



# Family and Community Education Hi-lites December – February 2019 [www.mdafce.org/mcfce.htm](http://www.mdafce.org/mcfce.htm)

Montgomery County Association for Family and Community Education Newsletter

“Lock up your libraries if you like; but there is no gate, no lock, no bolt that you can set upon the freedom of my mind.” — Virginia Woolf, A Room of One's Own

## Happenings

### December 2018

- 11 9:30 am **Cookie Exchange and Crafts**, Extension office (garage)  
Call Kathie with any questions 301-270-5367  
Bring in your ZERO HUNGER Dime bottles
- 15 **Send yearly reports to the President**

### January 2019

**Note: NO Association Meeting This Month**

- 1 **New Year's Day Celebrated – Extension Office Closed**
- 3 10:00 am – 3:00 pm **Blanket Making Sew-A-Thon**, Extension Office
- 15 10:00 am **Cookie Packing for the Troops**, Laurel Methodist Church



### February

Collect “Birthday Monies” (1 penny for each year of member’s age or a \$1 to keep your age anonymous!)  
Send check to Montgomery County FCE Treasurer.

- 1 **Hi-Lites and Look What’s Happening Deadline**
- 1 10:00 am – 9:00 pm **Blanket Making Sew-A-Thon**, Extension Office
- 12 9:45 am **Association Meeting**, and Valentine Craft (garage) Lunch Bunch Hosts
- 26 10:00 am **Executive Board Meeting** – Hi-Lites Folding Executive Board
- 28 10:00 am – 3:00 pm **Blanket Making Sew-A-Thon**, Extension Office  
(This is our March blanket making.)

### March

- 12 9:45 am **Fire Prevention and Fire Safety at Home - What You Need to Know** Jim Resnick  
**Association Meeting** Olney-Sunshine Hosts
- 19 10:00 am **Cookie Packing for the Troops**, Laurel Methodist Church
- 26 10:00 am – 9:00 pm **Blanket Making Sew-A-Thon**, Extension Office  
(This is our April blanket making.)



## PRESIDENT'S PARAGRAPHS

### Reports

In order to complete our State FCE reports by December 31<sup>st</sup>, we need your outreach hours and the program report from your club for 2018. All report forms including your outreach hours should be returned to me by December 15<sup>th</sup>. Why not bring them to the cookie exchange on December 11<sup>th</sup>?

### Cookie Exchange

**December 11, 2018 9:30 AM**

COOKIES! COOKIES! COOKIES! Are you ready for some fun? Bring 4 dozen cookies, the recipe and an empty container (to put your new cookies in) to the Extension Office garage on December 11<sup>th</sup>. We will have a craft or two, maybe some singing or games. It will be a great Holiday Party. After the party, we will go to lunch.

### FCE Blanket Making Sew-A-Thon

**January 3, 2019 Thursday 10 AM - 3 PM**

**February 1, 2019 Friday 10 AM - 9 PM**

**February 28, 2019 Friday 10 AM - 3 PM**



This year we have made 1,171 blankets and 629 hats for children. In 17 years, we have made 19,934 blankets and 11,156 baby hats. Can you believe it we are starting our 18<sup>th</sup> year? It remains a rewarding and fun project and a joy to see all the blankets. If you haven't seen the "operation," I encourage you to come. You do not have to sew, knit or crochet to take part – there is yarn to sort, and blankets to count and pack. Bring a sandwich (and a friend); drink and dessert are provided. Come prepared to have some fun, exchange ideas and make a difference.

We are always looking for more yarn; if you know of anyone who is cleaning out their closet, keep us in mind. We can also use KID print and plain-colored fabric. Please wash and iron the cotton or cotton poly fabric before you donate it.

### Handbooks

The Handbooks will be distributed at the Cookie Exchange in December. The Handbook is a very useful, quick reference to keep you updated

and to enable you to contact your local and state officers. The handbook explains FCE programs (i.e. Pennies for Friendship, ACWW etc.) and most importantly keeps you informed of county and state events and programs.

### February is Birthday Month

Happy Birthday! Remember that February is birthday month. Clubs should collect a penny for each year of each member's life (or \$1.00 so no one will know your age) and send to Jeanne Gillis. The fund goes to the state FCE treasury to help defray mailing costs for the newsletter.

### Valentines

**February 12, 2019**

**(Extension Office garage)**

**9:45 AM**

We will be making Valentine's for distribution to the NIH Children's Center. Enjoy a morning out and be a kid again cutting and pasting!



**"Fire Prevention and Fire Safety at Home - What You Need to Know" Jim Resnick, Program Manager, Senior Outreach & Education**  
**March 12, 2019 10 AM**

We'll discuss smoke alarms, carbon monoxide alarms, the effective use of doors to help keep you safe, and many fire prevention tips. As a primer, please watch the following 5 minute video: <https://www.youtube.com/watch?v=bSP03BE74WA>

### Membership

National FCE has challenged every member to get a new member. Here in Montgomery County, we also have a need to increase membership. So let's take the NAFCE challenge and get a new member. You and your recruit will be entered into a drawing for free registration at the Maryland FCE Annual Conference October 21 & 22, 2019. We all know someone we can invite to be a member. Come on, let's do it. Let's have Montgomery County be the county that gets everyone to recruit a new member!!!

A handwritten signature in black ink that reads "Jeanne Purich".

Jeanne Purich, President

## Hugs from Frann

### Youth Ranch:

The Ranch now has 32 men. If you have sports or other male oriented magazines, (Men's health, Popular Mechanics, etc), please consider donating them to the ranch.

### Stamps:

Thank you for saving postage stamps and supporting this activity. (Remember to leave a bit of the envelope showing around each stamp.) Picture postcards are requested – save the entire postcard. This year's collection will be given to Rockville Village. The residents prepare stamps for sale and this income supports monthly birthday cakes and gifts for residents without family.

### Laytonsville Safe Haven:

The ladies enjoy donations of magazines, personal care products, greeting cards, nail polish, hair brushes, etc. Games, adult coloring books, colored pencils or activity books are also appreciated.

Frann Peters 301-253-2589  
Items can be brought to blanket making or county meetings.

## Cookie Exchange December 11, 2018



It is time to get out your favorite cookie recipe or a new one and bake those fabulous cookies for our annual cookie exchange.

On December 11<sup>th</sup> starting at 9:30 AM, please bring **48 homemade** cookies. This will be 40 to exchange and 8 to sample while we are busy making a few **crafts** prepared by Ginny Hagberg. It is a fun time for all so invite a friend to join us. The more the merrier. There will be **door prizes** and other surprises. If you do not want to make cookies, come anyway and join in the fun.

Afterwards, we will go out for lunch.  
Kathie Mack 301-270-5367

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“The day will come when men will recognize woman as his peer, not only at the fireside, but in councils of the nation. Then, and not until then, will there be the perfect comradeship, the ideal union between the sexes that shall result in the highest development of the race.” – **Susan B. Anthony**

## SIMPLE TIPS TO KEEP YOUR BATHROOM CLEANER LONGER

Which room in American homes gets deep cleaned most often? Hint: It's the same room we dread cleaning the most! You guessed it – the bathroom. According to the **American Cleaning Institute's 2018 National Cleaning Survey**, the one item in our homes that is cleaned most often is – the toilet.

It doesn't have to be a task to despise! Here are some simple tips to help maximize your cleaning routine:

1. Use a daily shower cleaner to keep shower and tub surfaces free of soap scum, mildew stains and hard water deposits. When you mist surfaces right after showering while the walls are wet and warm, you won't have to rinse, wipe or scrub.
2. Keep a variety of wipes in a basket under your sink or somewhere else hidden away and safe if you have small children. Pick up wipes for your windows and mirrors, toilet handles and faucets, and countertops.
3. Grab a toilet wand or brush to tidy up as needed.
4. Dry faucets and handles after use to prevent water, soap, and toothpaste spots and stains.
5. Keep your shower doors and curtains open after a shower or bath to allow them to air dry to prevent mildew.
6. Have an all-purpose cleaner or a foam-based cleaning pad for some of your tougher clean-ups.



## HOW TO DONATE WISELY AFTER A DISASTER

August 9, 2018

Colleen Tressler, Consumer Education Specialist, FTC

Natural disasters and weather emergencies are in the news. Whether it's the devastating wildfires along the West Coast, the relentless rains and flooding along the East Coast, or tornado strikes in the Midwest, it's heartbreaking to see people lose their homes and businesses. But it's despicable when scammers exploit such tragedies to appeal to your sense of generosity.

If you're looking for a way to help, the FTC urges you to be cautious of potential charity scams. Do some research to ensure that your donation will go to a reputable organization that will use the money as promised. Consider these tips:

- **Donate to charities you know and trust** with a proven track record dealing with disasters.
- **Be alert for charities that seem to have sprung up overnight in connection with current events.** Check out the charity with the Better Business Bureau's (BBB) Wise Giving Alliance, Charity Navigator, Charity Watch, or GuideStar.
- **Designate the disaster** so you can ensure your funds are going to disaster relief, rather than a general fund that the charity could use for any of its work.
- If you get donation requests by email, **never click on links or open attachments in e-mails unless you know who sent it.** You could unknowingly install malware on your computer.
- **Don't assume that charity messages posted on social media are legitimate.** Research the organization yourself.

When texting to donate, confirm the number with the source before you donate. The charge will show up on your mobile phone bill, but donations are not immediate.

- **Find out if the charity or fundraiser must be registered in your state** by contacting the National Association of State Charity Officials. If they should be registered, but they're not, consider donating through another charity.

To learn more, go to [ftc.gov/charity](http://ftc.gov/charity). For tips to help you prepare for, deal with, and recover from a natural disaster or severe weather event, visit Dealing with Weather Emergencies.

## KEEPING REUSABLE BAGS CLEAN

You're using reusable shopping bags – yay! Good for the earth! But did you know that bacteria, yeast and mold can grow on your bags? And that those unwelcome growths can contaminate your food?



Here's how to keep your bags clean while you live green.

- **Wash** bags after each use, following the care instructions on the bags.\*
- **Wipe** the bags with disinfecting cloths, especially along the seams.
- **Separate** the bags into food categories: raw meat, seafood, and produce. Label those bags and use them only for the right types of food.
- **Keep** separate bags for non-food items like books, sports equipment, cleaning solutions, etc.
- **Dry** bags completely before you store them.
- **Store** your bags somewhere bright and dry – not the trunk of your car! It's dark and humid in there.

\*Some tips on washing: polypropylene, cotton and hemp bags can go in the washing machine. Nylon and insulated bags should be hand-washed.

## PREPARING FOR FLU SEASON 2018/2019

The flu season 2018/2019 will be here before you know it. The flu can have similar symptoms as the common cold, but can have deadly consequences.

Those at the greatest risk of developing the flu are children, pregnant women, the elderly and those with weakened immune systems. Vaccination provides a greater chance of avoiding this risk and helps protect those around you.



## How to Encourage Girls to Go After Their Dreams

October 10, 2018 • By  
Brittney Storm Rankin



We all want the girls in our lives to go after their dreams, but the media, our celebrity culture, and social media can send mixed messages that affect their confidence. Here are some tips to encourage your daughter, granddaughter, niece, younger sister, or any girl you know to have the confidence to work toward her goals.

- **Be a listening ear.** Ask what she would like to accomplish one day. Give her your undivided attention.
- **Stay open-minded.** Let her brainstorm and share her ideas, even if they seem unusual or out of reach to you.
- **Help her set attainable goals.** While you never want to crush your girl's dreams, if a goal seems a bit too unrealistic right now, encourage her to set a related, short-term goal that's attainable in the next year.
- **Take action.** Offer to go for a run together after school, drive her to music lessons, or review her latest essay. Knowing you support her dreams can give her the confidence to keep pursuing them.
- **Encourage her to visualize her goals.** Whether she prefers to journal her ideas in a notebook or create a vision board with magazine cutouts, a visual representation of her dreams can motivate her to reach them.
- **Reinforce the importance of positive life skills,** such as hard work, persistence, a positive attitude, and responsibility.
- **Be realistic about challenges.** Remind her that many dreams will not come easily, and hard work will foster a sense of accomplishment that increases her self-worth, even when she doesn't meet a particular goal.
- **Celebrate her efforts, not just her achievements.** By focusing on how hard she worked rather than just her results, you will help her build confidence in her skills and her work ethic.

- **Compliment her talents.** Praise her excellent spelling, good listening skills, killer jump shot, or willingness to help those in need.
- **Help her research her dream.** Spend time with her at the library or online researching how a person lands a particular job, or take her to meet with someone who has already met her particular goal.
- **Encourage her to set short-term goals to meet a long-term dream.** Whether that means learning to cook a meal for her family if she wants to become a chef or studying to earn excellent grades if she wants to attend a certain college, encourage her to take action today to meet her long-term goals.
- **Ask about the "why" behind her dreams.** Having a purpose behind her goals can help her stay motivated on the path to her dreams.

## CHRISTMAS CACTUS



Christmas cactus, the scientific name is *Schlumbergera bridgesii*, often is confused with Thanksgiving or Easter cactus. All have arching foliage with brilliant flowers that cascade in whorls of colored petals. And all require care similar to that outlined below. Their leaves do vary in shape.

**LIGHT:** Place in high light (southern exposure) in fall and winter, and medium light in spring and summer. Keep dark 12 hours a day from October 1 until bloom.

**WATER:** Keep soil evenly moist except in fall; then, let it dry between waterings. Raise humidity.

**TEMPERATURE:** Maintain temperatures in the low 70s during the day and no lower than low 50s at night, except between October 1 and bloom. Then, keep temperatures below 53 degrees all day.

## FOUR THINGS WOMEN NEED TO KNOW ABOUT STROKE

July 26, 2018 • By Dr. Cheryl Bushnell, M.D., M.H.S., Professor of Neurology, Vice Chair of Research, and Stroke Division Chief, Wake Forest Baptist Medical Center



Stroke happens to 1 in 5 women. In the United States, someone has a stroke every 40 seconds. This is unfortunate because most strokes are preventable.

Stroke happens when blood flow to the brain stops or is blocked, which causes brain cells to die. There are two types of stroke: One is caused by a blood clot, and the other happens when a blood vessel breaks and causes bleeding in the brain. The brain is complex, so not all strokes look alike, but symptoms can come on suddenly. Stroke is a serious health concern for women and can happen to anyone, at any age.

Here are things everyone should know.

### 1. **Women have unique risk factors for stroke.**

Major risk factors for stroke, such as having high blood pressure, high cholesterol, and diabetes, can happen to anyone. But women have unique risk factors for stroke, including:

- **Having problems during pregnancy**, such as preeclampsia or high blood pressure. These complications can increase the risk of stroke for many years, even beyond childbearing years.
- **Smoking cigarettes while taking combination birth control** (birth control that has both estrogen and progesterone). Women 35 and older who smoke and use this type of birth control are at especially high risk.
- **Taking hormone replacement therapy** that contains estrogen plus progesterone. Ask your doctor if you can safely take these medicines to ease menopause symptoms, such as hot flashes.
- **Having migraines with aura**, or migraines that start with visual symptoms before the headache.
- **Having atrial fibrillation** (Afib), a type of irregular heart beat that can cause blood clots to form in the heart. This is more common in women, especially in women older than 75. It is important to

know if you have Afib so your doctor can give you medicine to prevent blood clots.

### 2. **You can learn the common symptoms of stroke with the F.A.S.T. test:**

- **Face:** Is one side of the person's face drooping?
- **Arm weakness:** Is one arm weak or numb? Try lifting the person's arms to see if one drifts down or cannot be lifted.
- **Speech:** Is she having trouble speaking, slurring words, or is not able to get the right words out?
- **Time:** Call 911 right away if someone is experiencing any of these symptoms! Every minute counts when it comes to your brain.

Other common symptoms include numbness and tingling on one side of the body; vision loss or trouble seeing; severe dizziness, vertigo, or loss of balance; or sudden severe headache. Women are also more likely to have unique symptoms that can slow down or delay a stroke diagnosis, such as difficulty thinking straight or being excessively sleepy. When these symptoms happen, even when common stroke symptoms are also present, doctors might not think of stroke right away.

### 3. **Acting quickly during a stroke improves chances of survival and making a full recovery.**

F.A.S.T. is not just an acronym; it's also an important action: Act F.A.S.T. when a stroke happens because treatments need to happen right away. Call 911 if you think you are or someone near you is having a stroke.

**Do not** go to sleep, or drive yourself to the hospital - have someone else drive you, or call your doctor's office. All of these actions can delay needed stroke treatment. Just call 911.

### 4. **You can take steps to prevent stroke.** Here's what you can do to lead a healthy life and prevent stroke:

- Maintain a healthy weight.
- Exercise for 30 minutes a day.
- Make healthy food choices most of the time. Learn more about healthy eating.
- Know your numbers, including blood pressure, blood sugar levels, and cholesterol levels. These numbers are clues about your risk of stroke. Talk to your doctor about your numbers.
- Don't smoke. Your doctor can help you come up with a plan to quit.

Most strokes are preventable and treatable, and preventing stroke starts with knowledge! Talk to your doctor about your unique risks and what steps you can take to lower your risk.

## MCAFCE EXECUTIVE BOARD MEETING MINUTES

September 17, 2018

Call to Order, Creed, and Pledge

**Treasurers' Report: Jeanne Gillis and Marilyn Simonds:**

**President's Report, Jeanne Punch**

YARD Sale was a huge success. THANK YOU for all your help!!! Made approx. \$1900.00.

Back to School Picnic and school supplies. Thanks to all those that donated supplies and to those that came to the picnic. We had a great time at Barbara Raab's house and we thank Barbara, her husband and daughter for being wonderful hosts. Supplies went to Greentree Shelter, two schools and to the Betty Ann Krahnke Center.

Fair - 4 booths - Thanks to Derwood Club for Spotlight on Bulbs; Ethel DeHaven and Marilyn Simonds for Save Our Earth - Save the Bees; Jean Punch for Be Wise – Exercise; Pat Kenney, Kathie Mack and Genie Sidwell for FCE Blanket Making.

Membership Form, Make check to MCAFCE

Outreach Form-Please fill out and turn in at the Cookie Exchange in December.

We were a vendor at the Blue Grass Festival on Saturday. We made \$161.00 AND it didn't rain!!!

Close Encounters with Agriculture, Oct 8 — 26. Goodie packing day is Oct 3

Troop Support — keep baking cookies, providing snacks, knitting or crocheting hats, ditty bags & Christmas stockings. Next Cookie packing is September 18 and November 13.

**Vice-President/Programs, Kathie Mack**

No meeting in October. BUT we have the Annual State Conference Oct 22<sup>nd</sup> and 23<sup>rd</sup>. Registration forms are available today.

Don't forget International Day on November 13th. The Philippines, get recipes today.

The Cookie exchange is on December 11<sup>th</sup>. (Bring 4 dozen cookies and the recipe)

**Special Projects, Pat Kenney:**

Fall Festival is on and ready to go. BUT we need help on Friday Oct 5<sup>th</sup> to set-up and on Saturday Oct 6th. We need help in the kids' craft room, to sit by the displays in the hallway, to give out books, and to help with the sales tables. This is a money maker for the scholarship fund.

Blanket making Wednesday October 3rd and Friday November 9.

**County Fair, Kitty Cooley:** Thanks Kitty for your help.

**International Day, Genie Sidwell:** International Day - The Philippines, November 13<sup>th</sup>. Get recipes today on the table at front of room. There were: three for appetizers; three for main dishes; and three for desserts. Eight people took recipes. Barbara Perry is ambitious and took two! We will put the recipes out again at Blanket Making Oct. 3.

**Membership:**

Get your Dues in by September 30<sup>th</sup> to Jeanne Gillis. Recruit a new member and become a star. National FCE has a membership challenge; everyone should recruit one new member. That will double NAFCE membership (from — 4,500 to 9,000) as well as Montgomery County's membership. As of today, we have five new members.

**Publicity: Kathie Mack** suggested that all members talk to as many people as possible to spread the word. Blanket making is “advertised” on the MC Volunteer website and sent to the Olney Gazette.

**Scholarship Committee, Frann Peters:**

The Ranch now has 22 members. The Ranch need linens and Safe Havens needs toiletries.

We also need stamps collected and donated. This year the stamps will go to Rockville Village.

Fun Day on June 21<sup>st</sup> was a wonderful turnout and beautiful day all together. Lots of delicious food and Fun! The guest speakers were well received and gave out goodies.

**Old Business:** We need someone for Special Projects, primarily The Harvest Festival. Please volunteer.

**New Business:** Jeanne Purich encouraged all members to sign up for the conference in October at the Westminster Best Western. Best deal out there! A night's stay, five meals and lots of good learning experiences all for the amazingly low cost of \$130! Also announced was that Madeline Green's husband died.

\*An Obituary was circulated.

Genie Sidwell, Secretary

## Slow-Cooker Beef and Barley

From: Food Network Magazine

- Level: Easy, Total: 8 hr 20 min
- Prep: 20 min, Cook: 8 hr
- Yield: 4 servings

### Ingredients

1 ¼ pounds boneless beef chuck (in one piece)	4 cups low-sodium beef broth
1 cup pearl barley	1 tablespoon soy sauce
½ pound cremini mushrooms, quartered	Kosher salt and freshly ground pepper
4 stalks celery, quartered	Kosher salt and freshly ground pepper
6 medium carrots, quartered	Horseradish, for serving (optional)
2 medium leeks, sliced (white and light green parts only)	
1 sprig thyme	



### Directions

Combine the beef, barley, mushrooms, celery, carrots, leeks, thyme, beef broth and soy sauce in a slow cooker. Add 1 cup water, 1 teaspoon salt and ¼ teaspoon pepper. Cover and cook on low, undisturbed, 8 hours. Uncover and skim off any excess fat. Transfer the beef to a cutting board, let cool slightly and slice or shred by hand into bite-size pieces. Thin the vegetable-barley mixture in the slow cooker with some water, if desired. Divide among shallow bowls and top with the beef. Serve with horseradish, if desired.

**UNIVERSITY OF MARYLAND EXTENSION  
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**FIRST CLASS MAIL**

