

## **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**

## 2020 Program Book

EDUCATING PEOPLE  
TO  
HELP THEMSELVES

EQUAL OPPORTUNITY PROGRAMS

[dunade.com/fredmdhomemakers](http://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**

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**JANUARY 1, 2020 -  
DECEMBER 31, 2020**

**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

Ladies,

Another year, another round of great lessons and great meetings.

This year I have decided to list some goals that we could work on. Let us start with daily goals. We could wake up earlier, be on time, get outside, eat meals together, and set a time to unplug. Next for weekly goals, we need to have family time, cook homemade meals together, and do family jobs together. For monthly goals, try to keep a monthly calendar, have a monthly meeting, volunteer together, try a new recipe and go on a family outing like a dinner, movie, or bowling. For big yearly goals, we could plan a family vacation, go on a family road trip, start a new tradition, donate old toys/clothes, learn a new skill, and have a Family Reunion.

This year we again have some great programs and lessons for you. We will learn about Essential Oils, Aleena Steele; Recycling, Ann Marie Creamer; Relaxation, Monda; Living the Green Life, Carrie Sorensen; Cooking for 2 or Just You, Sandy Brown; Medical Cannabis- Dr Hauser; How People Learn, Meg Lee; and Crafts, Kathy Amidon.

*Libby Wade,*

President.

## LOCAL CLUB OFFICERS & COMMITTEES

PRESIDENT \_\_\_\_\_

VICE PRESIDENT \_\_\_\_\_

SECRETARY \_\_\_\_\_

TREASURER \_\_\_\_\_

PARLIAMENTARIAN \_\_\_\_\_

HISTORIAN \_\_\_\_\_

DIRECTOR \_\_\_\_\_

ANNUAL MEETING \_\_\_\_\_

COMMUNITY PROJECTS \_\_\_\_\_

FCE \_\_\_\_\_

FREDERICK FAIR \_\_\_\_\_

HOLIDAY ACTIVITY \_\_\_\_\_

MEMBERSHIP \_\_\_\_\_

PUBLIC RELATIONS \_\_\_\_\_

SUN SHINE \_\_\_\_\_

**COUNTY OFFICERS 2020**

**PRESIDENT**

Libby Wade 301-831-8661  
6711 Sage Court Urbana  
Adamstown, MD 21710 [dunade@aol.com](mailto:dunade@aol.com)

**PRESIDENT-ELECT**

Libby Wade **1 year term**  
301-831-8661  
6711 Sage Court Urbana  
Adamstown, MD 21710 [dunade@aol.com](mailto:dunade@aol.com)

**VICE PRESIDENT / PROGRAM BOOK/FAIR**

**PAST PRESIDENT**

**SECRETARY**

Donna Bowles 301-473-8452  
7229 Bowers Rd Gambrell Park  
Frederick, MD 21702 [donnabowles1@comcast.net](mailto:donnabowles1@comcast.net)

**TREASURER**

Carmen Palmer 301-401-5123  
10611 Old Annapolis Road Pleasant Walk  
Frederick, MD 21701 [cmpalmer@palmerindustriesinc.com](mailto:cmpalmer@palmerindustriesinc.com)

**PARLIAMENTARIAN**

Kathryn Nicodemus 301-845-6622  
Box 335 Pleasant Walk  
Walkersville, MD 21793 [nicsnest52@yahoo.com](mailto:nicsnest52@yahoo.com)

**COUNTY COMMITTEES 2020**

**HISTORIAN**

Kathy Amidon 315-415-0481  
921 Shawnee Drive Pleasant Walk  
Frederick, MD 21701 [mommom.amidon@gmail.com](mailto:mommom.amidon@gmail.com)

**COORDINATOR FOR 4-H**

Jane Smith 301-473-8259  
P.O. Box 547 Jefferson  
Jefferson, MD 21755 [csmith2748@comcast.net](mailto:csmith2748@comcast.net)

**COMMUNITY PROJECTS**

Emily Sines 301-898-7951  
7707 McKaig Road Pleasant Walk  
Frederick, MD 21701 [emilysines@comcast.net](mailto:emilysines@comcast.net)

**F.C.E. REPRESENTATIVE**

Libby Wade 301-831-8661  
6711 Sage Court Urbana  
Adamstown, MD 21710 [dunade@aol.com](mailto:dunade@aol.com)

**MEMBERSHIP**

Martha Moser 240-651-1531  
500 Pearson Circle, Apt 2007 Gambrell Park  
Frederick, MD 21702 [mcatmoser@aol.com](mailto:mcatmoser@aol.com)

**PUBLIC RELATIONS**

Devra Boesch 301-371-6410  
2402 Station Road Mid-Valley  
Middletown, MD 21769 [fboesch@erols.com](mailto:fboesch@erols.com)

**WEBSITE**

Libby Wade 301-831-8661  
6711 Sage Court Urbana  
Adamstown, MD 21710 [dunade@aol.com](mailto:dunade@aol.com)

## **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
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### **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
Mrs. Elizabeth (Libby) Wade, (Dennis), Urbana	2017-

## ***DATES TO REMEMBER 2020***

### **ANNUAL MEETING**

**Hosted by:** Homemaker Board

**Date:** April 21, 2020

**Place:** Jefferson Ruritan

**Program:** Living the Green Life, Carrie Sorensen

### **SEPTEMBER BOARD MEETING**

**Date:** September 8, 2020 -- starting at 10:00 a.m.

**Place:** Homewood Lodge

**Program:** Medical Cannabis- Dr Hauser

**Lunch:** Bring a dish and your place setting

**Kitchen:** Gambrill Park

**Friendship Table:** Bring a pre-priced item

### **HOMEMAKER DEMONSTRATIONS AT THE GREAT FREDERICK FAIR**

**Date:** Monday, September 21 – Friday, September 25, 2020

### **HOLIDAY ACTIVITY 2020**

**Club:** Pleasant Walk

**Date:** December 1, 2020

**Place:** Mt Pleasant Ruritan

**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, Extension  
Educator, Carrie Sorensen, Extension Educator, 301-600-1598.  
Hours are reduced. Call ahead.

## CLUB MEETING SCHEDULE

### JANUARY, 2020

DATE \_\_\_\_\_

PLACE&HOUR \_\_\_\_\_

HOSTESS \_\_\_\_\_

THOUGHT FOR THE DAY \_\_\_\_\_

TOPIC \_\_\_\_\_

LESSON LEADER \_\_\_\_\_

LESSON TRAINING: CLUB CHOICE

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	

### FEBRUARY, 2020

DATE \_\_\_\_\_

PLACE&HOUR \_\_\_\_\_

HOSTESS \_\_\_\_\_

THOUGHT FOR THE DAY \_\_\_\_\_

TOPIC \_\_\_\_\_

LESSON LEADER \_\_\_\_\_

LESSON TRAINING: Essential Oils, Aleena Steele

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

### MARCH, 2020

DATE \_\_\_\_\_

PLACE&HOUR \_\_\_\_\_

HOSTESS \_\_\_\_\_

THOUGHT FOR THE DAY \_\_\_\_\_

TOPIC \_\_\_\_\_

LESSON LEADER \_\_\_\_\_

LESSON TRAINING: Recycling, Ann Marie Creamer

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				

## CLUB MEETING SCHEDULE

### APRIL, 2020

DATE \_\_\_\_\_

PLACE&HOUR \_\_\_\_\_

HOSTESS \_\_\_\_\_

THOUGHT FOR THE DAY \_\_\_\_\_

TOPIC \_\_\_\_\_

LESSON LEADER \_\_\_\_\_

LESSON TRAINING: Relaxation, Monda

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		

### MAY, 2020

DATE \_\_\_\_\_

PLACE&HOUR \_\_\_\_\_

HOSTESS \_\_\_\_\_

THOUGHT FOR THE DAY \_\_\_\_\_

TOPIC \_\_\_\_\_

LESSON LEADER \_\_\_\_\_

LESSON TRAINING: Cooking for 2 or Just You, Sandy Brown

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						

### JUNE, 2020

DATE \_\_\_\_\_

PLACE&HOUR \_\_\_\_\_

HOSTESS \_\_\_\_\_

TOPIC \_\_\_\_\_

LESSON LEADER \_\_\_\_\_

LESSON TRAINING: CLUB CHOICE OR PICNIC

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				

## CLUB MEETING SCHEDULE

### JULY, 2020

DATE \_\_\_\_\_

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	

PLACE&HOUR \_\_\_\_\_

HOSTESS \_\_\_\_\_

THOUGHT FOR THE DAY \_\_\_\_\_

TOPIC \_\_\_\_\_

LESSON LEADER \_\_\_\_\_

LESSON TRAINING: CLUB CHOICE

### AUGUST, 2020

DATE \_\_\_\_\_

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					

PLACE&HOUR \_\_\_\_\_

HOSTESS \_\_\_\_\_

THOUGHT FOR THE DAY \_\_\_\_\_

TOPIC \_\_\_\_\_

LESSON LEADER \_\_\_\_\_

LESSON TRAINING: CLUB CHOICE

### SEPTEMBER, 2020

DATE \_\_\_\_\_

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			

PLACE&HOUR \_\_\_\_\_

HOSTESS \_\_\_\_\_

THOUGHT FOR THE DAY \_\_\_\_\_

TOPIC \_\_\_\_\_

LESSON LEADER \_\_\_\_\_

LESSON TRAINING: FALL BOARD MEETING AT 4H CENTER, **Medical Cannabis, Dr Hauser**

## CLUB MEETING SCHEDULE

### OCTOBER, 2020

DATE \_\_\_\_\_

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

PLACE&HOUR \_\_\_\_\_

HOSTESS \_\_\_\_\_

THOUGHT FOR THE DAY \_\_\_\_\_

TOPIC \_\_\_\_\_

LESSON LEADER \_\_\_\_\_

LESSON TRAINING: **How People Learn, Meg Lee**

### NOVEMBER, 2020

DATE \_\_\_\_\_

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				

PLACE&HOUR \_\_\_\_\_

HOSTESS \_\_\_\_\_

THOUGHT FOR THE DAY \_\_\_\_\_

TOPIC \_\_\_\_\_

LESSON LEADER \_\_\_\_\_

LESSON TRAINING: **Crafts, Kathy Amidon**

### DECEMBER, 2020

DATE \_\_\_\_\_

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		

PLACE&HOUR \_\_\_\_\_

HOSTESS \_\_\_\_\_

THOUGHT FOR THE DAY \_\_\_\_\_

TOPIC \_\_\_\_\_

LESSON LEADER \_\_\_\_\_

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

## 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 7** - Executive Committee and Board of Directors' Meeting,  
10:00-Noon, Extension Office.

**JAN 21**- Martin Luther King Day, Extension Office Closed

**FEB 4** - **Lesson Training**, 1-3 PM, Extension Office

Lesson Leader \_\_\_\_\_

Topic: **Essential Oils, Aleena Steele**

**FEB 18** - Presidents' Day

**MAR 3**- Executive Committee and Board of Directors' Meeting,  
10:00-Noon, Extension Office.

**MAR 3** – **Lesson Training**, 1-3 PM, Extension Office

Lesson Leader \_\_\_\_\_

Topic: **Recycling, Ann Marie Creamer**

**APR 7** - **Lesson Training**, 1-3 PM, Extension Office

Lesson Leader \_\_\_\_\_

Topic: **Relaxation, Monda**

**APR 10, APR 12** – Good Friday, Happy Easter!

**APR 21** - ANNUAL MEETING 2020, 10 am -2pm

Hosted by: Homemaker Board

Place: Jefferson Ruritan

Program: **Living the Green Life, Carrie Sorensen**

**MAY 5**- Executive Committee and Board of Directors' Meeting,  
10:00-Noon, Extension Office.

**MAY 5**- **Lesson Training**, 1 -3 PM, Extension Office

Lesson Leader \_\_\_\_\_

Topic: **Cooking for 2 or Just You, Sandy Brown**

**MAY 27** - Memorial Day Observed, Extension Office Closed

**JUNE 14** - Flag Day

**JULY 4** - Independence Day, Extension Office Closed

**JULY** – 2020 FCE National Conference

**SEPT 7** - Labor Day, Extension Office Closed

**SEPT 1** -Executive Committee Meeting, 10:00-Noon, Extension Office

## DATES TO REMEMBER

**SEPT 8** -Board of Directors' Meeting 10:00 am-Homewood Lodge

All members welcome! Covered Dish

Everyone bring a dish, your place setting & an item for sale

Kitchen: Gambrell Park

**Program: Medical Cannabis- Dr Hauser**

**SEPT** –Demonstrations at Frederick Fair, Monday – Friday.

**OCT 6** - **Lesson Training**, 1 -3 PM, Extension Office

Lesson Leader \_\_\_\_\_

Topic: **How People Learn, Meg Lee**

**OCT 12** - Columbus Day

**OCT 11 - 17**–FCE Week –2nd full week in October

**OCT/NOV** – Maryland FCE State Conference

**NOV 10** - Executive Committee and Board of Directors' Meeting,  
10:00-Noon, Extension Office.

**NOV 10** -**Lesson Training**, 1-3 PM, Extension Office

Lesson Leader \_\_\_\_\_

Topic: **Crafts, Kathy Amidon**

**NOV 11** - Veteran's Day Observed, Extension Office Closed

**NOV 22 – 28** - National Family Week

**NOV 26 - 27** - Thanksgiving, Extension Office Closed

**DEC 1** - HOLIDAY ACTIVITY 2020

Hosted by – Pleasant Walk, Mt Pleasant Ruritan

Theme: TBD

**DEC. 24 – Jan 2** – Christmas Observed, Extension Office Closed

**ONGOING HOMEMAKERS PROJECTS-Foster Children Tote Bag**

Materials Needed

1 yard children friendly printed material, 50” cord for drawstring

Instructions

-Cut off 4” from bottom of material (2 handles-4”x18”) Sew right sides together using ½” seam, turn right side out, press

-Fold top of material ¼”, press, then fold down 1 ½” & press again

-Place right sides together and starting 7” from top, stitch down long side and across bottom using ½” seam. Then fold over the top opening and stitch down

-Stitch down casing. Position handles inside top of each side, centered and attach

- Insert cord through casing



**ONGOING HOMEMAKERS PROJECTS**

**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 1<sup>st</sup> 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 1<sup>st</sup> 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 1<sup>st</sup> st; Back post in 2<sup>nd</sup> 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

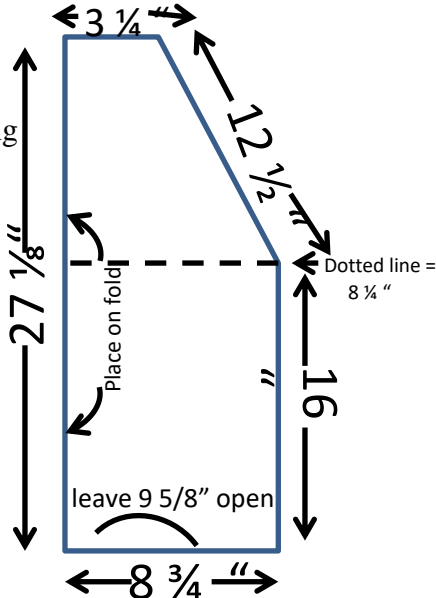
Nest Row – K2 together

Continue in this manner until 5 stitches remain

Thread yarn through remaining stitches and sew back seam

**Tuckable Napkin**

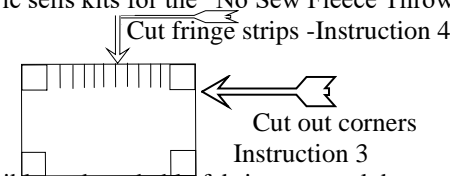
Cut out 2 of the same or coordinating fabrics, being careful to place long straight edge on the fold. Open up the pieces and lay right side to right side and stitch together leaving a 9 5/8" opening at the bottom for turning the sewn together pieces to right side. Press edges and stitch around finished 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 1/2" 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.



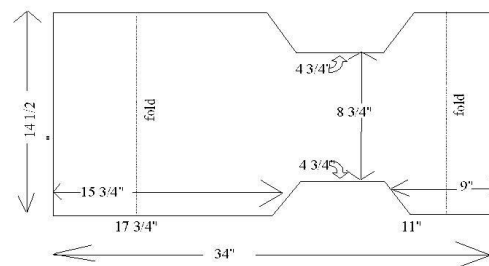
**Walker Caddie**

**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.

**NOTES**

<b><u>CLUB</u></b>	<b><u>PRESIDENT</u></b>
GAMBRILL PARK 4th Tuesday, 11:30 AM	JEANETTE JOHNSON 7527B Old Receiver Rd Frederick, MD 21702 240-490-7438 <a href="mailto:jeanettejohnson@comcast.net">jeanettejohnson@comcast.net</a>
GLADE VALLEY 2 <sup>nd</sup> Thursday, 11:00 AM	DIANE DAVIS 4755 Bark Hill Rd Union Bridge, MD 21791 240-674-0547 <a href="mailto:lazytoad87@yahoo.com">lazytoad87@yahoo.com</a>
JEFFERSON 2nd Thursday, 1:00 PM	JOAN BOYER 2242 Jefferson Pike Knoxville, MD 21758 301-834-8177 <a href="mailto:joanfb@comcast.net">joanfb@comcast.net</a>
JOHNSVILLE 3rd Monday, 1:00 PM	LINDA PARKER 11528 Houck Road Union Bridge, MD 21791 410-775-7550 <a href="mailto:ellecreek2003@yahoo.com">ellecreek2003@yahoo.com</a>
MID-VALLEY 1st Wednesday, 12:00 PM	DEVRA BOESCH 2402 Station Road Middletown, MD 21769 301-371-6410 <a href="mailto:fboesch@erols.com">fboesch@erols.com</a>
PLEASANT WALK 3rd Monday, 12:00 PM	KATHY AMIDON 921 Shawnee Drive Frederick, MD 21701 315-415-0481 <a href="mailto:mommom.amidon@gmail.com">mommom.amidon@gmail.com</a>
URBANA 3rd Tuesday, 10:00 AM	LIBBY WADE 6711 Sage Court Adamstown, MD 21710 301-831-8661 <a href="mailto:dunade@aol.com">dunade@aol.com</a>

