FREDERICK COUNTY HOMEMAKERS' CREED

I believe in my home as a place where love, faith, trust and devotion are lived each day and where pleasures and responsibilities are graciously and fully shared. I believe in working together to develop high ideals and to build character worthy of citizenship.

I believe in my home as a place where with the Divine Guidance my family will find peace and contentment with strength and courage for the problems of the day; a place of friendliness and hospitality, rich in abundant living.

I believe as a homemaker I have a responsibility to be alert and diligent, passing on to others in my community any skills or knowledge acquired in my profession. I believe I also have a responsibility to promote good will and world brotherhood; to understand the background and problems of other nations, that peace may prevail upon the earth.

Mrs. Ray H. Smith, Jug Bridge Homemakers Club



Frederick County Homemakers

2009 Program Book

EDUCATING PEOPLE TO HELP THEMSELVES

EQUAL OPPORTUNITY PROGRAMS

dunade.com/fredmdhomemakers

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SUGGESTED ORDER OF BUSINESS

CALL TO ORDER
OPENING (Creed) (Pledge)
LESSON OR SPECIAL PROGRAM
BUSINESS MEETING

Roll Call – Introduction of Guests

Minutes

Treasurer's Report

Committee Reports

Project Feature

Director's Report

Old Business

New Business

RECREATION

GOOD MEETINGS:

- Are planned
- Keep to business at hand
- Are orderly



GOALS FOR THE HOMEMAKER

- 1. To pool your judgment and experience for the progressive improvement of the home and community.
- 2. To spread information to all people of the community by sharing your experiences and what you have learned with your neighbors and friends.
- 3. To be conscious of your image and strive to improve it.
- 4. To become involved in membership building.

CLUB GOALS

JANUARY 1, 2009 - DECEMBER 31, 2009

PROGRAM OF FREDERICK COUNTY HOMEMAKERS' CLUBS

NAME			
CLUB			

PENNIES FOR FRIENDSHIP

Pennies for Friendship is a principal source of income for the ACWW. Clubs desiring to support the ACWW should make checks payable to Frederick County Homemakers' Clubs marked: "PENNIES FOR FRIENDSHIP" and mail to the County Treasurer at the same time as dues are paid.

Letters from the Presidents

I want to thank everyone for being very supportive during my presidency these past two years! I feel that your help, strength, patience and ingenuity have made a difference in Frederick County.

We have accomplished a lot in the past year. Our annual meeting was a great success with our beautiful bridal outfits. The September meeting was very enjoyable and as we met with Carolyn Kennedy and Nicole Amusin and learned new facts about kidneys. The Great Frederick Fair demonstrations went very well and the public got to see who we are and what we represent.

The lessons for the year were great: Bees and Honey, Treat the Troops-Operation Shoebox, Therapy Dogs, Alzheimer's, Crafts-Tiles, and German Cooking.

I have enjoyed being president and have always enjoyed being a homemaker. Thank you for your part in making Frederick County Homemakers Knowledgeable, community enriching and fun.

Community Close**, Past President**

I am looking forward to the next two years as being president and working with all of our county homemakers. I hope that the programs we have planned for the next year will be informative and interesting.

I thank all those who have participated in all our programs that help others and I hope that you will continue to support them. We have added another helping hand and that is making helmet hats for our soldiers serving overseas. Reports from the service people tell us that the helmet hats protect their heads in many ways and are greatly appreciated. There are other items needed and they are listed in our book.

If you need any help call me or e-mail me. *Elzine Childs*, President

LOCAL CLUB OFFICERS & COMMITTEES

PRESIDENT
VICE PRESIDENT
SECRETARY
TREASURER
PARLIAMENTARIAN
HISTORIAN
DIRECTOR
ANNUAL MEETING 2008
CRAFTS
EDUCATION: COMMUNITY PROJECTS
ENVIRONMENT/PROGRAM
FAMILY/PROGRAM
GLOBAL/PROGRAM
FREDERICK FAIR
HOLIDAY ACTIVITY
MEMBERSHIP
PURLIC RELATIONS/NEWS COLUMN

COUNTY OFFICERS 2009

COUNTY COMMITTEES 2009

PRESIDENT

Elaine Childs 301-834-8247 3508 Petersville Road Gambrill Park Rosemont, MD 21758 childsel@msn.com

PRESIDENT-ELECT

VICE PRESIDENT / PROGRAM BOOK

Libby Wade 301-831-8661 6711 Sage Court Urbana Adamstown, MD 21710 dunade@aol.com

PAST PRESIDENT

Michelle Close 301-695-0108 8320 Ball Road Urbana Frederick, MD 21704 primrozez@comcast.net

SECRETARY

June Haupt 301-790-0487 21523 National Pike Mid-Valley Boonsboro, MD 21713 jphaupt@juno.com

TREASURER

Joyce Gregory 301-416-7782 147 Buttercup Drive Mid-Valley Hagerstown, MD 21740 jelaineg70@hotmail.com

PARLIAMENTARIAN

Kathryn Nicodemus 301-845-6622 Box 335 Walkersville Walkersville, MD 21793 **nicsnest52@yahoo.com**

HISTORIAN

COORDINATOR FOR 4-H

Jane Smith 301-473-8259 4645 Broad Run Road Jefferson Jefferson, MD 21755 csmith2748@comcast.net

CRAFTS

Michelle Close/Gwen Grant 301-695-0108/301-662-1511 8320 Ball Road Urbana/Mount Pleasant Frederick, MD 21704 primrozez@comcast.net

EDUCATION: COMMUNITY PROJECTS

Starr Myklebust 301-898-9222 10115 Harp Road Mount Pleasant Walkersville, MD 21793 starrm@comcast.net

ENVIRONMENT

Lyla Franklin 301-447-6545 15855 St Anthony Rd. Lewistown Thurmont, Md 21788

FAMILY

Gerry Krantz 410-775-7568 12313 Simpsons Mill Rd Gambrill Park Keymar, MD 21757

COUNTY COMMITTEES 2009

GLOBAL

Louise Ediger 301-898-9945 10521 Old Frederick Road Lewistown Frederick, MD 21701 rlediger@juno.com

FREDERICK FAIR

Libby Wade 301-831-8661 6711 Sage Court Urbana Adamstown, MD 21710 dunade@aol.com

MEMBERSHIP

Martha Moser 301-371-6132
7436 Round Hill Road Gambrill Park
Frederick, MD 21702 mcatmoser@aol.com

PUBLIC RELATIONS--NEWSPAPER COLUMN

Devra Boesch 301-371-6410 2402 Station Road Mid-Valley Middletown, MD 21769 <u>fboesch@erols.com</u>

F.C.E. REPRESENTIVE

Louise Ediger 301-898-9945 10521 Old Frederick Road Lewistown Frederick, MD 21701 rlediger@juno.com



DATES TO REMEMBER 2009

ANNUAL MEETING 2009,

Hosted by: Gambrill Park Homemakers Clubs

Date: April 28, 2009 10 am – 2 pm

Place: Jefferson Ruritan Club **Program:** Conservation Theme

SEPTEMBER BOARD MEETING

Date: September 8, 2009 -- starting at 10:00 a.m.

Place: 4-H CAMP CENTER

Program:

Lunch: Bring a dish and your place setting

Kitchen:

Auction: Bring an auction item

HOMEMAKER DEMONSTRATIONS AT THE GREAT FREDERICK FAIR

Date: Monday, September 14 – Friday, September 18, 2009

HOLIDAY ACTIVITY 2009

Club: Homemakers Club

Date: To be determined **Place:** To be determined

MARYLAND COOPERATIVE EXTENSION, FREDERICK COUNTY

330 MONTEVUE LANE, FREDERICK, MD 21702 OFFICE HOURS: 8:00 A.M. - 4:30 P.M., MONDAY - FRIDAY Linda Smith, 301-600-1599, Administrative Assistant, Family & Consumer Sciences, Nancy Lewis, 301-600-1598, Faculty Extension Assistant, Deborah Rhoades, 301-600-3573, Faculty Extension Assistant

CLUB MEETING SCHEDULE

CLUB MEETING SCHEDULE	CLUB MEETING SCHEDULE		
DATE	APRIL, 2009 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 77 28 29 30 31		
PLACE & 25 26 27 28 29 30 31	DATE		
HOUR	PLACE &		
HOSTESS	HOUR		
	HOSTESS		
LESSON LEADER			
TOPIC: CLUB CHOICE	LESSON LEADER		
	LESSON LEADER TOPIC: How Do Prescription Drugs interact with over the Counter		
	Drugs, Michael Peloquin, Pharmacist, CVS		
DATE	MAY, 2009 MAY, 2009 DATE		
PLACE &	DATE		
HOUR_	PLACE &		
nook	HOUR		
HOSTESS	HOSTESS		
LESSON LEADER TOPIC: Support the Troops, Joanne Huff, Frederick Officer's	LESSON LEADER		
TOPIC: Support the Troops, Joanne Huff, Frederick Officer's Wives Club	TOPIC: FCE Hearthfire Series		
DATE	DATE		
PLACE &	21 22 23 24 25 26 27 27 DI ACIE 8		
HOUR	HOUR		
HOSTESS	HOSTESS		
LESSON LEADER	LESSON LEADER		
TOPIC: Crafts, Michelle Close and Gwen Grant	TOPIC: CLUB CHOICE		

CLUB MEETING SCHEDULE	CLUB MEETING SCHEDULE			
DATE JULY, 2009 5 6 7 8 9 10 11	OCTOBER, 2009 4 5 7 8 9 11 12 13 14 14 5 15 16 7 18 19 20 21 22 23 8 PLACE & HOUR HOSTESS			
TOPIC: CLUB CHOICE	LESSON LEADER TOPIC: The New Frederick Memorial Hospital, Ken Coffey, FMH			
AUGUST, 2009 DATE 2 3 4 4 5 6 7 8 9 10 11 1 12 3 13 14 15 9 10 17 1 18 19 20 21 22 23 24 25 3 26 7 27 3 28 29 HOUR	NOVEMBER, 2009 DATE PLACE & HOUR			
HOSTESS	HOSTESS			
LESSON LEADER TOPIC: CLUB CHOICE	LESSON LEADER TOPIC Holiday Cooking, Nancy Lewis, Maryland Extension Office			
DATE	DECEMBER, 2009 December 2009			
PLACE & HOUR	PLACE & HOUR_			
HOSTESS	HOSTESS			
LESSON LEADER TOPIC: CLUB CHOICE	LESSON LEADER			
	TOPIC: CLUB CHOICE			

DATES TO REMEMBER

I believe as a homemaker, I have a responsibility to pass on to others in my community any skills or knowledge acquired in my profession.

JAN. 6 - Executive Committee Meeting, 9:30-10:00, Extension Office JAN. 6 - Board of Directors' Meeting, 10:00-Noon, Extension Office. JAN. 19 - Martin Luther King Day, Extension Office Closed **FEB. 3** - Lesson Training, 1-3 PM, Extension Office Lesson Leader Topic: Support the Troops, Joanne Huff, Frederick Officer's **Wives Club** FEB. 16 - Presidents' Day, Extension Office Closed MAR. 3- Executive Committee Meeting, 9:30-10:00, Extension Office MAR 3 - Board of Directors' Meeting, 10:00-Noon, Extension Office. MAR. 3 – Lesson Training, 1-3 PM, Extension Office Lesson Leader Topic: Crafts, Michelle Close and Gwen Grant **APR. 7** - **Lesson Training**, 1-3 PM, Extension Office Lesson Leader Topic: How Do Prescription Drugs interact with over the Counter Drugs, Michael Peloquin, Pharmacist, CVS APR. 10 – Good Friday, Happy Easter! Extension Office Closed APR. 16 – FCE Region I Meeting – Hosted by Frederick County FCE, 9:30 am Registration, Quality Inn, West Patrick Street, Frederick, MD APR. 22 - FCE Region II Meeting – Hosted by Anne Arundel County FCE, 9:30 am Registration, Ramada Inn, Hanover, MD APR. 28 - ANNUAL MEETING 2009, 10 am -2pm Hosted by - Gambrill Park Homemakers Clubs, Jefferson Ruritan Club, Living Green Theme MAY 5- Executive Committee Meeting, 9:30 -10:00, Extension Office MAY 5- Board of Directors' Meeting, 10:00-Noon, Extension Office MAY 5- Lesson Training, 1 -3 PM, Extension Office Lesson Leader __ **Topic: FCE Hearthfire Series**

DATES TO REMEMBER

MAY 25 - Memorial Day Observed, Extension Office Closed **JUNE 14** - Flag Day JULY 4 - Independence Day Observed - Extension Office Closed JULY 17-19 – National FCE, Portland, Oregon **SEPT 1** - Executive Committee Meeting, 10:00-Noon, Extension Office **SEPT 7** - Labor Day, Extension Office Closed **SEPT 8** - Board of Directors' Meeting 10:00 AM - 4-H Camp Center,. Covered Dish All members welcome! Everyone bring one dish, your place setting and an auction item. **SEPT 14 - 18** - Demonstrations at Frederick Fair, Monday – Friday. **SEPT** – CWC- Country Womens Council, **OCT** – FCE Week OCT. 6 - Lesson Training, 1 -3 PM, Extension Office Lesson Leader Topic: The New Frederick Memorial Hospital, Ken Coffey, **FMH** OCT. 12 - Columbus Day, Extension Office Closed **OCT** – Maryland FCE Annual Conference, hosted by Ann Arundel FCE, Ocean City MD NOV. 3 - Executive Committee Meeting, 9:30-!0:00, Extension Office NOV. 3 - Board of Directors' Meeting, 10:00-Noon, Extension Office **NOV 3-Lesson Training**, 1-3 PM, Extension Office Lesson Leader Topic: Holiday Cooking - Nancy Lewis, Maryland Extension Office NOV. 11 - Veteran's Day Observed, Extension Office Closed NOV. 26 - 27 - Thanksgiving, Extension Office Closed DEC. - HOLIDAY ACTIVITY 2009 Hosted by -**DEC. 24 - 31** – Christmas Observed, Extension Office Closed, JAN. 1 – New Year's Day Observed, Extension Office Closed

SUPPORT THE TROOPS TROOP CAP BY SHARON ROBINSON

CROCHET – G Hook if you crochet loosely

Ch4; sl st to form circle; ch 3

Rnd 1: 12 DC in cir; sl st to top of ch 3; ch 3

Rnd 2: 2 DC in each st; sl st to top of ch 3; ch 3

Rnd 3: *2 DC in 1st st, 1 DC in next st (Repeat from * around) sl st to top of

ch 3; ch 3

Rnd 4: Repeat Round 3

Rnd 5: *2 DC in 1st st; 1 DC in each of next 6 st; (Repeat around till the ent)

DC in last 4 st; sl st to top of ch 3; ch 3

Rnd 6-11: 1 DC in each st; sl st to top of ch 3; ch 3

Rnd 12: Front post in 1st st; Back post in 2nd st (Repeat around to form

ribbing), sl st in top of ch 3; fasten off, weave to end.

Acceptable colors: Tans, Brown, Grey, Med Green, Navy or Dark Multi

Colors

SOLDIER'S HELMET CAP

KNIT - 4 ply knitting worsted weight yarn, size 10 needles

Cast on 76 stitches LOOSELY

K2 P2 until piece measures 6 inches

Next Row – K2 together across

Nest Row – Knit across

Nest Row – K2 together

Continue in this manner until 5 stitches remain

Thread yarn throught remaining stitches and sew back seam

Acceptable colors: Tans, Brown, Grey, Med Green, Navy or Dark Multi Colors

ITEMS NEEDED

Hard Candy (in summer) (other candies in winter), Pre-packaged individual snacks, Coffee, Tea, Powdered creamers, Beanie Babies, small stuffed toys, Comic pages, sudoku and crossword puzzles, Instant packets of hot cocoa/oatmeal, microwave popcorn, beef jerky, Matchbox & Hot Wheel Cars, Dental hygiene product samples from dentist, Chapstick, wipes, sample size bottles of hand lotion, deodorant, body wash, foot powder, shampoo, baby wipes, hand sanitizers, Twins Sheets, Socks, Devotionals from church, Soccer Balls, CDs, DVDs, AT&T International Pre-Paid phone cards purchased from the PX, Stationary & Cards so they can write home, Lots of cards & letters of gratitude and encouragement for our troops, Monetary donations to help offset high postage costs.

ONGOING HOMEMAKERS PROJECTS

LAP ROBES

Lap robes need to measure 36 inch by 36 inch square. They can be knitted or crocheted with heavy yarn. Lap robes may be made with two pieces of material with light batting in between, if needed. With all edges completely sewn, and the three pieces knotted throughout the square. A contrasting pocket can be added 3-4 inches from the top edge. Add ties between 18 to 30 inches long at the top corners.

CROCHET NURSERY CAP

Material: Baby Yarn and 'E' Hook

<u>RIBBING</u>: Chain 9, turn, single crochet in 2nd stitch and across. Chain 1, turn, 8 stitches. Work in back <u>loops only</u> for 12 inches. Slipstitch ends together. DON'T CUT YARN! Continue as follows:

<u>TOP</u> Chain 2, work 60 half double crochet across, join in top of chain 2. Work for 3 ¼ inches. To decrease:

Work 5 stitches, work 2 together across. Crochet around.

Work 4 stitches, work 2 together across. Crochet around.

Work 3 stitches, work 2 together across. Crochet around.

Work 2 stitches, work 2 together across. Hole will be about the size of a dime.

Draw yarn through and fasten off.

Make a pom-pom and attach to top. Turn up ribbing if desired

KNITTED NURSERY CAP

Size 6 needles for the cap, size 4 needles for pom pom, and 3 ply baby yarn-100% acrylic in pink or blue preferred.

Cast on 68 stitches. Next row Knit 2, Purl 2, to the end of the row. Continue in this pattern for six inches.

Next row Knit 2 together, purl 2 together across the row.

Next row Purl.

Next row Knit 2 together across row.

Next row Purl.

Next row Knit 2 together across row.

Thread needle and take remaining stitches off knitting needle and sew cap. Pom Pom

Take a 2" wide piece of cardboard, wind yarn around it at least 30 times. Slide yarn off cardboard carefully; tie in the middle and cut edges (to make separate strands). Trim loose ends. Use yarn to sew pom pom on the cap.

BABY BLANKETS

18" x 18" – crocheted, knitted, or made with material. Must be Washable.

CLUB	PRESIDENT	CLUB	PRESIDENT
EAST FREDERICK	ANN HOFFMAN	MERRYLAND TRACT	DIANNE BOWERS
3rd Tuesday, 1:00 PM	7187 Adirondack Drive	3rd Thursday, 12:00 PM	3246 Jefferson Pike
,	Frederick, MD 21702		Jefferson, MD 21755
	301-898-5296		301-834-8577
	islington@starpower.net		
	ishington@starpower.net	MID-VALLEY	DEVRA BOESCH
GAMBRILL PARK	Martha Moser	1st Wednesday, 12:00 PM	2402 Station Road
4th Tuesday, 11:30 AM	7436 Round Hill Road		Middletown, MD 21769 301-371-6410
,,	Frederick, MD 21702		fboesch@erols.com
	301-371-6132		iboesch@erois.com
	mcatmoser@aol.com	MOUNT PLEASANT	GWEN GRANT
	incumoser e univern	3rd Monday, 1:00 PM	8104 Sundown Lane
GATHLAND	JANE LIEBERMAN	,	Frederick, MD 21702
1st Thursday, 1:00 PM	3895 Shadywood Drive		301-662-1511
13t Thursday, 1.00 TW	Jefferson, MD 21755		lgwg44@juno.com
	301-473-7895		
	301-473-7093	NEW MARKET	BETTY THOMPSON
GLADE VALLEY	JENNY WEST	1st Friday, 1:00 PM	11650 Old Annapolis Rd.
2nd Thursday, 7:30 PM	501 E. Main Street		Frederick, MD 21701
2114 1114134443, 7.13 0 1 171	Thurmont, MD 21788		301-865-5492
	301-271-7845		jthom16132@aol.com
	jennywest229@msn.com	DI EACANT CDOVE	MADGUEDITE DUDGE
	Jenny west229@msn.com	PLEASANT GROVE	MARGUERITE BURGEE 2640 Green Valley Rd.
JEFFERSON	SAMMIE HAYAS	4th Monday, 12:00 NOON	Ijamsville, MD 21754
2nd Thursday, 1:00 PM	2392 Broadrun Ct		301-865-5901
2114 111413444, 1.00 1111	Jefferson, MD 21755		301-003-3701
	301-371-7785	URBANA	MICHELLE CLOSE
	301 371 7703	3rd Tuesday, 10:00 AM	8320 Ball Road
JOHNSVILLE	LINDA PARKER	2,	Frederick, MD 21704
3rd Monday, 1:00 PM	11528 Houck Road		301-695-0108
21 4 1.1011 44	Union Bridge, MD 21791		primrozez@comcast.net
	410-775-7550		
	ellecreek2003@yahoo.com	WALKERSVILLE	HELEN SHEPPARD
	•	2nd Thursday, 1:00 PM	8613 Discovery Blvd.
LEWISTOWN	ALICE WILCOM		Walkersville, MD 21793
3rd Wednesday, 7:30 PM	10412 Glade Rd		301-898-3464
	Walkersville, MD 21793		BruceHelenShep@msn.com
	301-898-7560		