



Family and Community

Education Hi-lites

June – August 2018

(www.mdafce.org/mcfce.htm)

Montgomery County Association for Family and Community Education Newsletter

*“Sometimes your joy is the source of your smile,
but sometimes your smile can be the source of your joy. Thich Nhat Hanh”.*

Happenings

June

- 12 10 - 9 PM FCE Blanket Making Day, Extension Office
21 10:30 AM Fun Day at Gettysburg – Registration required \$10.00, see page 3

July

- 4 Office Closed (Independence Day)
17 10 AM Cookie Packing, Laurel Methodist Church
19 – 22 National FCE Conference, Austin Texas, registration on the web at www.nafce.org

August

- 1 *Hi-lites* and “*Look What’s Happening*” deadline
3 10 - 3 PM FCE Blanket Making
9 10 AM Set up Montgomery County Fair Booths
10 - 18 All Day 70th Annual Montgomery County Fair – “A Tradition to Treasure”
28 10 AM Executive Board Meeting, *Hi-lites* Folding, Extension Office
23 – Sept. 3th Maryland State Fair, Timonium, MD

September COLLECT DUES

- 3 Office Closed (Labor Day)
6 10 – 9 PM FCE Blanket Making
17 9:45 AM Steve LaRocque will perform “*Byline: Ernie Pyle*”, a one-man show featuring excerpts from the columns of the great World War II correspondent.
NOTE CHANGE OF DAY (Monday) Association Meeting, Refreshments: Derwood. Install Officers
18 10 AM Cookie Packing, Laurel Methodist Church

October News Flash - Mark Your Calendar!

- 22 – 23 9:30 AM MDAFCE Annual Conference, Best Western, Westminster MD.
See “Look’s What Happening” Summer newsletter for registration.

Cleaning "tidbit" of the day:

Life giving you lemons? Well if it has here are some great tips on how to use lemons in your cleaning efforts.

Lemon juice is another natural substance that can be used to clean your home. Lemon juice can be used to dissolve soap scum and hard water deposits. Lemon is a great substance to clean and shine brass and copper. Try mixing lemon juice with vinegar or baking soda to make cleaning pastes. Cut a lemon in half and sprinkle baking soda on the cut section of the lemon. Use the lemon to scrub dishes, surfaces, and stains. Be aware that lemon juice can act as a natural bleach.

President's Paragraphs

SPRING LUNCHEON

Fifty-one FCE members and friends had a wonderful time at the "You've Come A Long Way Baby!" Spring Luncheon celebrating 80 years of FCE. Ginny Hagberg did a marvelous job researching our history and telling us the highlights of 80 years of Homemaker/FCE accomplishments. We had much memorabilia displayed and it brought back many fond memories. Our scholarship recipient, Norah Nakijoba told us about her life in Uganda and how she came to the United States. She was very thankful for the scholarship because now she could decrease her work from 40 hours per week to 20 and spend more time on her studies. She wants to be a nurse.

A big thank you to the Lunch Bunch FCE for organizing, decorating and serving delicious food and for the Derwood Club for making the nametags. 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 May 18 and Saturday
May 19**

There will be an update on the yard sale in the next newsletter as it was too close to publication time to get it in this newsletter.



FUN DAY

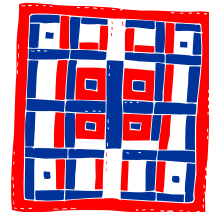
**Gettysburg, PA
Thursday June 21**

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 21st** 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 12 Tuesday 10 AM to 9 PM
August 3 Friday 10 AM to 3 PM
September 6 Thursday 10 AM to 9 PM
October 3 Wednesday 10 AM to 3 PM**

We have completed over 18,000 blankets and 11,000 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

"A Tradition to Treasure"



August 10 – 18

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).

"Byline: Ernie Pyle"

NOTE CHANGE in DAY

**MONDAY September 17 9:45 AM
Extension Office**

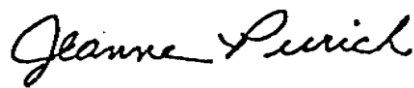
Steve LaRocque will perform "*Byline: Ernie Pyle*", a one-man show featuring excerpts from the columns of the great World War II correspondent. Please come and support our speaker and I know you will entertained.



MARYLAND FCE ANNUAL CONFERENCE
October 22nd – 23rd 2018
Best Western Hotel
451 WMC Drive, Westminster, MD, 21158

Come to the conference on Monday and Tuesday, October 22nd – 23rd and enjoy two days of fun, learning, good food and camaraderie. Dr. Virginia Brown will be telling us “How to get the Most out of Your Health Care” and Dean Brewer, from the state Attorney General’s office will speak to us on “scams,” something we all need to be aware of. Dr. Nancy Hart, audiologist, will speak to us about keeping our balance, which most of us need help with as we age, and Sameen Piracha will enlighten us about the Muslim culture and much, much more. We are looking into a speaker on Maryland history. We will bring the latest information from National FCE. 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, and plan for some fun Fall activities.



jcpurich@cs.com

Credit Cards

This is from one of our members that lost her husband last year.



I wonder how many ladies have credit cards in their own name as **primary card holders**? On closing out my husband’s cards I found out that even though I am an authorized user, if I want that card I had to apply for it myself.

Years ago one of the best things I ever did was get a couple of cards in my own name.

Please think about getting one card in your name only.

Did You Know?

To renew your driver’s license, you will need a passport or other valid photo ID, your original social security card, and two bills with your current address on them.

NEWS FROM FRANN PETERS

Scholarship

Norah Nakijoka was very impressed with the program and interested in the history of FCE. She said over and over “all the things that you do! I am so proud to be here today.” “So many gifts, a good meal and new friends-I thank you so much.” Thank you for being so kind to Norah and being interested in her classes and future plans.

Youth Ranch

There are 27 men receiving residential therapy for drug and alcohol issues. The Ranch appreciates yours donations of magazines, personal care items and snacks. They send a big THANK YOU for the flowers!

FUN DAY

When: Thursday, June 21, 2018 10:30AM
Where: 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

Driving directions on page 8.

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. All of this for only \$10.00, with the proceeds benefitting the Mary Irene Waters Scholarship Fund. Please make your reservations by June 15th.

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

Laytonsville Safe Havens

Craft ideas are needed for the Laytonsville Safe Havens (things to paint or easy crafts to make) They appreciate the perfume, nail polish, magazines and personal care items that you have donated.

TROOP UPDATE



May 13, 2018

Greetings,

There will be no cookie packing in June. The next cookie packing date is July 17th. We will not ship chocolate chip cookies or chocolate candy that will melt in the heat until November.

It is time to concentrate on projects for Operation Shoebox. There is no need for anyone to purchase Christmas fabric for the stockings or generic fabric for the ditty bags. Marcie and I have plenty of fabric on hand. Please just let us know ahead of time when you need the fabric.

We will also need helmet liners crocheted or knit, as well as the plastic canvas ribbon angels. I do have the plastic canvas and the ribbons if anyone needs them.

Please let me know if you need directions for these projects or the instructions and pattern.

With the summer months fast approaching and school not in session, we will need to rely even more heavily on our adult supporters to write letters to the troops.

I would like to take this opportunity to thank everyone for their continued support of our military men and women. It is so heart warming to receive letters back from the troops expressing their deep gratitude for all we do to make them feel cared for, remembered, honored and respected.

Have a wonderful and safe summer.

As always,
Maddi Klein
maddik@comcast.net

301-774-8088

ITEMS NEEDED FOR OPERATION SHOEBOX

Helmet liners - Need knitters and crocheters. I have the directions.

Need yarn for helmet liners - 4 ply acrylic (Colors-tan, brown, navy, black, medium green and medium to dark variegated colors.)

Ditty Bags - Need cutters and sewers. I have the directions.

Christmas Stockings - Need cutters and sewers. I have the directions and fabric

Plastic Canvas Ribbon Angels (I have the directions)

Decks of cards

Travel-size Games

Travel-Size Toilet Products

Travel-size Dental Products

Travel-size Wipes

Travel-size Hand Sanitizers

Travel-size Tissues

Chap Stick

Crossword and Sudoku Puzzle Books (No jumbo books)

Hand and Foot warmers

White Socks

PLEASE NO BAR SOAP. (TRAVEL SIZE BODY WASH IS ACCEPTABLE). NO SPEARMINT, PEPPERMINT OR OTHER STRONG SMELLING GUM AND CANDIES



**Holly's Interview at
Motherhood, Inc.**

Watch out for these new tax scams

March 12, 2018

by Colleen Tressler

Consumer Education Specialist, FTC

They're at it again... tax scammers scheming new ways to steal personal information and money.

In the first scenario, identity thieves file a fake tax return and have the refund deposited into your bank account. The thieves then contact you, often by phone, and — posing as the IRS or debt collectors for the IRS — demand you return the money to the IRS. But following the thieves' instructions actually sends the money to them.

In another version, after you get that erroneous refund, you get an automated call, allegedly from the IRS, threatening you with criminal fraud charges, an arrest warrant, and “blacklisting” of your Social Security number. The caller gives you a case number and a telephone number to call to return the refund.

Don't take the bait. If you or someone you know gets an unexpected tax refund, you can obtain the guidance outlined by the IRS for how to return the funds to the agency. The steps for returning paper checks and direct deposits differ.

In a different scam, criminals are using imposter tax preparation sites and phone numbers to steal peoples' personal information. Here's how this scam works: You go online to find a tax preparation service to prepare and e-file your tax return. But instead of landing on a legitimate site, you miss-click to a look-alike site created by scammers. The site looks real, and it's set up to collect personal information that can be used to commit fraud, including identity theft.

The FTC has these tips to fight tax identity theft:

- File your tax return early in the tax season, if you can.
- Use a secure internet connection if you file electronically, or mail your tax return directly from the post office.
- When using an online tax preparation service, look for the tax preparer identification number. The IRS requires all paid tax preparers to have one before filing any returns.

- To determine if a website is encrypted, look for https at the start of the web address (the “s” is for secure). Some websites use encryption only on the sign-in page, but if any part of your session isn't encrypted, your entire account could be vulnerable. Look for https on every page you visit, not just when you sign in.

- Ask tax preparers about their data security policies, and how they protect your information.
- Respond to all mail from the IRS as soon as possible.
- If tax identity theft happens to you, visit IdentityTheft.gov to report it to the FTC, file an Identity Theft Affidavit with the IRS electronically, and get a personal recovery plan.

For more information, check out the FTC [imposters webpage](#). If you spot a scam, report it at ftc.gov/complaint. Your reports help the FTC and other law enforcement investigate scams and bring crooks to justice.

Heat Wave Safety Tips

Slow down. Strenuous activities should be reduced, eliminated, or rescheduled to a cooler time.

Dress for summer. Lightweight and light-colored clothing reflects heat and sunlight. Cover all exposed skin with a high SPF sun screen.

Drink plenty of water or other non - alcoholic fluids. Avoid coffee and tea because they contain caffeine, which increases water loss through urination. Alcoholic drinks dehydrate. Eat frequent small, lower protein meals, more salads.

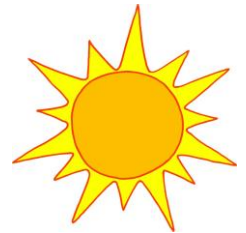
Spend more time in air conditioned places. If you cannot afford an air conditioner, spending some time each day (during hot weather) in an air conditioned environment affords some protection.

Keep your electric fans running.

Don't get too much sun.

Check on the elderly, infants, young children and people with chronic health problems or disabilities.

Keep pets indoors, or provide them with shade and plenty of cool water. Refill their water bowls frequently. Do not leave pets, or anyone else, in a closed, parked vehicle.



MCFCE ASSOCIATION MEETING

April 10, 2018

Call to Order, Creed, and Pledge

Treasurer's Report (Marilyn Simonds)

President's Report (Jeanne Purich)

"You've Come A Long Way baby!" Spring Luncheon - Saturday May 5th at the Extension Office. Cost \$15.00. Sign-up sheet available. Individual members bring a 6-pack of annuals, clubs should bring a flat of flowers. Don't forget to bring new books for our Books for Newborns and door prizes.

ACWW Women Walk the World on or around April 29th to raise money for ACWW programs and spread the word. We will be walking around the parking lot at our May 5th luncheon.

ZERO Hunger – Save your dimes in the water bottle provided, to support food programs.

Montgomery County volunteer recognition night – May 9th at the Extension Office.

YARD SALE – May 18 and 19. Set-up Thursday May 17. Location: 15500 Gallaudet Avenue, Cloverly. Come anytime. Lunch/drinks provided on all days. Bring items for the yard sale any time after April 15th. We will have flyers in April to distribute and post.

FUN DAY June 21 in Gettysburg \$10.00. Sign-up sheet available.

National FCE Conference July 19-22 Austin TX. Registration in your National newsletter or online. Raffle tickets are available now: 1st prize – crocheted tablecloth, 2nd prize – hand-woven shawl, 3rd prize - \$100.

Vice-President (Kathie Mack)

May 5 -- Spring Luncheon. Set-up on Friday May 4th.

The May Yard sale will be advertised in the Washington Post.

SAVE THE DATE – October 22 -23 Annual MDAFCE state conference, Westminster MD.

Registration will be in the Summer issue of Look What's Happening.

Special Projects, Pat Kenney:

Blanket Making Project - April 13 (10 AM–9 PM), May 8 (10 AM–3 PM), June 12 (10 AM –9 PM)

Fall Festival – Saturday, October 6th. Set up Friday October 5th.

County Fair, Kitty Cooley:

Start thinking about what your club might present at the Fair, **70th Anniversary**, "A Tradition to Treasure" **August 10 – 18, 2018**. Set-up on Thursday Aug 9th.

Scholarship Committee (Frann Peters)

Mark your calendar **Fun Day June 21** in Gettysburg-cost \$10.00 for lunch, dinner and a great time. Sign-up sheet available.

The Ranch has received all credential approvals. There are currently 27 residents plus a waiting list of several more.

Old Business:

Continue to collect stamps for the Asbury Benevolent Fund and/or Rockville Village, Books for Newborns, sheet sets for the Youth Ranch and items for Laytonsville Haven; soda can pop tops, Box Tops for Education, snack foods and cookies for the troops.

New Business:

National FCE challenge-Every member is to get one (or more) new members. When you do get a new member, Maryland FCE will enter both your name and your new member's name in a drawing for FREE registration for the both of you to the state conference in September. Also you will get a "Star" pin from NAFCE.

Program for Today:

Safe Driving at Any Age, presented by representatives from AAA and MDOT. In addition to the informative slide show, we were each given copies of Maryland's Resource Guide for Aging Drivers and encouraged to sign up for an individualized Car-Fit session to make sure our seat belt, seat, and steering wheel are correctly adjusted.

Kathie Mack, VP for Program

Snap Pea Succotash with Basil and Cumin

- Makes: 6 servings
- Yield: 3 cups
- Prep 15 mins

Basil and cumin are an unexpected flavor pairing, but they work great in this simple 15-minute summer side dish.



Ingredients

- 2 tablespoons olive oil
- 2 cups fresh or frozen whole kernel corn, thawed
- 8 ounces fresh sugar snap peas
- 5 miniature sweet peppers, seeded and sliced into 1/4-inch rings (1 1/2 cups)
- 3 tablespoons shredded fresh basil
- 1 teaspoon ground cumin
- 1 clove garlic, minced
- 1/2 teaspoon salt

Directions

In a large skillet, heat olive oil over medium-high heat. Add corn. Cook 2 minutes, stirring occasionally. Add snap peas and peppers; cook and stir 2 minutes more.

Remove from heat; stir in basil, cumin, garlic and salt.

Nutrition Facts Servings per Recipe 6, protein. (g) 3, sugar (g) 4, Fat, total (g) 5 calories. (kcal) 115, cholesterol (mg) 0, carbohydrate (g) 16, Polyunsaturated fat (g) 1, Monounsaturated fat (g) 3, fiber (g) 2, Trans fatty acid (g) 0 .

Preventing Salmonella

Salmonella poisoning is, by far, the cause of most cases of food poisoning in America. That's over 1.4 million cases of food poisoning a year, including over 400 deaths from Salmonella poisoning. While there are more than 2,300 types of salmonella, two types, Salmonella Enteritidis and Salmonella Typhimurium, are responsible for half of these cases. Despite its name, Salmonella actually has nothing to do with salmon — the bacteria is named after the scientist who first discovered it in 1885.

Good food handling practices — properly refrigerating food, washing hands and utensils, avoiding cross contamination — can minimize the risk of salmonella. Cooking food to temperatures of 165°F for at least 15 seconds will kill the bacteria, but, as discussed above, this isn't always possible, which is why safe food-handling practices are so important in preventing salmonella poisoning. Also, it's a good idea to be especially careful when preparing poultry products. When you're preparing recipes that call for raw eggs, consider using pasteurized eggs.

Salmonella Symptoms

Salmonellosis, an infection caused by Salmonella bacteria, is characterized by abdominal cramps, stomach pain, diarrhea, nausea, chills, fever, and headache. Symptoms usually appear six to 48 hours after eating. The illness can last a day or two, and sometimes longer. In some cases, people who've suffered from Salmonella poisoning can experience joint pain and bowel discomfort for three to four weeks after they first got sick.

**Directions to Fun Day:
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 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
DERWOOD MD 20855**

FIRST CLASS MAIL

