

WE GOT SKILLS NEWSLETTER

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We Got Skills

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This issue of "We Got Skills" has become a joint fall/winter issue due to timing of publication. For the Fall issue, Molly wrote a wonderful article about fall events in our community. Though they have occurred at this date these and many other events/festivals occur annually in Frederick and surrounding county communities. There is always a craft show, car show, concert, art show, pancake breakfast, bingo, community supper, farmer's market, heritage days, and celebrations (to name a few) going on somewhere near you. So don't be a "couch potato." Mark your calendar for next year with the events from Molly's article and check out some upcoming events for the holidays.

By Molly Saunders

During the fall months you will start to see leaves changing colors and falling. You will also feel the breezy wind. Children have gone back to school and are in need of some family fun. My favorite part of the fall season is when I am able to take pictures of the events I go to. I can't wait to go to the Summers Farm, Oktoberfest, and Sprout Touring Film Festival because I get to learn about history and be an active member of my community. I look forward to seeing everyone at these events.

The Annual Great Pumpkin Race in September at Summers Farm Adventure in Frederick, MD is a fun filled family event. The Great Pumpkin Race benefits St. Jude Children's Research Hospital. There will be two runs; 5k and 1 mile fun walk/run. There is a registration fee for the 5k of \$15.00 for students, and \$25.00 fee for those over the age of 18, and 1 mile fun walk/run is \$7.00. While at Sum-

mers Farm you can get a hayride, visit the farm animals, and purchase pumpkins. I think this will be a great event because I believe in helping the kids who are in need. If you would like more information check out Summers Farm Adventure's website at <http://summersfarm.com/adventures.php>.

In October the Schifferstadt Architectural Museum celebrates their historical German roots with Oktoberfest. Oktoberfest provides traditional German cultural activities, food, drinking, and dancing. Oktoberfest is a free event and all are welcome to learn about German history through demonstrators. If you are excited to attend check out their website at <http://www.frederickcountylandmarksfoundations.org>.

Events

As Fall turns to winter, we give thanks for this past years bounties and look forward to a new year of good health and happiness. Some upcoming annual events in our community include:

- "Frosty Friday" Nov. 25 9am-9pm in Downtown Frederick
- "Three Saturdays" Dec. 3,10,17 5pm-9pm in Downtown Frederick
- "Kris Kringle Parade" Dec. 9 on East St/Shab Row to Baker Park
- "The Nutcracker" Dec. 9,10,11 at Weinberg Center

Many other local events can be found in the 72 hours supplement of the News Post weekly on Thursdays, local mentions of the newspaper and also check out www.fredericktourism.org and www.visitmaryland.org.

Happy Holidays and 2012 to all!





People with disabilities, any kind of disability, the Sprout Touring Film Festival, will help everyone learn about the struggles and success throughout individuals' lives. For myself, I struggle with my arthritis and my disability. I have things I cannot do, so I have people to help me. Sprout Touring Film Festival will be held on October 27th at Frederick Holiday

Cinemas. The event will be a highly memorable and enlightening evening.

To conclude, I give you a quote by Edwin Way Teale; "For man, autumn is a time of harvest, of gathering together. For nature, it is a time of sowing, of scattering abroad."

Thanksgiving

Thanksgiving, a time to give thanks
A time to help others
And those less fortunate
A time to be with family and friends
And eat lots of yummy foods

By Molly Saunders

During the winter months it starts to get cold. We have to wear coats, hats, gloves, and scarves to keep warm. In December, people get ready for the holidays and spending time with family. They buy trees, decorations and gifts. My favorite part of winter is watching all of the holiday movies on TV. Sometimes it snows. It's fun to build snowmen in the snow. Kids like to go sledding down big hills. I think other people should give one day to help out. They can go to the soup kitchen and help to serve food to the homeless. They can also donate things they don't need to the Salvation Army, things like unopened gifts, or clothes and toys they don't use.

There are several local winter activities you can participate in. You can go ice skating at Skate Frederick, where public sessions are offered. Skate Frederick is located at 1288 Riverbend Way, Frederick, MD 21701. To find out prices, specials and more information you can call them at 301-662-7362 or visit their website at www.skatefrederick.com. Adventure Park USA is hosting "Shadrack's Christmas Wonderland" from November 18th, 2011 to January 8th, 2012. This is a drive-thru Christmas light show. Each car costs \$25.00. A portion of the proceeds will benefit the American Red Cross and Christmas Cash for Kids. Adventure Park USA is located at 11113 West Baldwin Road, New Market, Maryland, 21774. If you are interested in this event you can call them at 301-865-6800 or visit their website at www.adventureparkusa.com. I hope everyone has a safe, warm holiday and a very happy new year!

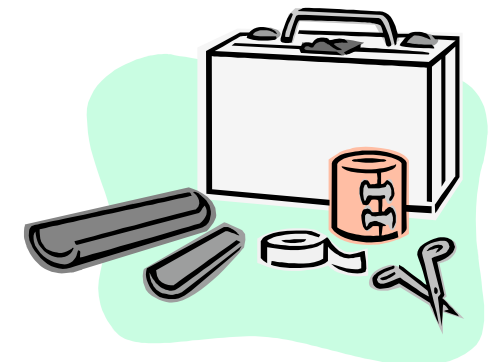


Be Prepared!

This fall we have experienced tornado advisories, flood warnings, an earthquake, and an early snow. With winter approaching we expect snow, ice, cold, and wind. Are you prepared for an emergency caused by weather or other events? Here are some tips to help each other plan and be prepared. . .

1. Make an emergency supply kit in an easy to carry container that includes:

- Water - 3 gallons (3 day supply for 1 person)
- Food - non-perishable, easy to open and prepare items for 3 days
- Flashlight
- Battery powered radio
- Extra batteries
- First Aid Kit
- Medications/ Medical Items personal to you
- Multipurpose tool, Manual can opener
- Sanitation and personal hygiene supplies (toilet paper, deodorant, etc.)
- Blankets
- Cellphone w/ charger
- Extra cash



2. Make and carry an emergency/family contact card with: your name, address, phone number, Dr. name, medications and birthdate, emergency contact names and phone numbers.
3. Choose an out of area emergency contact person, and program emergency contacts into your phone.
4. Make a personal documents folder that can be taken with you if need be that includes: copies of birth certificate, passport, medical information, lease/deed to home, insurance policies/cards, bank/social security information. Keep these together in a water proof folder.
5. Discuss/plan what to do, where to meet or go for most likely emergencies such as power outage, fire, or floods.
6. Plan ahead for your pets' needs, if you have any
7. Be aware of the following alert systems
 - Alert Frederick County www.frederickcountymd.gov/alert
 - Emergency Alert System (National) radio and TV
 - Outdoor Warning Systems/Sirens located Myersville, Middletown, Emmitsburg
 - Can call 211 (not 911) for information and help

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