the season with those you love.

Montgomery County Association for Family & Community Education
February 14, 2017

Call to Order, Creed, and Pledge were recited. There were 15 members present.

Treasurer: Marilyn Simonds: 5,214.97 in the scholarship fund. The scholarship fund received a \$1,000 donation from the estate of a member. Income includes 58.02 for the Blanket Making; 23.50 for the Membership and \$1025.00 for the troop boxes making a total of 9,424.28.

PRESIDENT REPORT: Jeanne Purich

“Patchwork Friends” Spring Luncheon - Saturday May 20 at Extension Office Cost \$15.00. Sign-up sheet available. Individuals please bring a 6-pack of annuals; clubs should bring a flat of flowers. Don't forget new books for our Books for Newborns project. Speaker: Barbara Perry. Barbara was responsible for the Quilt Book – “A Maryland Album” documenting a quilt in every county in Maryland.

BIRTHDAY MONTH: Give one cent for each year of your age or to remain unanimous give one dollar.

ACWW Women Walk the World on or around April 29th. Raise money for ACWW programs and spread the word. At Spring luncheon, we will walk the parking lot, and take a picture to send to ACWW.

Volunteer recognition night – May 17th

YARD SALE – June 16 and 17. Set-up is Thursday June 15 (15500 Gallaudet Ave Cloverly). You may drop off things starting in May.

BLANKET MAKING: Keep a Blanket making calendar in your purse and remember to invite everyone you met to come. We made 93 blanket and 41 hats this time.

Vice-President, Kathie Mack:

March 14 – Drive Safe - Senior Driving tips

Program presented by AAA and MDOT speakers, Julie Maione, Joe Beddick and Mike Sobel.

April 11 – Diabetes

Special Projects, Pat Kenney:

Blanket Making – March 2 (10 AM –3 PM), April 6- (10 AM –9 PM), May 12 (10 AM –3 PM), and June 10 (10 AM –9 PM)

Fall Festival – October 7th, set up – October 6th. Continue to collect happy meal prizes and any other items that would work for kids prizes.

International Day: Genie Sidwell

November 14 “Celebrate the USA” Recipes in September.

Membership, Lou Marlin:

National FCE has a membership challenge; every member is to get at least one new members. You get members from “**FRANCES**” (friends, relatives, acquaintances, neighbors, church colleagues, everyone, sisters). When you get a new member, you will receive a star pin from National and you will be entered into a contest to win a FREE registration for you and your new member to the state annual conference in October. Bring a guest to the next meeting.

Publicity, Judy Armitage

FCE blanket making has been advertised. Kathy Mack is also sending our monthly ads to the MC volunteer web site.

Scholarship Committee, Frann Peters: We have two outstanding students this year. Jade Ballard and Clancey Morcino.

FUN DAY. Mark your calendar for **Fun Day June 22** in Gettysburg-cost \$10.00 for lunch, dinner and a great time.

THE RANCH: The Youth ranch currently has six men ranging in age from 20 to 23.

STAMPS: Thanks for saving the stamps and picture postal cards. This year's collection will go to Asbury Village.

LAYTONSVILLE HAVEN: They appreciate the lotions, shampoos, toothpastes and magazines.

Old Business: Continue to collect stamps, Books for Newborns, twin sheets for Boy Ranch & items Laytonsville Haven, Box Tops for Education and please collect or make items for the troops.

Respectfully submitted, Judy Armitage



Spring Luncheon May 20, 2017 "Patchwork Friends"
Registration due by May 5, 2017

Registration and get together 10:30

Program 11:00

Lunch 12:30

Announcements/Door Prizes 1:30

Make check for \$15.00 per person payable to MCAFCE

Marilyn Simonds
13708 Lionel Lane
Rockville MD 20853



AM

AM

PM

PM

and send to:

Name

email (if no email use phone number)

**University of Maryland
Montgomery County Extension
18410 Muncaster Road
Derwood, MD 20855**

FIRST CLASS MAIL

