



# Family and Community Education Hi-lites

March – May 2022  
[www.mdafce.org/mcfce.htm](http://www.mdafce.org/mcfce.htm)

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Montgomery County Association for Family and Community Education Newsletter

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## Happenings

“Optimist: someone who figures that taking a step backward after taking a step forward is not a disaster, it’s more like a cha-cha.” – Robert Brault”.

### March

- 3 TH FCE Blanket Making, 10 AM – 3 PM. Extension Office Garage
- 8 TU “American Patterns for Home Sewing: A History” by Helen DeRoo  
Association Meeting 9:45 AM Extension Office  
Refreshments: Olney-Sunshine



### April

- 8 FR FCE Blanket Making, 10 AM – 8 PM. Extension Office Garage
- 11 MO “The History of Rockville Pike” – Eileen McGuckian, Montgomery History  
Association Meeting 9:45 AM Extension Office, **NOTE: This program is on MONDAY.**  
Refreshments: Burtonsville

### May

- 1 MO *Hi-lites* Deadline  
*Look What's Happening* deadline
- 6 FR Set-up for Spring Luncheon 10 AM
- 7 SA Spring Luncheon, Extension Office 10:30 AM - 2 PM  
“Women Make a Difference” See page 2 & 8 for details.  
We will engage in Women Walk the World prior to lunch.
- 10 TU FCE Blanket Making, 10 AM – 3 PM. Extension Office Garage
- TBD Volunteer Recognition, 5:30 PM, Extension Office,
- 30 MO Office Closed (Memorial Day)
- 31 TU Executive Board Meeting, 10 AM, Extension Office



### June

- 10 SA FCE Blanket Making, 10 AM – 8 PM. Extension Office Garage
- 16 TH Fun Day at Gettysburg – Registration required (\$10.00). Details will be forthcoming.



*I believe in the process, in four seasons, that winter’s tough, but spring’s coming, that there’s a growing season. And I think that you realize that in life, you grow. You get better*

## President's Paragraphs

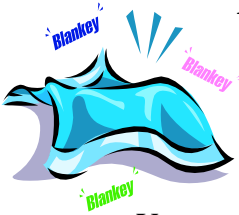
### *“American Patterns for Home Sewing: A History” – Helen DeRoo*

**Association Meeting 9:45 AM Extension Office  
March 8**

We are very pleased to have one of our own presenting a history on home patterns. Helen DeRoo, a member of the American Sewing Guild, will share her knowledge and training with us on this interesting subject.

### **FCE Blanket Making Extension Office Garage**

**March 3 Thursday 10 AM – 3 PM  
April 8 Friday 10 AM – 8 PM  
May 10 Tuesday 10 AM - 3 PM  
June 10 Friday 10 AM - 8 PM**



We are excited to be back in person.

You can drop off your creations or come and sit awhile and work on your project or ours. Bring a sandwich and we will provide drink and dessert.

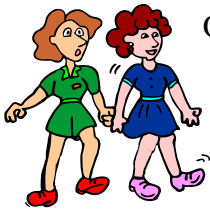
During 2021, FCE members, students and friends made **1,759** blankets (24,024 total since 2002) and **726** baby hats (13,250 total).

### *The History of Rockville Pike – Eileen McGuckian, Montgomery History Association Meeting 9:45 AM Extension MONDAY April 10*

**NOTE: This program is on MONDAY.**

Did you ever wonder what Rockville Pike was like before it became a busy, robust road with high rises, stores, restaurants and everything else you can think of? Join us, along with Eileen McGuckian from Montgomery History to explore the importance of this thoroughfare that led from Washington DC to lands in the north.

### **WOMEN WALK THE WORLD FOR ACWW Thursday, April 29**



On or around ACWW Day, April 29, 2022 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. We will do our walk prior

to lunch at the May 7<sup>th</sup> Spring Luncheon, but you are welcome to arrange a walk on your own and collect donations for ACWW. Take a picture of your walk and we will send it to ACWW.

### **Spring Luncheon, May 7 “Women Make a Difference” 10:30 AM Extension Office**

Plans are underway for the Spring Luncheon. The Derwood Club is organizing this wonderful day. As FCE members, we know women make a difference, but sometimes we lose track of the accomplishments of extraordinary women. Besides having a great time, you may learn about some amazing women.

**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. Everyone is to bring a “Book for a Newborn”. Registration form on page 8.

### **FUN DAY Thursday, June 16**

Mark your calendars now for Fun Day, Thursday, June 16<sup>th</sup>. We may change things up a bit. See page 3 for registration details. Program information will be forthcoming and we will send out an email as well.

I completed our 2021 year-end FCE report and even with all the restrictions and cancellations, FCE members were able to volunteer **78,528.5** hours and reach **186,401** individuals through FCE activities. Members donated an additional **25,531** hours and reached **241,767** in activities outside of FCE. FCE also donated \$3,200 to Montgomery College for scholarships and \$500 to their Student Emergency Assistant Fund. We also donated schools' supplies, hats, scarves, socks, gloves, magazines, stamps and toiletries. Everyone had been busy!!!

If you have suggestions on meetings, topics or activities, please contact me or your VP for Program, Kathie Mack (kpmack2@gmail.com).

*Jeanne Perich*

## Notes from Frann Peters

### *Montgomery College Scholarship:*

Two nursing students were awarded \$1,600.00 each for the 2021-2022 school year. Afra Alizadeh is from Dubai. After receiving a B.S. from the University of Maryland, she is back at Montgomery College to earn her A.S. in nursing. She credits her parents for pushing her to do well.

Our second student, Herve Yamba, is from Cameroon and came to the USA in 2016. She plans to continue her studies at university.

Hopefully these recipients will be able to come to the spring luncheon.

FCE also donated \$500.00 to the Student Emergency Assistance Fund. This fund helps students with books and expenses that if not paid may prevent the student from attending classes.

### *Laytonsville Veterans Home (formally Laytonsville Safe Havens)*

The Home was greatly appreciative for a large box of men's clothes. They also send thanks for the personal care items, books and magazines.

If you have donations of clothes, they can be taken to the Montgomery County Coalition for the Homeless at the Interfaith Works Clothing Center 751 Twinbrook Parkway Rockville 301-424-3796 (formally Broom Middle School).

**Thanks for always doing great things!**

Frann Peters

## FUN DAY

**When:** Thursday June 16<sup>th</sup>

**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.

Make check payable to MCAFCE for \$10.00 per person and send to:

Jeanne Gillis 301-926-1038

101 Rolling Road

Gaithersburg MD 20877-2043

Please give comments and or suggestions to:

Frann Peters at 301 253 2589 or

Jeanne Purich at 301 384 2805

## County Libraries Provide Free Access for Cardholders for Publications Such as 'The Washington Post' and 'Consumer Reports'

I get a regularly published newsletter from Montgomery County that has the article link listed below. They have some good information that you might want to be informed about. Below are two examples of items that are available for you to preview.



There is a DEP Video Series that Addresses the Often-Asked Question of 'Is This Recyclable?'



Copy the link below to view the entire selection of articles.

<https://montgomerycmd.blogspot.com/2022/01/county-libraries-provide-free-access.html>

You can subscribe via email and receive MC info updates as an email.

Ellen Robinson – Derwood Club

## Rx for the Winter Blahs – Try Hygge



There is no specific English translation of the word ‘Hygge’ (pronounced “HOO-guh”). Rather, it’s a Danish concept, a way of life that is focused on comfort, huddling indoors (preferably wrapped in a soft, fleecy throw or sweater), and the opportunity to connect with friends and/or family during a cold, dull winter. Instead of dwelling on miserable weather or icy winds, create a ‘to-do- list of things that bring your joy and comfort while you’re stuck indoors.

The Covid virus might limit our ability to share a night of games, cards, or charades\*, but wrapping yourself in a warm throw and reading a good book in a comfortable chair sounds appealing. Soft lounging socks could enhance the experience. (\*Zoom charades anyone?)

Think about food. The crockpot is especially useful these days. The internet is filled with ideas for overnight breakfast casseroles or oatmeal blends that will simmer while you sleep. How nice to wake up to the aroma of a hot, tasty breakfast to start your day! It’s better than despairing over leaving your warm cocoon of blankets and pillows.

A bowl of hot soup fits into the hygge lifestyle. Again, the crockpot comes to the rescue. Dump everything into the pot in the morning and look forward to a meal that filled the house with a savory smell all day. Not a fan of soup? Try simmering a pasta sauce all day. The longer it cooks, the more intense the flavor will be. Pot roast, meatloaf, stews, chicken – so many homey meals can be made with very little effort in a crockpot. You can always freeze leftovers – if there are any – for a future meal.

Many of us are fiber artists. We knit, crochet, and quilt. These can be relaxing,

meditative activities that provide comfort, joy, and peace of mind. If you can’t settle to a complex project, make a scarf in a simple pattern that requires very little concentration. Crochet a hat for someone in need. Learn how to knit socks, for yourself or for someone else. This is a double bonus – you’ve done something productive while providing something warm that people will be very grateful for.

There is no need to feel bad about using your time this way. Self-care is just as important as tidy closets or an organized pantry.

Being trapped indoors during winter weather doesn’t have to be desolate. The Danish people might be on to something here. Instead of concentrating on the miseries that winter and isolation bring, try to find ways to create solace and a peaceful environment during this time.

Please stay safe and stay healthy.

Susan Goldberg

harmony51480@aol.com

## Vinegar: The Multipurpose, Chemical-Free Household Cleaner You Should Know About

Vinegar isn’t only useful for cooking. It also makes a great cleaner and disinfectant because it’s made from acetic acid.

Acetic acid is a colorless organic compound that gives vinegar its sour taste and pungent smell. It’s also an ingredient in some store-bought household cleaners. The acidic nature of vinegar is so powerful it can dissolve mineral deposit, dirt, grease, and grime. It’s also strong enough to **kill bacteria**.

White distilled vinegar is the best vinegar for cleaning because it doesn’t contain a coloring agent. Therefore, it won’t stain surfaces. Staining can happen when cleaning with a darker-colored vinegar.

Plus, distilled white vinegar has about 5 percent acidity, which is also similar to the acidity level in many everyday multipurpose cleaners.



## HELPING OTHERS



As most of you may remember, our organization (Montgomery County Association of Family and Community Education) supported our troops serving in Iraq and Afghanistan for over 12 years by providing approximately 40 boxes per month of home-made baked goods, snack foods, and other comfort items. The support we received went far beyond just our members, and included friends, family, individuals and organizations which undisputedly made our mission a huge success. I am once again asking for your generosity in a new and urgent undertaking.

With the recent withdrawal of our troops from Afghanistan and thousands of Afghan refugees coming to the U.S. with almost nothing except the clothing on their backs, I felt a very strong urge to help support at least one of those families. The first attempts proved to be very disappointing and frustrating. The main focus was finding sponsors and people willing to relocate the families. Unfortunately, we were not equipped to provide assistance in this area.

I decided to go out of my comfort zone and reached out to General Bob Carlson, a recipient of our care packages while he served with USAID at the U.S. Embassy in Kabul. Many of you will remember meeting him at a reception in his honor at my home (as it turned out, he lived in a nearby community). I cannot speak highly enough of the now retired General Carlson. I asked if he could steer me in the right direction to locate an Afghan family to whom we could lend our support. Although it had been a few years since he was stationed in Afghanistan, he contacted some of his former colleagues and we received our first positive response from Philip Smucker, a noted author, professor, and a veteran war correspondent. Philip has made 10 trips to Afghanistan (with USAID in Kabul) since 2001.

Philip had no hesitancy in providing me the names of a young Afghan couple he knew. The wife, Lima, and I exchanged many emails, texts and phone calls. Happily, my husband (Bob) and I met with Lima and her husband, Omaid, last week and it confirmed in our minds and hearts that we were meant to support them in assisting their families, all of whom reside in nearby Virginia.

There are 11 members of Omaid's family and 6 adults in Lima's family, all living in apartments. As an aside, many of their families suffered unimaginably in their rush to the airport in Kabul to board planes to the U.S. Lima's mother was beaten by the Taliban on her way; her father was left on the tarmac through the heat of the day and cold temperatures at night before they were able to board the plane. In June of 2020, her 24-year-old sister (a well-known activist) was killed by the Taliban. The inability of Lima to return to her sister's funeral haunts her to this day. Lima, herself, suffered another devastating loss - she had a miscarriage in October.

Most of their families have been unable to receive many of the benefits promised due to the backlog in processing of the necessary paper work. Lima and Omaid are working tirelessly on their own to do much of the legwork, making calls, etc. Both of them are well educated, talented and doing their best to provide housing, jobs, etc. for their families. Omaid (a talented artist) has also been instrumental in assisting other artists find their way to safety (along with some of their paintings). While in Afghanistan, a group of other artists (ArtLords, which he founded), were in grave danger due to the painted murals they produced on walls depicting freedom and peace.

Following is a list of some of their immediate needs:

Monetary donations to assist with monthly expenses, utilities, etc.

Monetary donations of gift cards to Target, Walmart, etc. for food/other necessities

3 used laptops for researching for jobs, etc.

2 used vehicles for travel to/from job locations (low-paying jobs well below their education and qualifications)

2 dining room tables and chairs

1 sofa

kitchen appliances (toasters, coffee makers, etc.)

flatware  
dinnerware

My fervent hope is that you will once again open your hearts to assist me in providing the much-needed support to these Afghan refugees who have lost everything.

**Tax-deductible** checks should be made out to Montgomery County Assn. for Family and Community Education (MCAFCE) and mailed to me at the following address:

Maddi Klein  
4221 Thorncroft Terrace  
Olney, MD 20832-2950

For any questions, feel free to call me at home (301-774-8088) or on my cell (301-807-7488). Thank you all from the bottom of my heart for any assistance you can provide.

## ACWW

### Recently Funded Projects, Projects approved at the September 2020 Projects committee meeting



### Sustainable Water, Sanitation & Energy

1071: Safe Water for Tribal Communities  
Society for Women Education and Economic Thrust  
- Tamil Nadu, India. 1,600 beneficiaries,  
community members from Irula and Aadhiayan  
tribal villages Dalit communities. This project aims  
to provide safe drinking water systems within these  
communities with particular attention paid to  
ensuring access for women and girl children.  
SWEET will also ensure that project participants  
attend sanitation and hygiene awareness events, and  
that community members are trained in the  
maintenance of the borewells, improving longevity  
and value for money.

1074: Latrines and Home Gardening  
WAND Water, Agroforestry, Nutrition and  
Development Foundation - Mindanao, Philippines.  
700 beneficiaries, rural women and their families.  
This project aims to provide safe water and  
sanitation to women and their families in water and

sanitation-deficient barrios severely affected by the  
El Nino phenomenon. WAND will establish latrines  
for 55 households alongside training and supplies  
for home gardening with the female project  
participants to improve nutrition.



1076: Safe Water for Safer Communities  
Community Uplift and Welfare Development -  
Nebbi District, Uganda. 2,900 beneficiaries, from  
five villages. This project will construct spring  
wells in five villages across Erussi and Ndhew  
communities. Community members will receive  
training on water, sanitation and hygiene as well as  
guidance on financing routine maintenance of the  
wells. This will be achieved through water-user  
committees and the establishment of a Local Water  
User Saving Scheme (LWUSS). This project is  
particularly focused on creating feelings of  
ownership of the spring wells to ensure the  
longevity of access to water for the communities.

1088: Mabuye Village Water Project  
KWAO Kagera Woman and Aids Organisation -  
Kagera, Tanzania. 4,280 beneficiaries, community  
members from Mabuye village, Missenyi District.  
The project will construct a village borewell  
providing access to safe water for over 4,000  
community members. KWAO will ensure that the  
environment around the borewell is considered  
through the planting of trees to provide shade and  
make use of overflow water. A project  
management committee will be established to  
maintain the pump and oversee the user  
contributions to the maintenance fund.

Associated Country Women of the World  
A04 Parkhall 40 Martell Road London SE21 8EN  
info@acww.org.uk  
www.acww.org.uk +44 (0)207.

## Spring Cleaning Concerns, Priorities and Reasons Why People Don't Spring Clean; Five-Step Plan for Easy Spring Cleaning

- **78% of Households Spring Clean Every Year, Prioritizing Bedrooms, Closets, Kitchens & Family Rooms**
- **78% of Adults Agree that on a Typical Day, They'd Like Their Homes to be Cleaner**
- **Dirtiest Spots: Windows, Floors, Toilets, Shelves**

While spring cleaners' top priorities are bedrooms (25%), closets (23%), kitchens (22%) and family rooms (18%), those who never spring clean say it's because their homes don't look dirty, they would rather be doing other things, they don't have enough time or they don't know how to spring clean.

The annual survey, conducted by Wakefield Research for ACI, also unearthed that the top concerns of homeowners when it comes to cleaning are mold (31%), dirt (22%), odors (22%), stains (15%) and dust (12%). And what are the overall dirtiest spots in our homes? Homeowners picked windows (65%), floors (64%), toilets (48%) and shelves (41%).

"Just because it's called spring cleaning doesn't mean it has to take all season to finish," said Brian Sansoni, ACI Senior Vice President of Communications. "With a variety of cleaning products and some time-saving techniques, in just a few hours, you can tackle some of your most troubled areas and be on your way to a cleaner, healthier home."

### How to Spring Clean in Five Simple Steps:

Use this five-step method to help you get your home ready for the year's festivities.

**What You'll Need:** Surface cleaners formulated for windows, floors, countertops, bathrooms and furniture; remember, there are also cleaning products available that are designed to effectively tackle multiple surfaces. Also on your list should be dust cloths, including those handy electrostatic dust sheets; sponges; a broom, mop or vacuum; trash bags; and a donation box. When choosing spring cleaning products, adults focus on

effectiveness (31%), multi-purpose (19%) and cost (14%).

1. **Tidy** – Start by putting away stray items that have been left out on tables, sofas, dressers and countertops to clear off the surfaces you will need to clean. Grab a box and label it "donations" for things you are ready to give to those in need.
2. **Dust** – Starting from high to low, use a dusting tool or cloth to wipe dust from ceiling fans, pictures, artwork, shelves, books, knick-knacks and tables. Rather than spray the dust remover directly on the items, spritz the cleaner onto the paper towel or



cleaning cloth to keep the dust from dispersing. Shake out throw rugs and other larger items that collect dust outside.

3. **Launder** – Wash blankets, bed linens, towels and everything else that can go in the washer-dryer. Once mattresses are stripped, read their labels for recommended cleaning methods. In fact, read the care labels on anything questionable and dry clean (or vacuum) what can't go in the wash, such as curtains and comforters. Vacuum your upholstered furniture.

4. **Wipe** – Again, starting from the top down, use surface-appropriate cleaners on your windows/sills, furniture, bathroom fixtures, kitchen counters, cabinets, appliances, lamps, doors/doorknobs and other surfaces in your home. Spot clean walls to remove scuffs and stains. In the kitchen, consider cleaning, wiping and organizing the inside of the fridge, pantry, spice cabinet and under the sink.

5. **Sweep** – Saving the floors for last, sweep, vacuum and mop your floors depending on the types of surfaces. Don't forget to check any floor vents for dirt and dust. Get behind furniture and under sofas where dust bunnies collect.

"Spring cleaning not only makes living spaces healthier and happier, it rids our home of sources of mold, mildew, odors, dirt, stains and dust – the biggest concerns we have about our homes," said Sansoni. "Make spring cleaning a family activity for those who are old enough to help. It will be that much faster and a lot more fun."

# Spring Luncheon May 7, 2022

Registration due by April 25, 2022

*“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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**University of Maryland  
Montgomery County Extension  
18410 Muncaster Road  
Derwood, MD 20855**

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