



Family and Community Education Hi-lites

December – February 2020
www.mdafce.org/mcfce.htm

Montgomery County Association for Family and Community Education Newsletter

“You educate a man; you educate a man. You educate a woman; you educate a generation.”
Brigham Young

Happenings

December 2019

- 10 9:30 am **Cookie Exchange and Crafts**, (garage) Extension office
Call Kathie with any questions 301-270-5367
- 15 **Send yearly reports to the President**



January 2020

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**, (garage) Extension Office

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**
- 6 10:00 am – 9:00 pm **Blanket Making Sew-A-Thon**, (garage) Extension Office
- 11 9:45 am **Association Meeting**. and Valentine Craft (garage) Lunch Bunch hosts
- 25 10:00 am **Executive Board Meeting** – Hi-Lites Folding

March

- 6 10:00 am – 3:00 pm **Blanket Making Sew-A-Thon**, (garage) Extension Office
- 10 9:45 am **Susannah Hills Rose of Prisoner Visitation and Support and Patapsco Friends Meeting and Jim Rose of Maryland Alliance for Justice Reform.**
Association Meeting Olney-Sunshine hosts



Household Hint



Red wine stains may be a sign of good times, but pesky to clean. On delicate fabrics, you should soak the spot with denatured alcohol. Flush the area with white vinegar to remove any residual staining. On sturdy fabrics, however, you can coat the stain with salt; let it stand for five minutes before carefully pouring boiling water over the stain from a height of at least a foot.

PRESIDENT'S PARAGRAPHS

Hard Work

All that hard work that everyone did for the yard sale and the Harvest Festival has paid off. We made \$1,385.73 on the yard sale. On the Harvest Festival, we made \$1,673.22. I thank everyone for your contribution to each project. We cannot do it without your help. Whatever time or item you contributed is so important and it can't be done without YOU!

Reports

In order to complete our State FCE reports by December 31st, we need your outreach hours and the program report from your club for 2019. All report forms including your outreach hours should be returned to me by December 15th. Why not bring them to the cookie exchange on December 10th?

Cookie Exchange

December 10, 2019 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 10th. We will make a craft or two, maybe some singing or games. It will be a great Holiday Party. After the party, we will go to lunch.

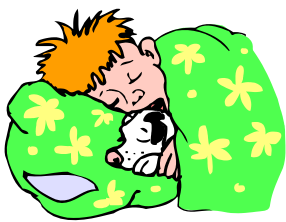
FCE Blanket Making

Sew-A-Thon

January 3, 2020 Friday 10 AM - 3 PM

February 6, 2020 Thursday 10 AM - 9 PM

March 6, 2020 Friday 10 AM - 3 PM



This year we have made 1,066 blankets and 707 hats for children. In 18 years, we have made 21,163 blankets and 12,051 baby hats. Can you believe we are starting our 19th 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 11, 2020
(Extension Office garage)**

9:45 AM

We will be making Valentine's for distribution to the Coalition for the Homeless (of which Laytonsville Havens is a part). Enjoy a morning out and be a kid again cutting and pasting!



Justice Reform and Prisoner Visitation and Support

March 10, 2020 10 AM

Speakers Susannah Hills Rose of Prisoner Visitation and Support and Patapsco Friends Meeting and Jim Rose of Maryland Alliance for Justice Reform will discuss their work with the Maryland Alliance for Justice Reform and Prisoner Visitation and Support. Learn what is being done to help the incarcerated get back on their feet and become contributing members of society.

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 19 & 20, 2020. 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!!!

We no longer are collecting bottle caps. The recycling people do not want them because the lady that was doing the project with them has moved to Florida. So if you have some, please recycle them in your blue bin.

Jeanne Purich

Jeanne

Purich, President

Cookie Exchange December 10, 2019



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

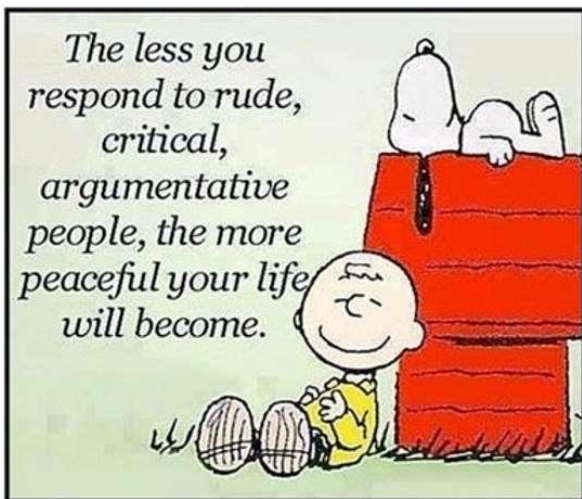
On December 10th starting at 9:30 AM, please bring **48**

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



Hugs from Frann

The Ranch:

The Ranch now has 45 men in the program for alcohol and opioid addiction. If you have sports or other male oriented magazines, (Men's health, Popular Mechanics, etc), please consider donating them to the ranch. Beth thanks FCE for all its generous donations. They have a need for blankets for the men. They like the twin size velour blankets* from Walmart. The men like to take them home with them when they leave the program (see everyone needs a blankie). They can also use twin sheets, pillows and towels.

The flowers donated at the spring luncheon have shown beautiful colors and have been a great addition to the grounds. The garden has done well and they get lots of eggs from the dozen hens. They very much appreciate our interest in their participants.

Stamps:

Thank you for saving postage stamps and picture post cards. (Remember to leave a bit of the envelope showing around each stamp.) Asbury Village appreciates your caring about their worthwhile project. With assistance, the residents in the assisted living area are invited into their social room to prepare stamps. We had two personal stamp collections of over 2000 stamps donated. If you know of someone that has a collection* on "the top shelf" and would like to donate it to a worthy cause, please let us know.

Laytonsville Safe Haven:

The completion of the plan to be a residential home for homeless veterans is moving along. The manager for the men is an energetic, capable person and is anxious for the seven men to become residents in the Back House.

Six women will complete the program. Four women are now living in the Front House. Thirteen veterans will live at the Havens when the plan is complete.

Scholarships

We do not know the names of our two nursing scholarship recipients at this time.

Frann Peters

301-253-2589

*Items can be brought to blanket making or county meetings.

POST-TRAUMATIC STRESS DISORDER



After a dangerous or scary event, it is normal to feel upset, afraid, and anxious. For most people, these feelings fade within a few weeks. But some people continue to have these feelings for months or years afterward. They may keep reliving the event and avoid items and places that might remind them of what happened. This is called post-traumatic stress disorder (PTSD). Women are about twice as likely as men to develop PTSD in their lifetimes. Any dangerous or life-threatening event, trauma, or intensely scary situation can increase the risk of PTSD. These situations include:

- **Violent crimes:** being a victim of or seeing violent crimes, such as a mugging, shooting, physical abuse, or rape,
- **Loved ones in danger:** hearing of someone you are very close to, such as a child or spouse, experiencing a trauma,
- **Sudden death or illness:** the accidental or violent death or serious illness of a loved one,
- **War:** being exposed to war or combat, either through military service or as a civilian,
- **Accidents:** car accidents, plane or train crashes, or other types of serious accidents, or
- **Natural disasters:** hurricanes, tornadoes, earthquakes, floods, or fires.

Many other types of trauma can increase the risk for PTSD, but being in an accident or being physically or sexually assaulted are the most common events that lead to PTSD. Women with PTSD are more likely than men with PTSD to have been physically or sexually attacked. Not everyone who lives through a dangerous event develops PTSD. But anyone can develop PTSD at any age.

About one woman in 10 will develop PTSD at some point in her lifetime. Although most women who go through trauma won't get PTSD, you may be more likely to develop PTSD if you:

- Were directly exposed to the trauma as a victim or a witness, (As many as half of women who are raped develop PTSD).
- Were seriously hurt during the traumatic event,
- Went through a trauma that lasted a long time or was very severe,
- Have another mental health condition like depression or anxiety,
- Drink a lot of alcohol,
- Don't have a good support network, or
- Experienced trauma during childhood.

A doctor, nurse, or mental health professional who has experience in treating people with PTSD can help you. Treatment may include therapy, counseling, medicine, or both.

- **Cognitive processing therapy (CPT)** is a type of talk therapy that was developed specifically to treat PTSD. CPT helps you pay attention to and change your upsetting thoughts.
- **Prolonged exposure therapy** is another type of talk therapy. A therapist will help you talk about and slowly remember the traumatic event repeatedly over time. Over time, the therapist will guide you through the difficult feelings and memories. By confronting the trauma, you may become less sensitive to the memories and related situations.
- **Eye movement desensitization and reprocessing (EMDR) therapy** is another type of therapy used to treat PTSD. During EMDR, you will be asked to remember and talk about the trauma while also focusing on a specific visual item, like the therapist's hand, or listening to a specific sound, like beeps.
- **Medicines** to treat PTSD symptoms may include antidepressants and anti-anxiety medicine.

Treatments can last weeks, months, or longer. Treatment is not the same for everyone. What works for you might not work for someone else with PTSD. Drinking alcohol or using other drugs will not help PTSD go away and may even make it worse.

Office on Women's Health
www.womenshealth.gov

FASHION FOR EVERY WOMEN

There are certain garments that will, more often than not, make you look frumpy and dated. If you have these in your closet, toss them immediately:

- Floor-length floral printed dresses
- Muumuus (unless they are for lounging around the house)
- Long (ankle length), unstructured, A-line skirts
- Elastic-waisted pants that may make one look like a balloon
- Unstructured pants and suits
- Large, oversized t-shirts
- Khaki/mauve-colored grandma flats
- Unstylish jumper-type dresses (usually made of khaki or jean material)

Then start re-building your wardrobe. The easiest first step is to go the monochromatic route. This means wearing one simple color, like blue, red, green, black, white, khaki, at a time. Don't worry about being boring — a monochromatic outfit is a slimming and classic look.

You can always experiment with textures of the same color if you need more interest.

Take a look at fabulous women like Susan Sarandon, Diane Sawyer, Barbara Walters, and you will notice that they keep the patterns to a minimum, tending to focus more on wearing solid

colors. That's not to say you can't wear patterns. But when you do, keep it simple and consistent.

One area that women always seem to get wrong is in the accessories department. Instead of wearing your entire jewelry box every day, focus on wearing one standout piece at a time.



Also, don't be afraid to wear trendy accessories. If you keep your wardrobe basic, you can add trendy accessories without looking like you're trying to be young.

Denim can look fabulous on women. And yes, mature women can wear jeans. Not talking about low rise, hootchie mama denim jeans. BUT a nice pair of trouser cut, straight leg or wide leg jeans. If you're a bit larger on the bottom, try a trouser cut or boot cut jean, as the flare will help draw attention away from your mid-section and make you look slightly taller. Also look for jeans with at least 2% spandex/lycra content. This will allow the jean to stretch to fit you and help to control any problem areas. If you're a bit smaller on the bottom, then yes, you're a perfect candidate for straight leg or skinny jeans (even if you have a bit of tummy). For those of you with a bit more of a tummy, try skinnies from brands like Old Navy and New York and Co as they have a bit higher rise (which will help it sit better on your waist).

Also, if you have gray hair, the dark navy color of the jeans really sets off the gray in your hair. Pair the jeans with a bright colored tee. Avoid wearing denim from head to toe.

Try to inject a bit of color into your wardrobe. As a "seasoned fashionista" there is no reason why you have to hang up your color wheel just because you've reached a certain age. If you have a darker skin tone, you're lucky, you can wear almost any bright vibrant color. The brighter the better. If you have fairer skin and are concerned about looking washed out, start with the color of your eyes. This is universally flattering!

Show Cleavage!! If you've got the goods, show them (within moderation of course). Showing a bit of cleavage is not only sexy, but can make you look thinner too.

Other things to include in your wardrobe: a leather skirt, which is now considered a classic. A pair of tailored black pants in light fabrics like cotton and rayon. Again, look for pants with a little spandex/lycra content - this will help to control any problem areas. For skirts, stick to straight or A-line cuts that hit slightly below the knee. A couple of fitted (not tight) t-shirts and tanks to wear underneath blazers. Wear shoes with a slight heel.

More Fashion Tips for Dressing

1. Don't shun your past.

You're a few years older, but you're still you, so dress accordingly. If you've always loved the way you look in blue, or if your wardrobe workhorse is a tailored pair of slacks, stick with it. Love that strapless dress? Wear it, but pair it with a chic cropped blazer.

Recall your greatest fashion moments and find a modernized, mature way of recreating them.

2. Experiment with prints and textures.

No, you can't wear every trend that comes down the runway. But on the flip side, a twenty-something fashionista couldn't get away with half the fabrics you can.

So while you can't go wild with miniskirts and cropped shirts (not that you'd want to), you can show personality in animal prints, florals and bold textures.

3. If it ain't broke, don't fix it.

When it comes to signature style, repeating a look isn't just acceptable, it's encouraged. Once you find a style that you look and feel great in, go ahead and buy one in every color!

4. Embrace pantsuits.

Admit it, you used to envy how chic Katherine Hepburn looked in her pantsuits. Maybe you still envy the powerful presence her ensembles conveyed, so why not steal her style? A pantsuit works for day or night, for luncheons or parties, for the office or the church, and it always, always looks chic.

5. If you've got it, flaunt it.

And yes, you've still got it. Want to know what else you've got? Elegance and sophistication, qualities inhabited only by a seasoned fashionista. If you're having trouble being convinced, this should give you a little inspiration:

Whatever your best features are, don't be afraid to show them off. So what if fashion seems focused on the younger crowds sometimes? When it comes to style, that's all you. Have fun and create your own rules for fashion!

"We need people in our lives with whom we can be as open as possible. To have real conversations with people may seem like such a simple, obvious suggestion, but it involves courage and risk." — Thomas Moore

CLEAN AND HAPPY HOLIDAY HOUSEGUESTS

During the winter holidays, family and friends come

together to celebrate the season, give thanks, and look forward to things to come. As we host our loved ones in our homes, making them feel comfortable and

cared for is what we all strive for. The

American Cleaning

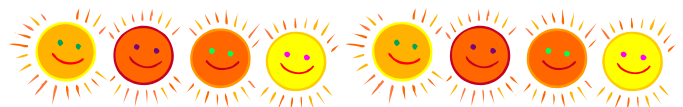
Institute shares some clean and happy touches for helping ensure your guests are delighted at every turn.

In the Guest Room – Overnight guests will appreciate a small bowl or basket full of items they might need but likely forgot to bring, such as a spot remover stick, an at-home dry cleaner sheet, sewing kit, hand sanitizer, and facial wipes. A surprise-and-delight item could be a spray bottle of wrinkle-releaser, so that unpacked clothes look smooth and fresh. Don't forget to put a small trash can or bag in the room, too!

In the Bathroom – Stock up on extra toilet paper and toothpaste, and it's always nice to have a variety of body washes and soaps on hand. And, don't forget clean hand towels! Keep some disposable or washable cups handy, and if you have extra time to be creative, personalize the cups so they know whose is whose!

When cleaning your home to get ready for company, don't forget to wipe down small places that gather dust, dirt, and germs, including door knobs, window sills, staircase railings, and the area around light switches.

And, if you have small kids at home, ask your guests to be sure to close and put away any medications or vitamins that could wind up in little hands and mouths.



MCAFCE ASSOCIATION MEETING MINUTES

November 12, 2019

Call to Order, Creed, and Pledge

Treasurers' Report, Jeanne Gillis:

- Yard Sale: \$1,385.73: Harvest Festival: \$1,673.22
- Memberships: 88 Forms provided to Susan Morris on 7 Nov: 4 Families, 61 Individuals, and 63 Seniors. Check for \$2,841.26 included (covers state and national membership fees, birthday pennies, pennies/friendship, dollars/leadership, and liability insurance donation).
- Scholarship Fund Checking Account: \$8,245.84: [Income: Yard Sale, Harvest Festival, Donation]
- General Fund CD: \$5,000
- General Fund Checking Account: \$11,800.22: [Income: Yard Sale, Harvest Festival, 2020 Memberships]
- Expenses: 2020 Membership Payment, FCE State Conference Entertainment]

President's Report, Jeanne Purich:

- Thank you for all the help on the yard sale. It was quite a success. Also thank you for the items and help at the Fall Festival. We will have a little craft sale at blanket making on Friday
- Membership Form and Outreach forms are available.
- Troop Support – keep knitting or crocheting hats, making ditty bags & Christmas stockings
- Handbooks will be ready next month.
- Outreach forms are due at our 10 December Cookie Exchange Meeting

Vice-President's Report, Kathie Mack:

- Programs for 2020 have been selected. We will have a program on the Veterans, exercise for all, and a program on visiting prisoners and advocating for them.
- Cookie Exchange December 10 (4 dozen cookies and the recipe). We will have some games and a craft or two, then go out to lunch.

Special Projects:

- New Blanket making calendar for 2020 available.

International Day, Genie Sidwell:

- Thank you Genie for the recipes. Thank you all for cooking for our Australian themed luncheon and for coming out on this dreary day.

Scholarship, Frann Peters:

- The Ranch is doing well. There are 45 men there. They would like twin sheet sets and velour twin blankets (from Walmart) and men-type magazines.
- Laytonsville Haven update. Thirteen veterans will be housed there. Blankets and sheets twin size are also needed here as well as snacks and magazines.
- Stamps – Asbury Village

Publicity, Kathie Mack:

- Volunteer web site doing well. Also we have been in the Greater Olney Gazette.

Membership:

- Dues to Jeanne Gillis. Recruit a new member. When you recruit a new member put your name on the bottom of the form and you and the new member will be entered in a drawing for free registration at the state conference next October 19 & 20, 2020.

Old Business:

WE NEED someone for Special Projects - especially the Harvest Festival. Duties include being in touch with Parks and Planning (to get our parking passes), making signs, overseeing kids games. We all work together but it would help to have some new ideas and new blood.

New Business:

Announcements:

- Snow policy – MC schools closed –we do not meet. School delayed 1 or 2 hours – our meeting start at noon.

Genie Sidwell, Secretary

APPLE CRANBERRY SLAB PIE

TIME: Prep: 45 min. Bake: 40 min. + cooling **YIELD:** 15 servings.

Ingredients

- Pastry for two double-crust pies (9 inches)
- 1-1/2 cups sugar
- 1/4 cup all-purpose flour
- 4 medium tart apples, peeled and sliced (about 4-1/2 cups)
- 4 cups frozen or fresh raspberries
- 2 cups fresh or frozen cranberries
- 2 teaspoons grated orange zest
- 1/2 cup orange juice
- 1 teaspoon ground nutmeg
- 1 teaspoon ground cinnamon
- Additional orange juice and sugar, optional



Directions

1. Divide pastry dough into two portions so that one is slightly larger than the other; wrap each in plastic wrap. Refrigerate 1 hour or overnight.
2. In a Dutch oven, mix sugar and flour; stir in fruit, orange zest, orange juice and spices. Bring to a boil over medium-high heat. Reduce heat; simmer, uncovered, 10-12 minutes or until apples are tender and juices are thickened, stirring occasionally. Cool slightly.
3. Preheat oven to 375°. Roll out larger portion of pastry dough between two pieces of waxed paper into a 16x12-in. rectangle. Remove top sheet of waxed paper; place a 13x9-in. baking pan upside down over pastry. Lifting with waxed paper, carefully invert pastry into pan. Remove waxed paper; press pastry onto bottom and up sides of pan. Add filling.
4. On a well-floured surface, roll remaining dough into a 14x10-in. rectangle; cut into 3/4-in.-wide strips. Arrange strips over filling, sealing ends to bottom pastry. If desired, brush pastry with additional orange juice; sprinkle with additional sugar. Bake 40-50 minutes or until crust is golden brown and filling is bubbly.

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FIRST CLASS MAIL

