



Family and Community

Education Hi-lites

June – August 2020

(www.mdafce.org/mcfce.htm)

Montgomery County Association for Family and Community Education Newsletter

Hope does not mean dreaming on about the future.

Hope means aiming at it and just refusing to believe that you cannot make it.

Maurice Lamm

Happenings

June

- 16 10 - 9 PM **CANCELLED** FCE Blanket Making Day, Extension Office Garage
- 18 10:30 AM **CANCELLED** Fun Day at Gettysburg – Registration required \$10.00, see page 3

July

- 4 Office Closed (Independence Day)
- 18 – 21 **CANCELLED** National FCE Conference, St. Louis, MO



August

- 1 *Hi-lites* and “*Look What’s Happening*” deadline
- 4 10 - 3 PM FCE Blanket Making, Extension Office Garage
- 13 10 AM Set up Montgomery County Fair Booths
- 14 - 22 All Day 72th Annual Montgomery County Fair – “Follow the Herd”
- 25 10 AM Executive Board Meeting, *Hi-lites* Folding, Extension Office
- 27 10 AM Set-up for Yard Sale (15500 Gallaudet Ave)
- 28 - 29 Yard Sale
- 27 – Sept. 7th Maryland State Fair, Timonium, MD

September COLLECT DUES

- 4 10 – 9 PM FCE Blanket Making, Extension Office Garage
- 7 Office Closed (Labor Day)
- 8 9:45 AM Trampling the Serpent: American POWs in North Vietnam.
Speaker John Fer -prisoner of war in the “Hanoi Hilton” along with John McCain
Association Meeting, Refreshments: Derwood. Install Officers
- 30 10 – 3 PM FCE Blanket Making, Extension Office Garage



October News Flash - Mark Your Calendar!

- 19 – 20 9:30 AM MDAFCE Annual Conference, Best Western, Westminster MD.
See “Look’s What Happening” Summer newsletter for registration.

HURRAY TO THE MASK MAKERS!

The count as of May 7th is **583** masks (and I know there is more because everyone didn’t let me know) made by FCE members and friends. These masks went to homecare workers, friends, family, food lines, Extension, Vet’s office, public safety committee, etc., to Baltimore, New York, Pennsylvania, Florida and Tennessee to name a few. Thank you all and please let me know how many you have made.



President's Paragraphs

SPRING LUNCHEON

It was very disappointing to have to cancel our spring luncheon. We hope to have some type of luncheon later in the year, or if not, look for next year's spring luncheon to have the same great festivities and fun.

A big thank you to the Derwood Club for work and planning of this luncheon.

Rus Weber from Asbury Village was to attend the luncheon to express his gratitude for all stamps that you have been saving. This is a great project for the residents of Asbury Village and he is very grateful. Also Rus is 100 years young!

FUN DAY

Again we must cancel this event. Since we don't know when and how things will open up, we felt it was necessary to cancel our get together in order that we all stay safe. We are very sad about it but we must think of everyone's safety.

FCE BLANKET MAKING

June 16 Tuesday 10 AM to 9 PM CANCELLED

August Tuesday 10 AM to 3 PM

September 4 Friday 10 AM to 9 PM

Our June blanket making has been cancelled. We hope to hold the August and September meetings but right now the Extension office is closed until the end of June. We will send out email alerts when we know if we can meet. Call Kathie @ 301-270-5367 for more info.



FAIR BOOTHS "Follow the Herd" August 14 – 20



We are waiting to hear about the status of the Fair. However, planning and working 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).

YARD SALE

August 28 and 29 (Friday and Saturday)

Set-up Thursday August 27

We hope to have the yard sale on these dates in August. But it all depends on the opening of the state/county. An update on the yard sale will come in the form of an email.

BACK to SCHOOL SUPPLIES

In August and September, we would like to collect school supplies. I know this may be difficult with our "Stay in Place"



orders. However, with wishful thinking that we will be able to go out by August, if you have the opportunity to purchase some school supplies, it would help many children. We will collect the supplies at the August and September blanket makings, our September informational meeting or they can be dropped at my house. Thank you very much for your help. I know the schools and students are very appreciative of these supplies.

**Trampling the Serpent:
American POWs in North Vietnam.
Speaker John Fer - prisoner of war with John
McCain in the "Hanoi Hilton"
Tuesday, September 8 - 9:45 AM
Extension Office**

Mr. Fer is an informative and an exciting speaker who will share his experiences in Vietnam. Please come and support our speaker. Speaker at 11 AM. Guests are welcome.

We are very excited to have a new contributor to the newsletter, Susan Goldman. Be sure to check out her articles on pages 4 and 5 and learn a little about her. Thanks Susan and welcome aboard.

Have a safe and healthy summer. Hope to see you at blanket making and at the Fair.

Jeannie Purich

jcpurich@cs.com

NEWS FROM FRANN PETERS

The Ranch

There are 43 men receiving residential therapy for drug and alcohol issues. They are sheltering in place right now

FUN DAY

Unfortunately due to the corona virus and the “stay at home” order, Fun Day has been cancelled. If we can hold it at a later date, we will let you know. Thank you all for your participation in this activity.

Laytonsville Safe Havens

The men and women are well and sheltering in place.

Frann Peters

301-253-2589

TROOP UPDATE

At this time, Operation Shoebox is not sending anything to the troops. When shipments resume, I will let you know.

This is not good bye...I look forward to staying in touch with you.

Maddi Klein

maddik@comcast.net

301-774-8088

MARYLAND FCE ANNUAL CONFERENCE

October 19th – 20th 2020

Best Western Hotel, Westminster, MD

Come to the conference on Monday and Tuesday, October 19 – 20 and enjoy two days of fun, learning, good food and camaraderie. Although the complete agenda has not been set, some of our speakers include Terry Serio, extension agent, on herbs and spices, Greg Keiper on components of Medicare and Phyllis French speaking about the Women of Gettysburg during the war. What were the women doing and what was their life was like? Phyllis will tell us their story. You can be assured that all the speakers are informative and the topics timely. I know it may be hard to think about committing to a conference at this time but please consider registering. If the conference cannot be held, your entire registration fee will be refunded. Registration for the annual conference is in the summer issue of the MDAFCE newsletter, *Look What's Happening*.

Oh, No, Another Coronavirus Article!!

Hello Everyone! My name is Susan – I joined your meeting for the first time on March 6th and enjoyed it very much. So nice to meet so many compatible, friendly people all doing the things I enjoy most: knitting, crocheting, quilting, and chatting. I couldn't wait for the next meeting, but by April 2nd, we were all sheltering in place.

Ah, well. In addition to crafting, I also enjoy writing. Although you may know many of these bits of information, this newsletter will be distributed in May, and a reminder of some of the high points might be useful. I hope so.

KNOWLEDGE IS POWER – IGNORANCE IS NOT BLISS:

Sorting through conflicting information is a real challenge. Some of us might have stopped watching any news. It's become too upsetting and anxiety-provoking.

You can sort out truth from rumors for yourself. In addition to the CDC (Centers for Disease Control, *cdc.gov*), there are several other trustworthy sources for up-to-date facts: The Mayo Clinic (*mayoclinic.org*) offers an excellent overview of the virus, symptoms, treatments, when to call the doctor, etc. It's all presented in language for the general public.

The Harvard University web site offers accurate information and answers to frequently asked questions. They also offer timely updates. Go to *health.harvard.edu/diseases-and-conditions/coronavirus-resource-center*

Individual states have specific information and updates for your immediate area. *coronavirus.maryland.gov* will access the Maryland Department of Health. Virginia's Department of Health has a section on Covid-19: *vda.virginia.gov*.

If you hear something that sounds a bit off or too good to be true, you can try checking the item on *snopes.com*. This is a web site dedicated to determining whether common and current rumors, are true or false. However, it may not be updated as often as the stories come around. Your best, most reliable and honest information will come from experienced doctors, scientists, researchers and your own doctor.



PREVENTION

WASH YOUR HANDS

You've heard it a thousand times or more: Frequent and proper hand washing is the single most important thing you can do to prevent spreading the virus. By now, it's becoming tiresome, and many of us might be slacking off here and there. Really – how many times can you sing 'Happy Birthday' twice? Instead, go to the web site www.washyourlyrics.com enter the name of your favorite song and the artist, and the site will provide 20-22 seconds worth of that song so you can time your scrub-up. Choose your own earworm, and walk away from the sink humming a favorite tune. (With all this hand washing going on, don't forget to use enough hand lotion to prevent skin irritation.)

STAY HOME

Stay home as much as possible. Try to limit grocery shopping to once/week, at most. Plan ahead so you spend the shortest possible amount of time in the store. If you're familiar with the store, try to organize your list by aisle.

As long as you're shopping, think about buying some **emergency supplies**, before you need them. Many cases of the virus, except the most severe ones are treated at home. If you do get sick, you won't want to go out or expose anyone else. Having things like soup or bone broth, crackers, ice pops, or whatever you crave when you're sick, plus acetaminophen, a thermometer, a face mask, and a pad and pen (to keep track of questions for the doc, symptoms and a log of your temperature, when you last ate or took your meds) stashed together will prevent extra trips to the store when it's least practical.

IF YOU DO EXHIBIT SYMPTOMS -

such as fever above 100.4°F, persistent cough, shortness of breath, and tightness around the chest, call your doctor. Don't go to the ER or an urgent

care center. Your doctor will give the best advice for you, based on your particular symptoms and your medical history. However, if you have trouble breathing, persistent chest pain or pressure, bluish lips, fingers, toes or confusion, that's the time to call 911 (per the CDC). When you call, let the dispatcher know you have symptoms of Covid-19 and wear any kind of face mask or covering to protect the emergency workers.

HOW TO STAY SANE:

At first, folks said "Great, I'll have time to finally clean out my closets". And if you do, terrific! If you don't, no harm done / no guilt / no shame. Owning a sewing machine doesn't obligate you to make face masks unless you want to.

Everyone handles things differently, and has different needs. If you want a nap, but think you ought to be cleaning out that kitchen junk drawer, please take a nap. The drawer and its contents will wait for you. Self-care is a high priority now.

Get dressed. It's an awful feeling to look at the clock, realize it's 4 PM already, and you're still in your bathrobe. Take a shower, put on some jewelry and give yourself a manicure. When you look good, you'll feel better, even if you live alone and aren't going anywhere. Once a week or so put on a pair of jeans or pants with a waistband instead of wearing sweats or pj's every day. That way you won't have any big surprises when this is over. And it *will* be over, eventually.

Structure is good, if possible. If not, at least resolve to make your bed when you get up. There! You've accomplished something! And you just got up! It will make you smile, and feel worthwhile, and might lead you to do additional small tasks here and there. They will add up – you'll be surprised!

Stress eating is common. After all, you're stuck inside all day with nowhere to go. Don't you deserve those cookies? But after you've eaten them, you'll still be stuck inside, and probably kind of queasy. Once again if you do overeat, no guilt/no shame. Know that you're not alone, and that tomorrow is another day. But do try on those pants.

If you do have energy, choose one thing to do that day. You can always do more, but you'll have a feeling of accomplishment when you finish that one goal.

To-do lists are great. What's better? A list of things you've done. It's a much more positive feeling to write down each task or project you complete and see what you've accomplished at the end of the day. It's more discouraging to look at an ambitious to-do list and see the things you haven't crossed off.

Depression is common when you're isolated. Make it a point to call or email at least one person/day. Now is a good time to catch up with someone you haven't spoken to in a while. Maybe they're missing you, too! Buy fresh flowers or you can or pick them from your garden. Let some sunshine in, pull up the blinds, open the curtains. Even better, go outside and let the sun shine on you. Even for 5 or 10 minutes. I won't even attempt to discuss the many benefits of exercise. You already know them. Keeping up with your old routine is great, but there's a lot of room between getting out of bed and forcing yourself to stick to an unrealistic goal. Doing something is better than doing nothing.

If your depression or anxiety is severe, please, please don't cut yourself off from the rest of the world. Is there someone you can talk to? A reliable, factual web site you can access to be sure your fears aren't spiraling out of control? Try calm music and slow focused breathing.

If you live in Montgomery County, Maryland, there is an emotional crisis hotline that is staffed with trained counselors 24/7. When you don't know who else to call, try **301 548 4930**. You don't have to go through this alone. We're all in this together.

Allowing life to go on to the best of your ability is the most some folks can do right now. If you do get lots of projects done, good for you! And if you did, please don't tell me. I'm happy with my knitting.

Please stay home.

Please stay safe.

Thank you.

Susan M Goldberg
harmony51480@aol.com

"If a free society cannot help the many who are poor, it cannot save the few who are rich".

John F. Kennedy

A FEW RESOURCES FOR THOSE FOLKS CARING FOR CHILDREN:

Virtual tours of 14 world-class art museums
<https://robbreport.com/lifestyle/news/14-virtual-museum-to-visit-during-social-distancing-and-quarantine-2905827/>

Free-range penguins at the Shedd Aquarium in Chicago meet Beluga Whales for the first time:
<https://www.youtube.com/watch?v=OAEu8DPq2-Y>

Mr. Rogers or Curious George DVDs www.pbskids.org

WHAT ARE THE DIFFERENCES BETWEEN CLEANING, SANITIZING, AND DISINFECTING?



Every season, it's a good idea to give your living and work spaces a thorough cleaning. You may also want to disinfect every nook and cranny to reduce the spread of harmful bacteria. But what's the difference between merely cleaning the house and disinfecting it from top to bottom? It's a question that may be on your mind as you get out your mop and bucket.

When you clean your home, you remove clutter, dust, some level of germs, and grime from the areas around your house. That means that you pick up toys and dishes then wash them in soap and water, vacuum carpets and upholstered furniture, dust shelves and fixtures, wash and rinse surfaces, and get everything into order. Floors are swept and mopped, and cabinets are wiped down and organized. If it has visible dirt and dust on it, cleaning involves the removal of that dirt and dust.

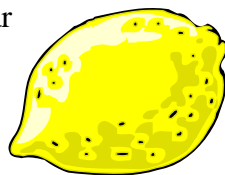
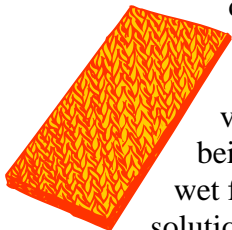
The good news is that you probably won't need to wear a hazmat suit or set up a decontaminant chamber to get your home in its cleanest state. "Cleaning is scrubbing with hot soapy water and rinsing," explains Dr. Beth Albrecht, an instructor in microbiology, genetics

and anatomy, and physiology at Stark State College. "This is typically enough for household surfaces". Cleaning on a regular basis with a keen eye can help you to keep your home spotless. What Do Sanitizing and Disinfecting Mean?

While regular cleaning is good for the health of your home, it does not necessarily reduce the bacteria growth on surfaces. That's where sanitizing and disinfecting come into play. "Sanitizing is reducing microbial counts (numbers of bacteria and viruses) to safe levels. Disinfecting aims to destroy harmful -- what could make us sick -- growing microbes, [which are] bacteria and viruses," Dr. Albrecht says. "This is not the same as sterilizing which aims to destroy all microbes". You will definitely want to sanitize high-traffic areas of your house each week (especially the bathroom and kitchen where harmful bacteria live) and add a disinfection step to your routine following an illness in your home, during seasons when certain viruses spread, or at least every few months.

You can sanitize or disinfect surfaces using bleach, disinfectant wipes, or other designated disinfectant solutions. Surfaces can be sanitized using a disinfectant wipe if they are wiped and then visibly wet for 10 seconds before being dried. Surfaces need to be visibly wet for four minutes with the disinfectant solution from the wipe in order to disinfect. If the surface is used for food, it must be rinsed with water after using a disinfectant solution on the surface, Dr. Albrecht says. Bleach and other disinfecting solutions are toxic, so you will have to make sure to remove any traces of the disinfectant afterward.

What about using all-natural solutions? Well, it turns out that while vinegar and lemon juice do affect bacteria populations, they are not considered to be disinfectants. Instead, vinegar and lemon juice contain acids that work as an antimicrobial, inhibiting the growth of harmful bacteria. Cleaning surfaces with this homemade solution will get your surfaces very clean and make them a little more inhospitable to the growth of bacteria, but these ingredients do not work as a disinfectant.



IS COFFEE YOUR SUPER POWER?

Bryan Gardner

Whether you prefer to purchase beans or pre-ground, coffee begins to lose freshness almost immediately after roasting, according to the National Coffee Association, a trade group representing the U.S. coffee industry. Luckily, there are things you can do to ensure you brew a better cup.



It all starts with the bag. "Any factory sealed bag will keep freshness longer than an open bag, paper or not," says Michael Phillips, director of coffee culture for Blue Bottle Coffee. "Vacuum" sealed bags that have been flushed are even better, but the best thing is to buy small amounts frequently, that way the freshness is ensured."

Does Coffee Go Bad?

"Coffees start to noticeably lose flavor at around two weeks—one week if the coffee is a darker roast profile," says Phillips. "However, coffee is pretty shelf-stable in terms of issues concerning health. Although, coffee beans do have a certain amount of oil in them that under bad conditions (such as exposure to sunlight and heat) can go rancid after long periods of time". The National Coffee Association recommends buying smaller batches of freshly roasted coffee more frequently—enough for one or two weeks.

Should You Buy Whole Beans or Pre-Ground?

Whether you should buy beans or pre-ground coffee really comes down to personal preference. "Most coffee aficionados opt to keep their coffee as whole bean right up to the point of brewing as this will keep the freshness of the coffee at its peak," says Phillips. "I would actually suggest getting your coffee ground in a coffee shop's professional gear, as having a good grind will treat your final cup better than the difference in freshness".

Storing Coffee Beans

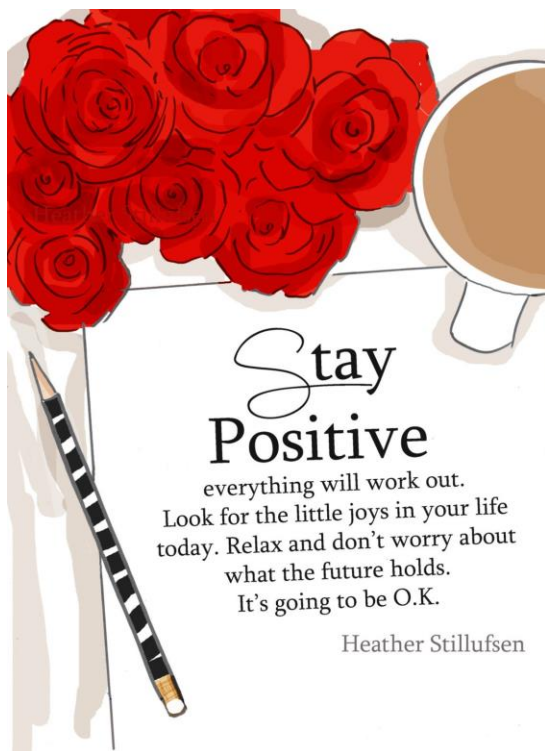
Proper storage is the most essential detail in terms of keeping coffee fresh. That means keeping out air, moisture, heat, and light, which all have an impact on the freshness and taste. "If you have airtight vacuum-sealed packaging, the freezer is

your best option," says Phillips. "However, once the packaging is opened, avoid the freezer at all costs. The coffee will act like a sponge and absorb all sorts of flavors and humidity. Once the original seal is broken, placing coffee in the freezer will almost certainly eliminate flavors and humidity that will lower the quality of what you get in the final cup". Optimal cups will come within one to two weeks of the coffee's roast date.

"To preserve your beans' fresh roasted flavor as long as possible, store them in an opaque, air-tight container at room temperature," notes the National Coffee Association. "Coffee beans can be beautiful, but avoid clear canisters which will allow light to compromise the taste of coffee. Keep beans in a dark and cool location. A cabinet near the oven is often too warm, and so is a spot on the kitchen counter that gets strong afternoon sun".

Storing Ground Coffee

"You know what that glorious smell we encounter in fresh coffee is? It is the flavor running away," says Phillips. "Once coffee is ground, the CO₂ from the roasting process that protects the coffee from oxygen escapes very quickly no matter how the coffee is stored. Optimal taste is within a few hours of being ground, but you can still get good cups for a day or two". He says that ground coffee will follow the same rules as whole bean coffee. The best way to store both is in airtight containers kept in a cool and dark location.



"Maryland the Beautiful"

{As part of our FCE heritage we have studied and promoted many things. One of them was Creative Arts which included our own creative writings. There is no date on this composition, but as you read it you will know that it doesn't go out of date.}

Maryland is beautiful,
So beautiful to me -
Nature gave it many gifts
From mountains to the sea.

Truck gardens on the Eastern Shore
Lush fields of corn and hay
Are patchwork quilts of beauty
We Marylander's say.

The Chesapeake's a mighty bay,
Its history will tell
Of ships that come from many lands,
And oystering as well.

State parks for recreation
And ocean beaches, too,
Vacationers can always find
A beauty spot to view.

Annapolis the Capital,
Is quaint with narrow streets.
The State House stands right at the hub,
All visitors it greets.

Baltimore, the main port,
Is known the whole world through,
It's famous for a well-loved song
Of our red, white, and blue.

I am so proud of Maryland,
As proud as I can be,
No other state so beautiful
From mountains to the sea.

Lucille Oosterhous
Adelphia Club

Chocolate Chip Cranberry Cookies

Makes 6 dozen

Bake 350°F for 10-15 minutes

Ingredients

1½ C. softened butter

1 C brown sugar

1 C white sugar

2 eggs

1 tsp each vanilla, baking soda baking powder, salt

2 C flour

2 C quick oats

2 C Rice Krispy cereal

2 C white chocolate chips

2 C dried cranberries

Directions

Cream butter and sugars in a large bowl. Add eggs and vanilla. Mix dry ingredients in a large bowl. Add dry ingredients to wet and mix well. Scoop a spoonful of dough and kind of press it into your hand to flatten it and place on a greased cookie sheet or a baking stone without grease. They are done when the cookie is still pale but just a hint of brown on the edges. Let them cool slightly before transferring to a cooling rack.



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FIRST CLASS MAIL

