

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. Lloyd Church (Ray H) Smith

Jug Bridge Homemakers Club



Frederick County Homemakers

2017 Program Book

EDUCATING PEOPLE
TO
HELP THEMSELVES

EQUAL OPPORTUNITY PROGRAMS

dunade.com/fredmdhomemakers

TABLE OF CONTENTS

Pennies for Friendship ----- 1
Executive Summary/Welcome Letter----- 2
Local Club Officers & Committees ----- 3
County Officers ----- 4
County Committees ----- 5
Past Presidents ----- 6
Club Lessons & Dates To Remember ----- 7-13
Project Instructions ----- 14-15
Homemakers' Club Roster ----- 16-17
Frederick County Homemakers' Creed --- back

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, 2017 -
DECEMBER 31, 2017**

**PROGRAM OF
FREDERICK COUNTY
HOMEMAKERS' CLUBS**

NAME _____

CLUB _____

PENNIES FOR FRIENDSHIP

Pennies for Friendship is a principal source of income for the Associated Country Women of the World (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.

Letter from the President

LOCAL CLUB OFFICERS & COMMITTEES

Ladies,

Happy New Year to one and all.

It seems like the years are just rushing by. We celebrate at the beginning of the year and all of a sudden it is time for the end of the year Holidays. This year we have some exciting programs and activities to look forward to. We will learn about Hospice Care, Animal Rescue, Alternate Energy Efficiency, Vegetarian Meals, Eagles and Native Birds, Making Your Own Fire Extinguishers and Eating Healthy.

As you all know we have been steadily getting smaller with fewer and fewer members. I think we should set as a goal this year for every member to recruit a new member. It would be great to have these new members come to all of our lessons and meetings to learn from our great speakers

Libby Wade, President.

- PRESIDENT_____
- VICE PRESIDENT_____
- SECRETARY_____
- TREASURER_____
- PARLIAMENTARIAN_____
- HISTORIAN_____
- DIRECTOR_____
- ANNUAL MEETING _____
- CRAFTS_____
- EDUCATION:
 - COMMUNITY PROJECTS_____
 - ENVIRONMENT/PROGRAM_____
 - FAMILY/PROGRAM _____
 - GLOBAL/PROGRAM_____
- FREDERICK FAIR_____
- HOLIDAY ACTIVITY _____
- MEMBERSHIP _____
- PUBLIC RELATIONS/NEWS COLUMN _____
- SUN SHINE_____

COUNTY OFFICERS 2017

PRESIDENT

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

PRESIDENT-ELECT

1 year term for 2018

VICE PRESIDENT / PROGRAM BOOK/FAIR

Linda Parker 410-775-7550
 11528 Houck Road Johnsville
 Union Bridge, MD 21791 ellecreek2003@yahoo.com

PAST PRESIDENT

Linda Parker 410-775-7550
 11528 Houck Road Johnsville
 Union Bridge, MD 21791 ellecreek2003@yahoo.com

SECRETARY

Donna Bowles 301-473-8452
 7229 Bowers Rd Gambrill Park
 Frederick, MD 21702 donnabowles1@comcast.net

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 Pleasant Walk
 Walkersville, MD 21793 nicsnest52@yahoo.com

HISTORIAN

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

COORDINATOR FOR 4-H

Jane Smith 301-473-8259
 P.O. Box 547 Jefferson
 Jefferson, MD 21755 csmith2748@comcast.net

CRAFTS

Cindy Fuss-Ruwet 410-775-2459
 10204 Fountain School Road Johnsville
 Union Bridge, MD 21791 simplycindy1@yahoo.com

EDUCATION: COMMUNITY PROJECTS

Emily Sines 301-898-7951
 7707 McKaig Road Pleasant Walk
 Frederick, MD 21701 emilysines@comcast.net

ENVIRONMENT

Phylis Heuerman 301-304-0665
 2515 Homewood Drive Pleasant Walk
 Frederick, MD 21702 pgheuerman@gmail.com

FAMILY

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

GLOBAL & F.C.E. REPRESENTIVE

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

NEWSPAPER COLUMN

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

DATES TO REMEMBER 2017

PAST & PRESENT COUNTY PRESIDENTS

FREDERICK COUNTY FEDERATION OF RURAL WOMENS CLUBS

Mrs. A. G. McKinney, Walkersville	1922-1925
Mrs. Maurice Coblentz, Middletown	1926-1928
Mrs. Harry L. Davis, New Market	1929-1932
Mrs. Thomas P. Culler, Ballenger	1933-1936
Mrs. E. Earl Remsberg, Buckeystown	1937-1938
Mrs. Elmer Michael, Adamstown	1939-1940
Mrs. J. Homer Remsberg, Middletown	1941-1942
Mrs. Roy Crum, Jug Bridge	1943-1944

RURAL HOMEMAKERS' OF FREDERICK COUNTY

Mrs. Mehrl Ramsburg, Lewistown	1945-1946
--------------------------------	-----------

FREDERICK COUNTY COUNCIL OF HOMEMAKERS' CLUBS

Mrs. Luther Remsberg, Jefferson	1947-1949
Mrs. J. Arthur Summers, Braddock	1950-1951
Mrs. Edward F. Holter, Middletown	1952-1953
Mrs. Ray Smith, Jug Bridge	1954-1955
Mrs. Paul Willard, Frederick City	1956-1957
Mrs. Millard Eiler, Johnsville	1958-1959
Mrs. Russell Dudrow, Ballenger	1960-1961
Mrs. J. Vernon Coblentz, Middletown	1962-1963
Mrs. Austin Kemp, Gambrill Park	1964-1965
Mrs. Kenneth Bullivant, Myersville	1966-1967

FREDERICK COUNTY COUNCIL OF EXTENSION HOMEMAKERS' CLUBS

Mrs. George Chick, Merryland Tract	1968-1969
Mrs. Lewis Martz, Lewistown	1970-1972
Mrs. Charles Nicodemus, Walkersville	1973-1974
Mrs. C. Thomas Ford, Monocacy Village	1975-1976
Mrs. Rena Dorrell, (William), Frederick City	1977-1978
Mrs. Betty Thompson, (John), New Market	1979-1980
Mrs. Frances Ahalt, (Richard), Middletown	1981-1982
Mrs. Dorothy Dudrow, (Lester), Buckeystown	1983-1984
Mrs. Betty Falkenstein, (Robert), Myersville	1985-1986
Mrs. Shirley Zimmerman, (Trego), Walkersville	1987-1988
Mrs. Eurath Ann Selckman, (August), Urbana	1989-1990
Mrs. Barbara Lowery, (William), Mid-Valley	1991-1992
Mrs. Ruth Spurrier, (Paul), Johnsville	1993-1994
Mrs. Louise Ediger, (Raymond), Lewistown	1995-1996
Mrs. Eurath Ann Selckman, (August), Urbana	1997-1998

FREDERICK COUNTY HOMEMAKERS' CLUBS

Mrs. Ellen Bartlett, (Roscoe), Buckeystown	1999-2000
Mrs. Helen Sheppard, (Bruce), Walkersville	2001-2002
Mrs. Johanna Stull, (Paul), Walkersville	2003-2004
Mrs. Martha Moser, (Austin), Gambrill Park	2005-2006
Mrs. Michelle Close, (Gerald), Urbana	2007-2008
Mrs. Elaine Childs, (Wm Philip), Gambrill Park	2009-2010
Mrs. Elizabeth (Libby) Wade, (Dennis), Urbana	2011-2012
Mrs. Starr Myklebust, (Robert), Pleasant Walk	2013-2014
Mrs. Linda Parker (Stewart), Johnsville	2015-2016

ANNUAL MEETING 2017

Hosted by: Johnsville

Date: April 25, 2017

Place: Johnsville Ruritan Hall

Program: Springs New Beginning

SEPTEMBER BOARD MEETING

Date: September 12, 2017 -- starting at 10:00 a.m.

Place: 4-H CAMP CENTER, 3702 Basford Rd, Frederick

Program: Native Birds

Karen Lippy

Lunch: Bring a dish and your place setting

Kitchen: Gambrill Park

Auction: Bring a sale item

HOMEMAKER DEMONSTRATIONS

AT THE GREAT FREDERICK FAIR

Date: Monday, September 18 – Friday, September 22, 2017

HOLIDAY ACTIVITY 2017

Club: TBD

Date: TBD

Place: TBD

Theme: TBD

UNIVERSITY OF MARYLAND 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, Deborah Rhoades, 301-600-3573, Faculty Extension
Assistant, Hours are reduced. Call ahead.

CLUB MEETING SCHEDULE

JANUARY, 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

DATE _____

PLACE&HOUR _____

HOSTESS _____

THOUGHT FOR THE DAY _____

TOPIC _____

LESSON LEADER _____

LESSON TRAINING: CLUB CHOICE

FEBRUARY, 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

DATE _____

PLACE&HOUR _____

HOSTESS _____

THOUGHT FOR THE DAY _____

TOPIC _____

LESSON LEADER _____

LESSON TRAINING: Hospice Care, Emily Sines

MARCH, 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

DATE _____

PLACE&HOUR _____

HOSTESS _____

THOUGHT FOR THE DAY _____

TOPIC _____

LESSON LEADER _____

LESSON TRAINING: Animal Shelter/Rescue, Elaine Childs

CLUB MEETING SCHEDULE

APRIL, 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

DATE _____

PLACE&HOUR _____

HOSTESS _____

THOUGHT FOR THE DAY _____

TOPIC _____

LESSON LEADER _____

LESSON TRAINING: Alternate Energy Efficiency, Dawn Nelson

MAY, 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

DATE _____

PLACE&HOUR _____

HOSTESS _____

THOUGHT FOR THE DAY _____

TOPIC _____

LESSON LEADER _____

LESSON TRAINING: Vegetarian Meals for Beginners, Donna Bowles

JUNE, 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

DATE _____

PLACE&HOUR _____

HOSTESS _____

TOPIC _____

LESSON LEADER _____

LESSON TRAINING: CLUB CHOICE OR PICNIC

CLUB MEETING SCHEDULE

JULY, 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

DATE _____

PLACE&HOUR _____

HOSTESS _____

THOUGHT FOR THE DAY _____

TOPIC _____

LESSON LEADER _____

LESSON TRAINING: CLUB CHOICE

AUGUST, 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

DATE _____

PLACE&HOUR _____

HOSTESS _____

THOUGHT FOR THE DAY _____

TOPIC _____

LESSON LEADER _____

LESSON TRAINING: CLUB CHOICE

SEPTEMBER, 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

DATE _____

PLACE&HOUR _____

HOSTESS _____

THOUGHT FOR THE DAY _____

TOPIC _____

LESSON LEADER _____

LESSON TRAINING: FALL BOARD MEETING AT 4H CENTER,
Eagles and Native Birds, Karen Lippy

CLUB MEETING SCHEDULE

OCTOBER, 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

DATE _____

PLACE&HOUR _____

HOSTESS _____

THOUGHT FOR THE DAY _____

TOPIC _____

LESSON LEADER _____

LESSON TRAINING: **Make Your Own Fire Extinguishers, Jane Smith**

NOVEMBER, 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

DATE _____

PLACE&HOUR _____

HOSTESS _____

THOUGHT FOR THE DAY _____

TOPIC _____

LESSON LEADER _____

LESSON TRAINING: **Eating Healthy, Debbie Rhoades**

DECEMBER, 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

DATE _____

PLACE&HOUR _____

HOSTESS _____

THOUGHT FOR THE DAY _____

TOPIC _____

LESSON LEADER _____

LESSON TRAINING: CLUB CHOICE, **Christmas Holiday Program**

DATES TO REMEMBER

DATES TO REMEMBER

I believe in my home as a place where with the Divine Guidance my family will find peace and contentment.

- JAN. 1** – New Year’s Day Observed, Extension Office Closed
JAN. 3 - Executive Committee Meeting, 9:30-10:00, Extension Office
JAN. 3 - Board of Directors' Meeting, 10:00-Noon, Extension Office.
JAN. 16- Martin Luther King Day, Extension Office Closed
FEB. 7 - **Lesson Training**, 1-3 PM, Extension Office
Lesson Leader _____
Topic: **Hospice Care, Emily Sines**
FEB. 20 - Presidents' Day
MAR. 7- Executive Committee Meeting, 9:30-10:00, Extension Office
MAR. 7 - Board of Directors' Meeting, 10:00-Noon, Extension Office.
MAR. 7 – **Lesson Training**, 1-3 PM, Extension Office
Lesson Leader _____
Topic: **Animal Shelter/Rescue, Elaine Childs**
APR. 4 - **Lesson Training**, 1-3 PM, Extension Office
Lesson Leader _____
Topic: **Alternate Energy Efficiency, Dawn Nelson**
APR. 14 – Good Friday, Happy Easter!
APR. 25 - ANNUAL MEETING 2017, 10 am -2pm
Hosted by: Johnsville
Place: Johnsville Ruritan Hall
Program: Springs New Beginning
MAY 2- Executive Committee Meeting, 9:30 -10:00, Extension Office
MAY 2- Board of Directors' Meeting, 10:00-Noon, Extension Office
MAY 2- **Lesson Training**, 1 -3 PM, Extension Office
Lesson Leader _____
Topic: **Vegetarian Meals for Beginners, Donna Bowles**
MAY 29 - Memorial Day Observed, Extension Office Closed
JUNE 14 - Flag Day
JULY 4 - Independence Day, Extension Office Closed

- JULY 13-16** – 2017 FCE National Conference, Omaha, Nebraska
SEPT 4 - Labor Day, Extension Office Closed
SEPT 5 -Executive Committee Meeting, 10:00-Noon, Extension Office
SEPT 12 -Board of Directors' Meeting 10:00 am-4H Camp Center
All members welcome! Covered Dish
Everyone bring a dish, your place setting & an item for sale
Native Birds, Karen Lippy
SEPT 18-22 –Demonstrations at Frederick Fair, Monday – Friday.
OCT - NOV – Maryland FCE State Conference
OCT 3 - **Lesson Training**, 1 -3 PM, Extension Office
Lesson Leader _____
Topic: **Make Your Own Fire Extinguishers, Jane Smith**
OCT 8-14–FCE Week –2nd full week in October
OCT 9 - Columbus Day, Extension Office Closed
NOV 7 - Executive Committee Meeting, 9:30-10:00, Extension Office
NOV 7 - Board of Directors' Meeting, 10:00-Noon, Extension Office
NOV 7-**Lesson Training**, 1-3 PM, Extension Office
Lesson Leader _____
Topic: **Eating Healthy, Debbie Rhoades**
NOV 11 - Veteran's Day Observed, Extension Office Closed
NOV 23 - 24 - Thanksgiving, Extension Office Closed
DEC 6 - HOLIDAY ACTIVITY 2017
Hosted by – TBD
Theme: TBD
DEC. 24 – Jan 2 – Christmas Observed, Extension Office Closed

CANCER 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 end)

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, pretty colors for women

ADULT 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

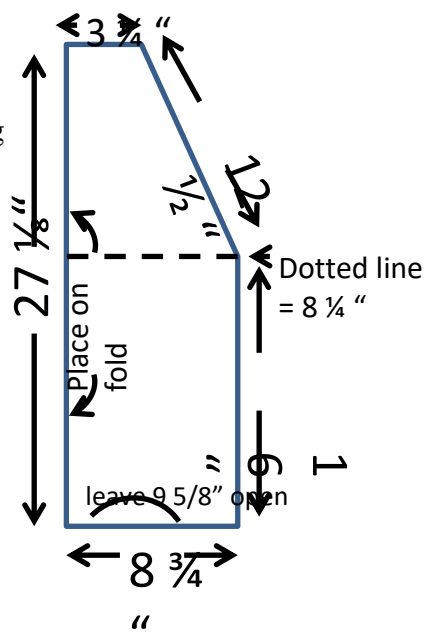
Nest Row – K2 together

Continue in this manner until 5 stitches remain

Thread yarn through remaining stitches and sew back seam

Tuckable Napkin

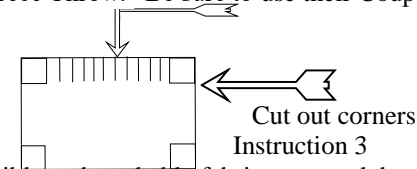
Cut out 2 of the same or coordinating fabrics, being careful to place long straight edge on the fold. Open up the pieces and lay right side to right side and stitch together leaving a 9 5/8" opening at the bottom for turning the sewn together pieces to right side. Press edges and stitch around finished edges with opened bottom shut and pressed. If you can, use prewashed fabric.



ONGOING HOMEMAKERS PROJECTS

No-Sew Fleece Throw (Lap Robe)

Cut 2 pieces of Fleece 48" x 60". Same color or coordinating fleece patterns. Place fleece layers wrong sides together. Cut 6" x 6" squares out of both pieces of fleece at each corner. (cut both layers at same time. To make fringe, cut 6" into fleece at 1 1/2" intervals around all 4 sides of both layers. Knot fringe pieces together, using 1 strand from top layer & one strand from bottom. You can buy the fleece by the yard or Joann Fabric sells kits for the "No Sew Fleece Throw." Be sure to use their Coupons. Cut fringe strips -Instruction 4



Walker Caddie

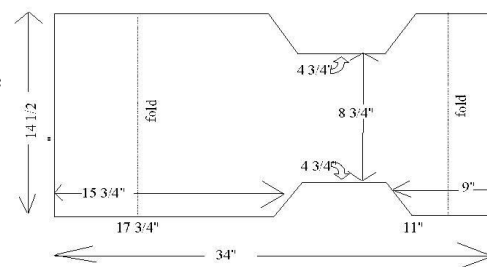
Material: Medium to heavy, reversible and washable fabrics are work best.

Ex. Denims, drapery fabrics, etc. If using lightweight fabric, cut two pieces and sew together like a pillowcase.

Cutting: Half inch (1/2) seam allowance is used.

Cut 14 1/2" x 34" on the crosswise or lengthwise grain of the fabric. DO NOT CUT ON BIAS.

Cut an indentation as shown in diagram. (This area goes over the hand bar of the walker)



Sewing: If using a single layer of fabric, hem the ends (becomes the

edge of the pockets) or cover them with seam binding. There are two ways to complete the caddie. One; fold the pockets to the right side and bind all of the raw edges with seam tape. Two; fold pocket to wrong side, stitch only the sides of the pockets and turn the pocket to the right side (raw seam will be inside the pocket). Then bind the indentation or turn the edges in and overcast stitch.

Divide the pocket sections by stitching halfway across from the bottom of the pocket to the top edge of the pocket. The sides of the pocket may need to be top-stitched. The pocket could be divided into thirds if the recipients have small hands. Finish by sewing Velcro in the area at the base of the indentation.

Delivering: Enjoy lighting up life of users. Tuck a small pack of Kleenex in pocket if you are personally delivering to individual.

EASY KNITTED BABY CAP

Use size 6 or 7 needles. Cast on 48 Stitches. Knit 5 Rows.

Knit 1 Row, Purl 1 Row for 4 inches. End with a Purl Row.

Knit 2 together next Row. Purl 2 together next Row.

Knit 2 together next 2 Rows, leaving 3 or 4 stitches. Using a large needle, pull yarn through last stitches. Sew seam together with yarn

BABY BLANKETS

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

CLUB	PRESIDENT
GAMBRILL PARK 4th Tuesday, 11:30 AM	JEANETTE JOHNSON 75278 Old Receiver Rd Frederick, MD 21702 240-490-7438 jeanettejohnson@comcast.net
GATHLAND 2 nd Thursday, 11:00 AM	JANE LIEBERMAN 3895 Shadywood Drive Jefferson, MD 21755 301-473-7895 jane.lieberman@comcast.net
GLADE VALLEY 2 nd Thursday, 11:00 AM	BONNIE LEINS 15 Fulton Ave Walkersville, MD 21793 301-845-6057 angelfella@comcast.net VIVIAN MARTIN 9505 Appols Rd Rocky Ridge, MD 21778 301-271-7858 vmartin@msmary.edu
JEFFERSON 2nd Thursday, 1:00 PM	SAMMIE HAYAS 2392 Broadrun Ct Jefferson, MD 21755 301-371-7785 sjbhayas@comcast.net
JOHNSVILLE 3rd Monday, 1:00 PM	CINDY RUWET 10204 Fountain School Rd Union Bridge, MD 21791 410-775-2459 simplycindy1@yahoo.com
LEWISTOWN 3rd Wednesday, 7:30 PM	Heather Fitzgerald 17210 Bollinger School Road Emmitsburg, MD 21727 410-756-5850 heatherfamily71@gmail.com

CLUB	PRESIDENT
MID-VALLEY 1st Wednesday, 12:00 PM	DAWN NELSON 12529 Loy Wolfe Road Myersville, MD 21773 301-606-1389 nelsondawn@comcast.net
PLEASANT WALK 3rd Monday, 12:00 PM	Phyllis Heuerman 2515 Homewood Drive Frederick, MD 21702 301-304-0665 pgheuerman@gmail.com
URBANA 3rd Tuesday, 10:00 AM	LIBBY WADE 6711 Sage Court Adamstown, MD 21710 301-831-8661 dunade@aol.com