



Family and Community Education Hi-lites

March – May 2020

www.mdafce.org/mcfce.htm

Montgomery County Association for Family and Community Education Newsletter

Happenings

“Forget about the fast lane. If you really want to fly, just harness your power to your passion”
Oprah Winfrey

March

- 6 FR FCE Blanket Making, 10 AM - 3 PM Extension Office Garage
10 TU *Behind Prison Walls.*
Speakers - Jim and Susannah Hills Rose from the Maryland Alliance
for Justice Reform of Prisoner Visitation and Support and Patapsco Friends Meeting
Association Meeting 9:45 AM Extension Office
Refreshments: Olney-Sunshine

April

- 2 TH FCE Blanket Making, 10 AM - 9 PM Extension Office Garage
14 TU *The Benefits of Staying Active.*
Speaker - Dorelle Laffal Certified NSPA Personal Trainer and
Functional Aging Specialist.
Association Meeting 9:45 AM Extension Office,
Refreshments: Burtonsville
29 WE Women Walk the World. Details on page 2.



May

- 1 FR *Hi-lites* Deadline
Look What's Happening deadline
8 FR Set-up for Spring Luncheon 10 AM
9 SA Spring Luncheon, Extension Office (\$15.00) 10:30 AM - 2 PM
Women Make a Difference See page 2 & 8 for details.
12 TU FCE Blanket Making, 10 AM - 3 PM. Extension Office Garage
13 WE Volunteer Recognition, 5:30 PM, Extension Office, RSVP
19 TU Bus trip to Lancaster Sight n' Sound for the play “Esther” See page 2 for details.
25 MO Office Closed (Memorial Day)
26 TU Executive Board Meeting, 10 AM, Extension Office
Hi-lites folding

June

- 16 TU FCE Blanket Making, 10 AM – 9 PM. Extension Office Garage
18 TH Fun Day at Gettysburg – Registration required (\$10.00). See page 3 for details.

President's Paragraphs

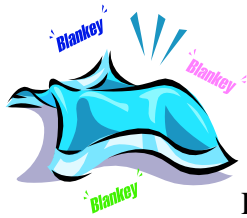
BEHIND PRISON WALLS

Jim and Susannah Hills Rose from the Maryland Alliance for Justice Reform of Prisoner Visitation and Support and Patapsco Friends Meeting

March 10

Cooperative Extension Office 9:45 AM

Jim Rose, a member of the executive committee of the [Maryland Alliance for Justice Reform \(MAJR\)](#), and Susannah Rose, a Board member for [Prisoner Visitation and Support \(PVS\)](#), will share their experiences with prison ministry, support for returning citizens, and advocacy. They will highlight legislative issues related to prison reform and the response of PVS to one important need of prisoners: ongoing, supportive contact with the "outside."



FCE Blanket Making

March 6 Friday 10 AM - 3 PM
April 2 Thursday 10 AM - 9 PM
May 12 Tuesday 10 AM - 3 PM
June 16 Tuesday 10 AM - 9 PM

Ready to get out of the house after a long winter? Come to blanket making – no skills needed to participate – to warm your heart and have a “warm” day. You will meet many interesting people and help a child as well. Bring a sandwich (and a friend); we provide a drink and dessert. We are in GREAT need of washed kid’s print cotton fabric and yarn!

THE BENEFITS OF STAYING ACTIVE

Dorelle Laffal Certified NSPA Personal Trainer and Functional Aging Specialist

April 14

Cooperative Extension Office 9:45 AM

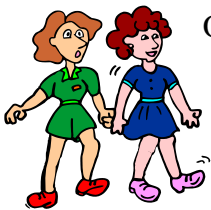
Are you getting all the exercise you need? Do you know what you need to or could be doing? Listen to an expert and get moving.

WOMEN WALK THE WORLD FOR ACWW

April 29

On or around ACWW Day, April 29, 2020 friends throughout the world are joining in **Women Walk the World**, aiming to raise funds for ACWW’s work. ACWW would like members to take part by

arranging walks locally. Plan a walk and invite



FCE members and friends to join you. Send your funds to Jeanne Gillis (MCAFCE, treasurer).

Spring Luncheon, May 9

“Women Make a Difference”

Cooperative Extension Office 10:30 AM

Plans are under way for the Spring Luncheon. The Derwood Club is organizing this event.

Each club is to provide a minimum of 3 door prizes (more is appreciated) and a flat of annuals for The Ranch. Individual members in the Lunch Bunch club should bring a 6-pack of flowers/vegetables and a wrapped door prize. Everyone is to bring a “Book for a Newborn”. Registration form on page 8.

Volunteer Recognition Day

May 13

Cooperative Extension Office 5:30 PM

Don’t forget that May 13th (Wednesday) is volunteer recognition day at the Extension Office. All are invited but you **must RSVP acceptance to 301-590-9638.**

BUS TRIP

Sight n’ Sound, Lancaster PA

“Queen Esther”

May 19 Tuesday

We are combing with another group for a bus trip to Lancaster PA to see the play “Esther”. Cost is \$162.00 for the bus, the play ticket, lunch at Bird-in-Hand and tip. **Bus leaves at 7 AM** from Liberty Grove Methodist Church 15225 Old Columbia Pike, Burtonsville. Return approximately 6 PM. Make check payable to Belles and Beaux and send it to Jean Purich by March 10.



FUN DAY

Thursday, June 18

Mark your calendars now for Fun Day, Thursday, June 18th. Come to Lake Heritage, Gettysburg, PA for shopping, antiques, sightseeing, boat rides (weather permitting), or just R and R. The money supports the scholarship fund. Details on page 3.

GRATEFUL For DONATIONS

A great big thank you to Maddi Klein and to all those who so generously financially donated to the multiple troop projects over the last 12+ years. With some of the remaining funds collected, a \$1,000.00 donation was made in the name of MCAFCE to each of the following: St. Jude’s

Children's Research Hospital, the Mary Irene Waters Scholarship fund and the Gary Sinise Foundation for veterans support.

We hope that you'll be interested in many of the activities we have planned for 2020. If you have suggestions, please let me or your VP for Program, Kathie Mack, know. I hope to see all of you at many of these events.

Jeanne Purich

FUN DAY

When: Thursday June 18th

Time: 10:30 AM for coffee until after dinner.

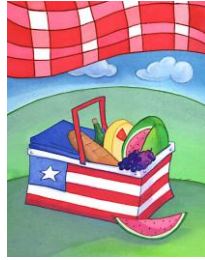
Where: 197 Longstreet Drive, Gettysburg, PA.

Food, fun, sightseeing, outlet shopping – only \$10.00 per person – all proceeds benefit the Mary Irene Waters Scholarship Fund.

Please give comments and or suggestions to:

Frann Peters at 301 253 2589 or

Jeanne Purich at 301 384 2805



Place a Credit Freeze or Check for Fraud

Experian

Phone: 1-888-397-3742

By mail, write to: Experian Security Freeze
PO Box 9554, Allen, TX 75013

Equifax

Phone: 1-800-685-1111

By mail, write to: Equifax Information Services
LLC
PO Box 105788, Atlanta, GA 30348-5788

TransUnion

Phone: 1-888-909-8872

By mail, write to: TransUnion LLC
PO Box 2000, Chester, PA 19016

Federal law allows you to obtain a free credit report annually: www.AnnualCreditReport.com
1-877-322-8228

Notes from Frann Peters

The Ranch

Ellen Robinson donated two blankets and the Burtonsville Club donated 13 blankets to The Ranch. The men and the staff were so grateful and thanked me several times. They also appreciate our continued support and donations of magazines, puzzles, notepads and games.

Montgomery College Scholarship (Mary Irene Waters Scholarship)

We have two nursing scholarship recipients, Ana Torres and Halley Hatch

Ana was born and raised in Gaithersburg. She is excited to begin this journey to become a nurse. She says, "I hope to gain as much knowledge in different fields and work towards helping the community overcome healthcare barriers and disparities." She is grateful for this scholarship.

Halley is the president of the Montgomery College nursing club and has been active in the club all four semesters. She has participated in extra clinical experiences and gained experience in the Holy Cross ICU. She sent sincere gratitude for the financial assistance.

FROM Joyce Matthews, Executive Director,
MCCC:

"In addition to offering life-changing educational opportunities, your (MDFACE) scholarships remind our students that they are valued and supported."

Laytonville Safe Havens

Thirteen veterans will be living here soon; 6 women are in the front house and 7 men in the back house. Both the men and the women will do their own cooking. They appreciate the personal care items, especially bath powder. New socks, any size, are always welcome as are magazines, nail polish and hair care products.

Stamps

Please continue to save used /cancelled stamps and picture postcards. The stamps are donated to the Asbury Methodist Village benevolent fund. Twice a month, the residents work with the stamps, preparing them for sale to collectors.

Thank you for all your support.

Frann Peters

301-253-2589

TROOP UPDATE

OPERATION SHOEBOX

In 2019, the following was sent to Operation Shoebox for the troops:
 473 Christmas stockings
 181 helmet liners
 69 pairs of white socks
 84 ditty bags



Miscellaneous items that were also sent included toothbrushes, tooth paste, picks, floss, mouthwash, shampoo, conditioner, body wash, and body lotion.

Operation Shoebox has stated they do NOT want any more helmet liners, so please **STOP** making them. If a need arises in the future, we will let you know.

TREAT THE TROOPS

The following items were sent to the troops in 2019.

TREAT THE TROOPS			
DATE	BOXES		# COOKIES
1/14/2019	31		4,989
3/20/2019	37		3,809
TOTALS	68		8,798

We are no longer sending cookies to the troops BUT we continue to make Christmas stockings, ditty bags and plastic canvas ribbon angels. In October, we sent 6 boxes of holiday decorations, candy, cards and letters. Of course we will continue to write cards and notes to the troops. If you have any questions, please contact me.

Maddi Klein
 maddik@comcast.net

301-774-8088

A little boy was overheard praying: "Lord, if you can't make me a better boy, don't worry about it. I'm having a real good time like I am."



ACWW NEWS



Focus on sustainable goals of ACWW

SDG 4: Quality Education

Access to education can help lift people out of poverty, bring a deeper understanding of the world and provide better opportunities for everyone, including all girls and women. Goal 4 is all about ensuring everyone has access to learn no matter who they are or where they are. Vulnerable people, including children in difficult situations, persons with disabilities and indigenous peoples must receive quality education. Goal 4 insists that all people be taught to promote human rights, peace and non-violence so that we can coexist harmoniously.

SDG 12: Responsible Consumption and Production

Goal 12 wants to make us think twice about the things we use, the waste we create, and how that impacts our planet. Changing our behavior towards more sustainable actions such as recycling makes a difference when everyone – that includes individuals, companies, and governments – contributes.

There are many little things we can all do to achieve this goal. Goal 12 aims to improve the quality of life of all people, and not just a few, everywhere on the planet.

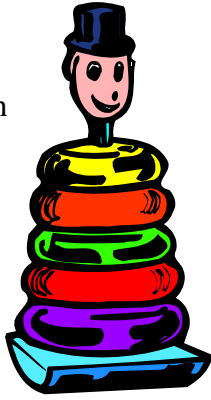
SDG: Climate Action

Our climate has always been changing, but in the past 200 years the changes have become more extreme because of human activity. Climate change is now affecting every country on every continent. The poorest and most vulnerable people are the worst affected. Goal 13 is about finding solutions like renewable energy and clean technologies to combat climate change. It will take actions from governments, the private sector and civil society to make a significant impact. It is urgent to educate people and raise their awareness of climate change in schools and through community outreach. Developing countries require financial resources to protect themselves against the effects of climate change.

Be Clean and Happy in 2020!

How to Clean Toys

As younger kids mature each year, they're ready for a new chest of playthings. Recommendation to parents is to donate the gently loved toys to local nonprofits or offer them up to families in the neighborhood who have younger children who will continue to love them.

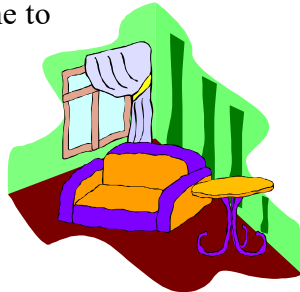


As you get the goodies ready for their new homes, cleaning them is always appreciated. Here are some ways to get them ready for giving.

- Use soap and water to clean small plastic items such as blocks and rattles. Just be sure to rinse and dry them well.
- Some toys can be put in the top rack of the dishwasher – IF they are marked dishwasher-safe. Bath toys (which likely need a good cleaning) are a great example of this!
- For toys that can't be washed in the sink or dishwasher, wipes are a great idea.
- Some dolls and stuffed animals can be cleaned in the washer and dryer. It's recommended you put them in a pillowcase first, to avoid any potential damage.

Don't Forget to Clean the Small Stuff

We don't always have time to clean the nooks and crannies. With the few minutes we have, the most we can do is tackle the floors, countertops and other "large" areas. Most likely, some of the small spaces go a bit longer in between cleanings.



Here are a few tips to help you get to those hard-to-reach, harder-to-clean spots in your home to help keep your family and belongings in good shape.

- Bookshelves: Chances are, if you haven't cleaned your shelves in a while, dust will have collected on your books and décor. Our recommendation is to set aside some time to take the items off, clean them and the shelves, and replace them. Don't forget the tippy top!

- Light fixtures: Lampshades, fan blades, and other parts of lighting collect dust and dirt. And knobs can get turned by dirty hands. Use a cleaning wipe or duster (depending on the surface material) to keep the dust bunnies at bay.
- Curtains: Depending on the material, you may be able to launder your curtains (read the fabric label, as you might need to have them dry cleaned). You also can vacuum and deodorize them, if you can't take them down.
- Windowsills: These are notorious for collecting dust, pollen, and other debris. If need be, remove any screens to wipe down the elements that enter from outside!
- The Sofa: This is just a reminder to vacuum under the cushions, wipe down any surfaces, and take a broom and/or mop underneath and behind it!

WHATEVER....

I hate when a couple argues in public and I missed the beginning because I don't know whose side I'm on.

When someone asks what I did over the weekend, I squint and ask, "Why, what did you hear?"

I don't remember much from last night, but the fact that I needed sunglasses to open the fridge this morning tells me it was awesome!

When you do squats, are your knees supposed to sound like a goat chewing on an aluminum can stuffed with celery?

I don't mean to interrupt people. I just randomly remember things and get really excited.

Don't bother walking a mile in my shoes. That would be boring. Spend 30 seconds in my head. That'll freak you right out.

That moment when you walk into a spider web can suddenly turn you into a karate master.

The older I get, the earlier it gets late.

It's the start of a brand new day and I'm off like a herd of turtles.

7 Self-Defense Techniques for Women Recommended by a Professional

Victor Lyalko, the acknowledged martial arts master, wrote a book where he described the most effective methods of self-defense to help women if they are attacked. **Bright Side** has chosen the easiest and most effective moves for different situations. Most woman can do these, no matter how big or heavy the attacker is.

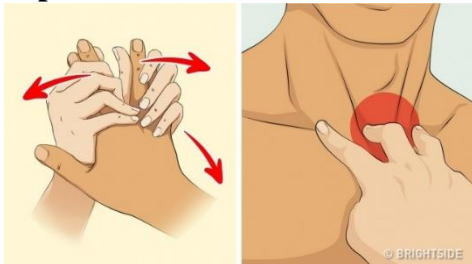
1. For starters, memorize the vulnerable places.

It doesn't matter how big or heavy your attacker is because you can beat anyone if you know where the most vulnerable spots are. The main ones are the **eyes, nose, throat, chest, knees, and groin.**

You can attack in any way you want, but to be on the safe side, you need to remember that the most effective moves are aimed at these areas.



2. The simplest and most effective moves:



One of the best moves that will make any giant whimper or drop to his knees is grabbing the wrist. Grab his little finger and his ring finger with one hand, and his middle and index finger with the other and bend the wrist forward.

If you can't grab your opponent's hand, hit him with a fist or with a finger between the collarbones or into his Adam's apple. This will allow you to disorient your opponent enough that it will take him a long time to come back to his senses.

The most obvious area for an attack is the groin. All self-defense courses advise aiming for this area. Hitting this area will literally paralyze the

attacker and you should have just enough time to escape.

3. If you were grabbed from the front:

If you were grabbed from the front and you can't lift your hands, do the following: move your hands forward and make a fist in front of your pelvis. This will create enough room between you and the attacker.



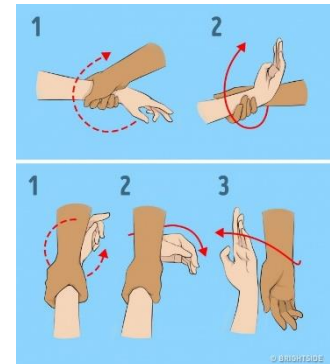
After that, hit the attacker's nose with your forehead. This will make the attacker move away from you. Now hit him in the groin with your knee.

If there is still some room between you and the attacker, there is a way you can protect yourself using your palm. Straighten your left arm and hit the attacker on his chin and nose with your right arm. Then, hit him in the groin. This way the attacker will be disoriented for a long time and he won't be able to move.

4. How to free your hands:

You can easily escape a stronghold if you remember the "rule of thumb": rotate your arm to the side of the attacker's thumb.

If he is holding your arm tightly, rotate your wrist toward the thumb. When your arm is under the attacker's, pull your arm as strongly as you can.



5. If you were grabbed from behind:

Attackers often come from the back because this is the easiest way to hold the victim's arms so that they can't move them.

To set yourself free, quickly bend back and try to hit the attacker with the back of your head. It's OK if you can't do it: the point is to make the



attacker put one of his legs forward. Now quickly bend down, grab his leg and get up pulling it with you. The attacker will lose balance and you will be able to drop even the biggest opponent.

6. If you were approached and grabbed from the side:



An elbow hit is one of the most dangerous hits in all types of martial arts. This is exactly the hit you need if you are approached from the side.

Hit the attacker's temple, jaw, or nose with an arched move. After this, the attacker will take a few steps back. Now hit him in his belly or chest. Elbow hits are so strong that they will disorient any opponent.

7. If you were pushed against the wall:

It happens very often that attackers try to corner their victims or push them against a wall. In this situation, it's necessary to **remember the most vulnerable places** and hit one of them depending on your position.



- **If both of the attacker's arms are up**, then straighten your palm and hit him in the armpit.
- **If one of your arms is down**, there is a chance you can hit the opponent in his chest, neck, or jaw.
- **But one of the most effective and powerful hits is a hit with your head.** Squat a little to be lower than the opponent. Then quickly jump up and hit him in the jaw with your forehead. This move will instantly disorient the attacker and give you a chance to escape.

ORANGE PECAN COOKIES

- ½ cup shortening or butter
- 1 cup brown sugar (packed)
- 1 egg
- 1 T grated orange rind
- ½ tsp vanilla
- 1 ¾ cups flour
- ¼ tsp salt
- ½ tsp baking soda
- ½ cup chopped pecans

Mix shortening, sugar, egg, rind, and vanilla. Measure and blend flour, salt, and soda; stir in pecans. Form into rolls 2½ inch across. Wrap in waxed paper. Chill until firm.

Heat oven to 400°. Slice 1/8 inch thick. Bake 8 to 10 minutes on ungreased baking sheet. Makes 5 dozen.



Six-year-old Angie and her four-year-old brother, Joel, were sitting together in church. Joel giggled, sang, and talked out loud. Finally, his big sister had had enough.

"You're not supposed to talk out loud in church." "Why? Who's going to stop me?" Joel asked.

Angie pointed to the back of the church and said, "See those two men standing by the door? They're hushers."



Spring Luncheon May 9, 2020

Registration due by April 25, 2020

“Women Make a Difference”

Registration and get together **10:30 AM**

Program **11:00 AM**

Lunch **12:30 PM**

Announcements/Door Prizes **1:30 PM**

Make check payable to MCAFCE for \$15.00 per person and send to:

Jeanne Gillis 301-926-1038

101 Rolling Road

Gaithersburg MD 20877-2043

Name

email (if no email use phone number)

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Derwood, MD 20855**

FIRST CLASS MAIL

