



# Family and Community

## Education Hi-lites

June – August 2019

([www.mdafce.org/mcfce.htm](http://www.mdafce.org/mcfce.htm))

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### Montgomery County Association for Family and Community Education Newsletter

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“If you're reading this, Congratulations, you're alive. If that's not something to smile about, then I don't know what is.” — Chad Sugg, Monsters Under Your Head

### Happenings

#### June

- 11 10 - 9 PM FCE Blanket Making Day, Extension Office Garage
- 20 10:30 AM Fun Day at Gettysburg – Registration required \$10.00, see page 3

#### July

- 4 Office Closed (Independence Day)
- 18 – 21 National FCE Conference, St. Louis, MO, registration on the web at [www.nafce.org](http://www.nafce.org)



#### August

- 1 *Hi-lites* and “*Look What’s Happening*” deadline
- 1 10 - 3 PM FCE Blanket Making, Extension Office Garage
- 8 10 AM Set up Montgomery County Fair Booths
- 9 - 17 All Day 71<sup>th</sup> Annual Montgomery County Fair – “Feed Your Senses”
- 22 Noon Back to School Picnic at Bill and Barbara Raab’s home  
10141 Brink Road Germantown. See page 2 for details.
- 27 10 AM Executive Board Meeting, *Hi-lites* Folding, Extension Office
- 24 – Sept. 2<sup>nd</sup> Maryland State Fair, Timonium, MD

#### September COLLECT DUES

- 2 Office Closed (Labor Day)
- 5 10 – 9 PM FCE Blanket Making, Extension Office Garage
- 10 9:45 AM “Portion Distortion” – Mona Habib, CES Educator  
Association Meeting, Refreshments: Derwood. Install Officers
- 14 12 – 6 PM Blue Grass Festival, Agricultural History Farm Park



#### October News Flash - Mark Your Calendar!

- 21 – 22 9:30 AM MDAFCE Annual Conference, Best Western, Westminster MD.  
See “Look’s What Happening” Summer newsletter for registration.

#### **The Best Grocery Store in Maryland: MOM's**

Scott Nash started MOM's as a home delivery business out of his mom's garage in Beltsville, Maryland, in 1987 at the age of 22 with an initial investment of \$100. MOM's seeks to protect and restore the environment and prides itself on placing environmental action and stewardship at the center of its decision-making process, affecting everything from what the grocer sells to whom the grocer hires. MOM's is known for stocking an impressive collection of organic products. MOM's roasts its own organic coffee in house, carries sustainable insect proteins, sells Backyard Beekeeping products to support pollinators, and offers only sustainably-sourced seafood. Recently, MOM's started baking its own organic bread in-house using natural starters.

## President's Paragraphs

### SPRING LUNCHEON

Fifty-two FCE members and friends had a delightful day learning about butterflies and renewing friendships at the Spring luncheon. Master Gardener, Mary Bortz and her husband showed us beautiful butterflies and explained their habitat requirements and what they look like in their caterpillar stage. Three Montgomery College students attended and they expressed their appreciation for scholarships like ours and how having some financial relief makes a big difference in their lives.

A big thank you to Olney-Sunshine 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.

### FUN DAY Gettysburg, PA Thursday June 20

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 20<sup>th</sup>**, 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: **Jeanne Gillis (301-926-1038)**  
**101 Rolling Road, Gaithersburg 20877-2043**

### FCE BLANKET MAKING June 11 Tuesday 10 AM to 9 PM August 1 Thursday 10 AM to 3 PM September 5 Thursday 10 AM to 9 PM

We have completed over 22,000 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. We will teach you. 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 Kathie @ 301-270-5367 for more info.



## FAIR BOOTHS "Feed Your Senses" August 9 - 17



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 (301-384-2805).

### BACK TO SCHOOL PICNIC Thursday August 22 at Noon

Bring a dish to share and school supplies (eg, pens, pencils, rulers, compass, protractor, composition and spiral notebooks, colored pencils, crayons, backpacks, etc) to Bill and Barbara Raab's home, 10141 Brink Road, Germantown. RSVP to 301-330-5447. Schools supplies will be donated to the Betty Ann Krahnke Center and to Title 1 schools. Supplies can also be brought to blanket making and to the September 10<sup>th</sup> county meeting.

### "Portion Distortion"

**Tuesday, September 10 - 9:45 AM**  
**Extension Office**

Dr. Mona Habibi, CES Educator will discuss the new food labels and how to get our portions under control. Please come and support our speaker and perhaps learn a little something too.

### YARD SALE

**Date will be announced**

The yard sale will be held in the fall. An update on the yard sale in the next newsletter.

Have a safe, fun and wonderful summer. See you at the Fair and at the back to school picnic, and plan for some fun Fall activities with FCE.

*Jeanne Purich*

[jcpurich@cs.com](mailto:jcpurich@cs.com)

## NEWS FROM FRANN PETERS

### Youth Ranch

There are 30 men receiving residential therapy for drug and alcohol issues. The Ranch appreciates your donations of magazines, personal care items and snacks. They send a big THANK YOU for the flowers!

### FUN DAY

When: Thursday, June 20, 2019 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:**

**Jeanne Gillis (301-926-1038)**

**101 Rolling Road**

**Gaithersburg MD 20877-2043**

**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 15<sup>th</sup>.  
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 donate.

### MARYLAND FCE ANNUAL CONFERENCE

**October 21<sup>st</sup> – 22<sup>nd</sup> 2018**

**Best Western Hotel**

**451 WMC Drive, Westminster, MD, 21158**

Come to the conference on Monday and Tuesday, October 21 – 22 and enjoy two days of fun, learning, good food and camaraderie. Although the agenda has not been set, you can be assured that you'll find the speakers informative and the topics timely. We will also 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*.

## TROOP UPDATE



May 13, 2018

Greetings.

My deepest gratitude to all those who supported our Treat the Troop project over the past 12 years. It was a major success as was so evident by the numerous letters and emails of thanks we received from our military personnel, civilians and coalition forces.

I wish it had been possible to continue our shipments of home baked goodies. If you know of anyone interested in carrying on this worthwhile project as we have done (or to a lesser degree), please feel free to contact me with any questions.

We are continuing to support Operation Shoebox. The list below contains most all of the items we collect for this project. Any help you can offer in the way of donations of the items that are listed and/or cutting/sewing of the Christmas Stockings and ditty bags, knitting or crocheting helmet liners and making the plastic canvas ribbon angels would be deeply appreciated.

Without the support of all of you, this 12-year mission would not have been possible. I loved working with each and every one of you. You weren't just part of an organization, you became patriotic angels and I am proud to call each of you a special friend.

This is not good bye...I look forward to staying in touch with as many of you as possible.

Heart hugs,

Maddi  
maddik@comcast.net

301-774-8088

## ITEMS NEEDED FOR OPERATION SHOEBOX

Helmet liners (Need knitters and crocheters)  
I have the directions.

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.  
(Unisex fabric for ditty bags)

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

Christmas fabric for the Christmas Stockings  
Yarn for helmet liners- 4 ply acrylic (Colors- tan, brown, navy, black, medium green and medium to dark variegated colors

Plastic Canvas Ribbon Angels (I have the directions)

### Decks of cards

Travel-size Games

Travel-Size Toilet Products (shampoo, conditioner, body lotion, body wash, sunscreen, etc (**NO SOAP BARS**))

Travel-size Dental Products (toothbrushes, toothpaste, mouth wash, floss

Travel-size Wipes

Travel-size Hand Sanitizers

Travel-size Tissues

Chap Stick

Crossword and Sudoku Puzzle Books (No jumbo books)

Hand and Foot warmers

PLAIN White Socks

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

## PUTTING THE “WIN” IN WINDOW CLEANING



### Window Frames and Windowsills

Use a small dustpan or vacuum attachment to get rid of dust, soot, cobwebs, and insects. You can use cleaning wipes on plastic and vinyl window frames. If you’re using a spray product, spray it on the cloth and only use it for the sills, not the glass.

### Window Glass

Spray the cleaning product on a clean cloth then clean the glass, avoiding the windowsill and frame. For the outside, use outdoor window glass spray products. They come with a nozzle that attaches to your hose. Spray from at least five feet away, and let the glass air-dry.

### Blinds

Dust with a clean, soft brush, or vacuum brush attachment. Clean with water and use a soft cloth or sponge. Dry with a clean, soft cloth and use furniture polish on the blinds to make cleaning easier next time. An electro-static duster can be use on and between the slats.

### Window Coverings

If they’re washable, put them in the washer on the delicate cycle. If not, you can have them dry cleaned. You can also vacuum and then use a fabric spray to remove odors.

## STAY ORGANIZED AND SAFE

When it’s time to straighten out your cleaning cabinet, remember that keeping your cleaning products safely stored is important 365 days a year. In addition to child-proofing your cabinets and closets, here are some of our top tips:

- Always keep cleaning products secured and up and out of the reach of children and pets.
- Because it’s so easy to get distracted these days, always be sure to tightly close product caps when they are in use, and never leave buckets alone where curious littles ones can get into trouble.
- Store products in their original containers and keep the original labels intact. Product use and storage, disposal instructions, precautions and first aid instructions vary according to their ingredients.

# MEASLES

Measles is a highly contagious, vaccine-preventable viral infection. Cases of



measles have recently been identified in Maryland, and have been localized to a small geographic area within zip codes 21208, 21209 and 21215.

The Maryland Department of Health has advised that people might have been exposed to measles at the following locations at the following times:

- 4000 Old Court Road in Pikesville, MD  
Tuesday, April 2 from 9:00 a.m. till 1:00 p.m.  
Sunday, April 14 from 10:30 a.m. till 1:30 p.m.  
Tuesday, April 16 from 9:15 a.m. till 12:30 p.m.
- Market Maven (1630 Reisterstown Rd, Pikesville) on Sunday, April 14 from 11:45 a.m. to 2:30 p.m.
- Seven Mile Market (201 Reisterstown Rd, Pikesville) on Sunday, April 14 from 12:45 p.m. to 3:15 p.m.

If you think you or your family member have symptoms of measles, call your doctor before going to the office so staff can take measures to prevent possible spread to other patients. Do not go to child care, school, work, or out in public if you have symptoms of measles. If you think you or a family member might have been exposed to measles, or if you have questions about vaccinations, contact your healthcare provider.

## Symptoms of Measles

Early symptoms of measles are high fever; runny nose; cough; and red, watery eyes. Usually, one to four days after the early symptoms, a red rash appears on the face and spreads to the body.

Some people may suffer from severe complications, such as pneumonia and encephalitis (swelling of the brain). They may need to be hospitalized and could die. Measles may cause pregnant woman to give birth prematurely, or have a low-birth-weight baby.

## Transmission of Measles

Measles spreads through the air when an infected person coughs or sneezes. Also, measles virus can live for up to 2 hours in an airspace where the infected person coughed or sneezed. A person

with measles is contagious beginning 4 days before the rash appears until 4 days after the rash begins. Measles symptoms typically develop 10-14 days after exposure to the virus.

## Prevention of Measles

Measles can be prevented with MMR vaccine. The MMR vaccine is very safe and effective. Two doses of MMR vaccine are about 97% effective at preventing measles; one dose is about 93% effective.

Before the measles vaccination program started in 1963, an estimated 3 to 4 million people got measles each year in the United States. Of these, approximately 500,000 cases were reported each year to CDC; of these, 400 to 500 died, 48,000 were hospitalized, and 1,000 developed encephalitis from measles. Since then, widespread use of measles vaccine has led to a greater than 99% reduction in measles cases compared with the pre-vaccine era. However, measles is still common in other countries. Unvaccinated people continue to get measles while abroad and bring the disease into the United States and spread it to others.

## There is no link between vaccines and autism.

Some people have had concerns that Autism Spectrum Disorder (ASD) might be linked to the vaccines children receive, but studies have shown that there is no link between receiving vaccines and developing ASD. In 2011, an Institute of Medicine (IOM) report on eight vaccines given to children and adults found that with rare exceptions, these vaccines are very safe.

A 2013 CDC study added to the research showing that vaccines do not cause ASD. The study looked at the number of antigens (substances in vaccines that cause the body's immune system to produce disease-fighting antibodies) from vaccines during the first two years of life. The results showed that the total amount of antigen from vaccines received was the same between children with ASD and those that did not have ASD.

## Vaccine ingredients do not cause autism.

One vaccine ingredient that has been studied specifically is thimerosal, a mercury-based preservative used to prevent contamination of multidose vials of vaccines. Research shows that thimerosal does not cause ASD. In fact, a 2004 by the IOM concluded that "the evidence favors rejection of a causal relationship between thimerosal-containing vaccines and autism." Since 2003, there have been nine CDC-funded or

conducted studies that have found no link between thimerosal-containing vaccines and ASD, as well as no link between the measles, mumps, and rubella (MMR) vaccine and ASD in children.

Between 1999 and 2001, thimerosal was removed or reduced to trace amounts in all childhood vaccines except for some flu vaccines. This was done as part of a broader national effort to reduce all types of mercury exposure in children before studies were conducted that determined that thimerosal was not harmful. It was done as a precaution.

Besides thimerosal, some people have had concerns about other vaccine ingredients in relation to ASD as well. However, no links have been found between any vaccine ingredients and ASD.

## National Human and Sex Trafficking Statistics 2019

Millions of men, women and children across the country and world are victims of human trafficking for forced labor, sex and other types of exploitation.

It is estimated the economic cost of trafficking related to underpayment of wages and recruiting fees is at least \$20 billion annually. The costs to human beings on a personal level are impossible to put into numbers.

It is recognized today there are three types of human trafficking: labor, sex and war slavery.

- Sex trafficking, defined as, where a commercial sex act is mandated by force, fraud or coercion, or where the person who is forced to perform the act is not at least 18 years old; or
- The harboring, recruitment, transportation, provision or obtaining of an individual for labor or services through using fraud, force, or coercion for the purpose of subjecting the individual to involuntary solitude, debt bondage, slavery or peonage.

### The Basic Problem of Human Trafficking

Getting a grip on the size of the human trafficking problem is challenging; it is difficult to collect statistics due to the fact of slavery being done in secret, and there is a good deal of discrepancy between the figures available. But there is a report that claims up to 27 million people

live in some type of modern day slavery throughout the world. According to the International Labor Office, there are 21 million victims of human trafficking across the globe. In the US, it is estimated that 17,000 people are put into some form of slavery every year.

### Human Trafficking By the Numbers

- Since 2007, the National Human Trafficking Hotline has gotten reports of 22,191 sex trafficking cases in the US.
- Since 2016, the National Center for Missing and Exploited Children has estimated that one in six endangered runaways were likely to be sex trafficking victims.
- There are nearly 21 million victims of human trafficking around the world. Seventy percent are trapped in forced labor; 26% are children; and 55% are girls and women.
- The US Department of Labor reports that 139 goods from 75 countries were made by child or forced labor.
- The number of minors under 18 who are victims of human trafficking around the world is 5.5 million.
- Victims spend an average of 20 months in forced labor.
- Around the world, the International Labor Organization estimates there are 4.5 million people who are forced into sexual exploitation.
- In 2014, the Urban Institute stated the underground sex slave economy is up to \$40 million annually in Denver, and \$290 million in Atlanta.
- 5 million work in forced labor in construction, manufacturing, mining or hospitality.
- 8 million are domestic workers.
- 7 million forced labor victims are working in agriculture.
- Human trafficking earns profits of up to \$150 billion per year around the world.
- Sexual exploitation makes great profits for operators, but forced labor saves them money. In Germany, Chinese kitchen workers were paid only \$808 for an 80 hour work week. They should have been paid per German law a wage of \$2558 for a 40 hour workweek.

### What can you do?

- If you think someone is a victim of human trafficking in the US, you can report it by calling 911, or by calling the National Human Trafficking Hotline at 888-373-8888.



## MCFCE ASSOCIATION MEETING

April 10, 2019

Call to Order, Creed, and Pledge

### **Treasurers Report: Jeanne Gillis**

Scholarship Fund: \$8,126.42

Donation: \$1,250.00

Expense: \$500.00

General Fund: \$16,429.54

In Memory of Derwood Homemaker Becky Dytman

Montgomery College Book Fund. As approved at last meeting.

CD \$5,000.00      Checking \$11,429.54

\*Not much change from last meeting. One \$322.38 Deposit      Spring Luncheon \$60.00

Blanket Making, birthday money, Dollars & Pennies \$147.00.

Zero Hunger \$115.00      Total since MD Conference: \$617.72

\*\*In November 2018 we paid \$50.00 to Montgomery County History for today's Clara Barton speaker

### **President's Report: Kathie Mack** —Jeanne Purich is away—

“Beautiful Butterflies” Spring Luncheon - Saturday May 11 starting at 10:30 at Extension Office Cost \$15.00.

Sign-up sheet is available. Individuals bring a 6-pack of annuals and clubs should bring a flat of flowers for

The Ranch. Don't forget new books for our Books for Newborns drive.

ACWW Women Walk the World on April 29<sup>th</sup>. Raise money for ACWW programs and spread the word. We will walk in May 11.

Volunteer recognition night – May 15<sup>th</sup>. You must RSVP. If going, please sign the sheet and your name will be turned in. If you sign up and then aren't going, **YOU MUST CALL AND UNREGISTER.** (Jackie Marsh, Administrative Assistant 301-590-2829)

YARD SALE – Hopefully will be in the fall. Date TBA.

FUN DAY June 20 in Gettysburg \$10.00. Sign-up sheet available.

National FCE Conference July 19-21 St Louis MO. Registration in National newsletter or online.

### **Vice-President's Report: Kathie Mack**

SAVE THE DATE – October 21 -22 Annual state conference, Westminster MD. Registration will be in the Summer issue of Look What's Happening.

**Special Projects:**

Blanket Making	May 3	(Friday)	10 AM to 3 PM
	June 11	(Tuesday)	10 AM to 9 PM
	August 1	(Thursday)	10 AM to 3 PM

Fall Festival – October 5<sup>th</sup>, set up – October 4<sup>th</sup>, Save the Date - Need many volunteers.

Mary Ann Shirven (Friends of Farm/Farm Seasonal) told us what was happening at the farm on the current weekend. Tractors and Auto Show.

### **County Fair: Kitty Cooley:**

Think about what your club might present at the Fair “August 9<sup>th</sup>- 17<sup>th</sup>, 2019. Set-up on Thursday Aug 8<sup>th</sup>.”

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

**Publicity: Kathie Mack** - Our information appears on the MC Volunteer web site and in the Greater Olney News.

**Scholarship Committee:** Frann Peters

We hope that the scholarship recipients will attend the Spring Luncheon.

Laytonsville Haven for Women is doing well. The Ranch, the men are looking forward to the plants.

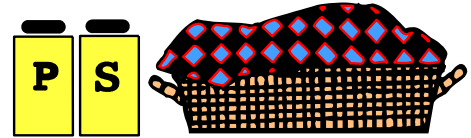
Mark your calendar Fun Day June 20 in Gettysburg-cost \$10.00 for lunch, dinner and a great time. Sign-up sheets is going around. We will have Dora Thompson, granddaughter of a suffragette, speak.

### **Old Business:**

Continue to collect stamps, Books for Newborns, magazines or sheet sets for Ranch & items for Laytonsville Haven; soda can pop tops, Box Tops for Education, ditty bags, helmet liners, Christmas stockings, ribbon angels and notes for the troops.

National FCE challenge - Every member is to get one (or more) new members. When you do get a new member, Maryland FCE will enter your name and your new member's name in a drawing for FREE registration for the both of you to the state conference in October. Also you will get a “Star” pin from NAFCE. Volunteers! We would like someone to handle some duties for the Fall Festival. Volunteers? Please!

**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**

