

WHAT'S HAPPENING

Maryland Association for Family and Community Education, Inc. Newsletter

SEPTEMBER

- All Character Counts Essay & Artwork Contest
- Collect 2012 Dues-Membership Drive
- National Literacy Month
- 1 **All County Associations' List of Officers and Committees for 2012 due to State President**
- 1 10:00 AM Executive Committee Meeting, Frederick County Extension Office
- 1 Early Deadline for State Conference (see Summer issue of Look What's Happening)

OCTOBER

- 4 10:00 AM Executive Committee Meeting, Anne Arundel County Extension Office
- 9 – 15 FCE Week
- 15 Rural Women's Day
- 16 World Food Day
- 20 – 21 Maryland FCE Conference, Frederick County

NOVEMBER

- 1 **LOOK WHAT'S HAPPENING** deadline for items to Editor
- Membership Dues to Connie Yates, Membership Chairman**
- 7 10:00 AM Maryland FCE Executive Board Meeting, Montgomery County Extension Office.

DECEMBER

- 1 **State Dues and Membership Forms to NAFCE**
- 5 10:00 AM Executive Committee Meeting, Anne Arundel Extension Office
- 31 **Counties' Annual reports due to Vice President for Program; County Presidents' Reports due to President; Membership Appreciation Award due to Vice President for Program**

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STATE CONFERENCE

See driving directions on page 8. Refer to your Summer 2011 newsletter for registration.

Character Counts Contest for 2011-2012

Citizenship, the sixth pillar of character, is this year's focus. Contact your schools (county presidents have the information) and encourage them to participate in the FCE essay and artwork contest from September 1, 2011 to January 31, 2012. Winning entries should be sent to the state president by March 1, 2012.

MDFCE Web Site is www.mdafce.org

Send new officer's list, newsletters, calendars and information to Libby Wade at dunade@aol.com.

Newsletter Deadline: November 1

Send all articles, Bulletin Board items, address changes and trivia for the newsletter to: Jean Purich, 15500 Gallaudet Ave, Silver Spring, MD 20905-4196 or email at jcpurich@cs.com.



FROM THE PRESIDENT FCE – IT'S MAGIC!



The magic of FCE continues as the state FCE board travels around Maryland visiting various counties for their regular meetings. We visited Carroll County on June 6 and shared an enjoyable lunch at a local restaurant after the meeting. On August 1, we met in Prince George's County and were served a delicious luncheon by PGC FCE members. It was magical to meet the local members and be inspired by them.

On September 1, we met in Frederick County to complete plans for the MDAFCE Conference on Thursday, October 20 and Friday, October 21, at the Frederick Residence Inn, Frederick, MD. The conference will begin with registration at 8:00 AM and opening at 9:00 AM. This will be a fun time for all that includes the magic of FCE, a visit to the Way Off Broadway Dinner Theater to see "Chicago", and programs about greyhound dog rescue; "Made in America"; an FCL training program – "Turning Stumbling Blocks into Stepping Stones"; a craft, some business, music, trivia, light exercise, and much more. Please encourage all FCE members to join in the magic. See your summer "Look What's Happening" newsletter for information to register.

Did you know the NAFCE has an Honor Fund Gift Program? NAFCE is accepting gifts in "Honor" or "In Memory" of members, relatives, or friends. Gifts will be used toward leadership education. All gifts will be acknowledged by NAFCE in FCE Today. I included that form in the President's letter I sent out in August. Maybe you will want to remember the magic of friends with this fund.

I want to thank all MDAFCE members who helped with and donated their magic to the NAFCE Conference. Some were hostesses, made table favors, donated to the silent auction, donated children's books, decorated bras for cancer, and donated unique aprons for scholarship. Even if we all didn't go to the conference, we sent our magic. I especially want to thank Evelyn Ziegler, for standing in for me since I was unable to attend the conference.

Martha C. Moser, President
mcatmoser@aol.com

301-371-6132

NEWS FROM THE VICE PRESIDENT FOR PROGRAM

REPORT – FCE 75th ANNUAL CONFERENCE

It was a pleasure and learning experience to attend FCE's 75th Annual Conference in Denver, Colorado in July. On several occasions during the conference, segments of FCE's 75-year history were presented. We should be very proud of all the important accomplishments this great organization has made.

At the business meeting, various committee reports were given; minor amendments to the bylaws and a budget were passed. They did not have to go into savings to complete the budget for next year. There was no dues increase. There were two new Hearthfires presented and you will learn more about them at our State Conference. Among the workshop topics were the following: MONEY- MONEY- MONEY, PAPER or PLASTIC or NEITHER, FCL workshops, BE NICE TO YOUR FEET, ARE YOU SMARTER THAN AN IDENTITY THIEF? and AUTISM.

An inspirational and memorial service was held on Sunday morning. Maryland won a second place award for Membership (recruiting the most new members and putting who recruited the new member on the form) and a Certificate of Appreciation for Community Service.

We hope you are planning to attend our State Fall Conference in October in Frederick, Maryland. Your State Board is arranging a variety of activities for you. You can earn an FCL Certificate, participate in educational workshops and have **FUN**. See you there!

Evelyn M. Ziegler, VP for Program
zieglers@comcast.net
410-465-3587

Resource Development Committee Basket Raffle

The RDC is holding a basket raffle at the State Conference. Tickets will be sold \$1.00 a piece or 6 for \$5.00. Baskets themes include a game basket, Italian basket, Carroll County Foods, Chesapeake Bounty, Country Crafts and Home Sweet Home.

Thank you for your support!!

Michelle Close, RDC

Bulletin Board

Lessie Spates is recovering from cataract surgery. We wish her well.

Dorothy Dudrow (Frederick County) former member of the Maryland State Homemakers Board of Directors passed away on June 16th.

IN AND AROUND MARYLAND

ALLEGANY COUNTY

On September 12, we will hear from John Frank, who will present “**What Shriner’s Hospitals Do For Children**”. We cordially invite all FCE members and their guests to attend our **October 10th Annual Meeting, Luncheon and Auction** at Cresaptown United Methodist Church, 14805 McMullen Hwy, SW, Cresaptown, MD. The meeting will start at 12 noon. For reservations (\$10.00) call Lessie Spates (301-724-5277) before September 26.

Christmas **Tea** (not a luncheon) at: Allegany County Fairgrounds, Exhibit Hall, McMullen Highway on Friday, December 2nd at 12 noon (no charge) but please call Lessie Spates (301-724-5277) by Nov. 28 if coming.

Christmas **Luncheon** at: Oscar's Restaurant, 1103 E. Oldtown Road, Cumberland, MD on Friday, December 9 (order from menu). Please call Lessie Spates by December 1 (301-724-5277) for reservations.



CARROLL COUNTY

Fourteen members attended a tour of the Historical Society Buildings in Westminster on June 30, 2011. We were greeted by Timmi Pierce, executive director, and Cathy Baty, curator of collections. Ms. Baty conducted a power-point presentation on the history of Westminster highlighting the beginnings of The Historical Society of Carroll County. She concluded with current activities of the society which include an antiques appraisal day, monthly box lunch talks, and bus tours. Next, we toured The Shop at Cockey’s (museum shop and book store), The Shellman House and Gardens, and the Shriver-Weybright Gallery with Cathy Baty and Barbara Greaves, our own FCE member (see picture). Afterwards, we proceeded to lunch at The Stables. A short business meeting was conducted by Vice President Nancy McAllister, including a slate of officers for the next two years. Attending members voted to accept the slate as stated. They are as follows: Joan Antonio - president-elect, Barbara Greaves - vice president, Linda Payne - secretary, and Elizabeth Heagy - treasurer. Reminders were given of our upcoming bus trip to Dutch Apple Theatre in Lancaster, PA, the Maryland FCE Annual Conference in October, and our next meeting on Monday, August 22nd with the program “Putting the Garden to Bed for Winter” with Steve Allgeier, master gardener.



FREDERICK COUNTY

Frederick County FCE is hosting the Maryland FCE State Conference 2011 on Thursday, October 20 and Friday, October 21 at the Frederick Residence Inn. There are overnight and daytime packages, or anyone may choose to attend the special showing at the Way Off Broadway Dinner Theatre for the performance of “Chicago” on Thursday, October 20. Contact any FCE member for details.

Almost 100 members and guests of the Frederick County FCE Homemakers met at Homewood at Crumland Farms on Wednesday, April 27 for the organization’s Annual Spring

Meeting, hosted by the Lewistown and Gambrill Park Clubs. The speaker was Dean Herrin, of the Catoctin Center for Regional Studies and Editor of Catoctin History Magazine, assisted by Hannah Grant. They presented "Women in the Civil War," focusing on local women. A highlight of the program was their recitation of John Greenleaf Whittier's poem about Barbara Fritchie.

Eleven clubs were represented, and many clubs brought civil war or historic themed centerpieces for the tables. The business meeting included committee reports, a Memorial Service, and Membership Awards. Gladys Obenderfer and Jane Smith were recognized for 50 years of membership in the Homemaker Clubs. The Johnsville Club was recognized for 80 years of service, and five Homemaker Clubs received recognition for 90 continuous years of service: Jefferson, Merryland Tract, New Market, Urbana, and Walkersville.

Frederick County Clubs enjoyed Spring lessons on Recycling, Volunteering, and Gardening for Wildlife. The Glade Valley Club invited sister Clubs to a Mothers', Grandmothers', Aunts', and/or Sisters' Dinner and hosted a "Bring a Friend" meeting. Jefferson and Urbana Clubs visited Frederick County's newest Park, the Catoctin Creek Park and Nature Center. Mid-Valley Club visited Jumbo's Pumpkin Patch, Merryland Tract visited Merryland Park, and the Johnsville Club toured the Frederick News Post building. Mt. Pleasant Club members met over the summer to make clothing protectors for nursing home residents and baby blankets for the hospital.

For the sixth year, the Frederick County FCE Homemakers, led by Helen Shepherd of the Walkersville Club, will hand out free books to children and teens at the Great Frederick Fair on Friday, September 23, in support of Head Start. Other clubs will be demonstrating crafts or offering cooking demonstrations, September 19 through 23 at the Great Frederick Fair.

MONTGOMERY COUNTY

Montgomery County presented four booths at the Montgomery County Fair featuring FCE Blanket Making for Project Linus, "BAGS, Bags, Bags, Are you ready for Bag Day?", "The Dirt on Soil" and "Lead in your Home". We

distributed information about FCE and our outreach projects.

Three members attended the National FCE Meeting in Denver, Colorado. The meeting kicked off with introduction of all state presidents and a reception with snacks provided by Colorado FCE Members. Some of the topics of discussion were the Autism, foot care, Made in America, and three FCL programs were presented.

PRINCE GEORGE'S COUNTY

On July 5th, we had a very busy and entertaining get-together. As National FCE Conference was in Denver, one of our members, Sue Van Slyke, attended carrying our official entry to the 'Wacky Bra' decorating contest. Our entry was titled 'MARDI BRA'. Debbie Rausch spent 40 hours laughing her head off coming up with the ideas and needlework on the bra. We sent 3 aprons with pockets full of recipes for an auction benefiting scholarships.

We are preparing for our Fall Bazaar to replenish our treasury. Ideas are continuing to percolate for that event.

To cap off our meeting, we had a Pampered Chef demonstration by Alicia Rausch to try some new kitchen equipment and of course, eat the results. She also had just completed her Paramedic studies and got her Maryland license that day. Congrats, Alicia!

On August 1st we were fortunate enough to host the State Board. After a productive meeting, lunch was served and enjoyed by everyone. It was so nice to have our State Board all to ourselves again.

August 2nd brought us back together again for some yummy leftovers and completion of several projects for our bazaar. Among this month's projects were mosaic picture frames, sun catchers and candy cane reindeers. Sharon Adamoyurka, Glenna Burgess, Ruth Carr, Margie George, Barbara Marsh, guest Mandy Hetrick and one of our newest members, Susan Colvin, and her twin daughters worked very hard assisting with these projects. The following week, Susan Colvin gave birth to a beautiful baby girl, Meghan Michele. Do you think we worked her too hard? Congratulations to the entire Colvin family.

One of the things I love about August is the falling stars in the sky. The month is always

kind of a mixed blessing - it's still summer, but we start to think about fall, and before we know it, summer is over. The summer always whizzes by and even though I'm not in school, I still feel as though a new year begins in September, with new clothes, new school supplies, new projects, and new things to do—.

I hope you're having a great summer and that you've done everything you wanted to do, and have had some time to relax. And don't forget to wish on falling stars! May all your wishes come true, now and always.

Sharon Adamoyurka

What Are the Symptoms of Food Poisoning?

Generally, food poisoning causes some combination of nausea, vomiting, and diarrhea that may or may not be bloody, sometimes with other symptoms.

- Abdominal cramps, diarrhea, and vomiting, starting from one hour to four days after eating tainted food and lasting up to four days, usually indicate bacterial food poisoning.
- Vomiting, diarrhea, abdominal cramps, headaches, fever, and chills, beginning from 12 to 48 hours after eating contaminated food, particularly seafood, usually indicate viral food poisoning.
- Vomiting, diarrhea, sweating, dizziness, tearing in the eyes, excessive salivation, mental confusion, and stomach pain, beginning about 30 minutes after eating contaminated food, are typical indications of chemical food poisoning.
- Partial loss of speech or vision, muscle weakness, difficulty swallowing, dry mouth, muscle paralysis from the head down through the body, and vomiting may indicate botulism, a severe but very rare type of bacterial food poisoning.

Call Your Doctor About Food Poisoning If:

- You recognize symptoms of botulism or chemical food poisoning.
- The vomiting or diarrhea is severe and lasts for more than two days. You are at risk of becoming dehydrated.

Do Not Delay – Pay Today! NEW

In September we return to scheduled activities and it is time for us to pay our FCE dues for 2012. All dues must be paid to club treasurers in September and forwarded to the county treasurers in October.

Every member is required to fill out a 2012 Membership Form. The 2012 membership form is printed in this newsletter. Please tear it out and using black ink type or clearly print the information requested at the top of the page. Do not use abbreviations. Enter your 9 digit zip code and your E-mail address. Your “Current Member I.D. #” is printed on your FCE membership card.

In the Dues box circle your membership status: individual, family, or senior. Fill in the appropriate dues for county and clubs as they vary throughout the state. Total the column.

The last item – the Member Signature at the bottom of the page must be the signature of the individual named at the top of the page.

New Members:

Note the box above the Member Signature line. This should be checked by individuals who have never been affiliated with FCE. At the bottom of the page add “recruited by” and give the name and address of the member who introduced the new member to FCE. The member will receive a special pin from National FCE.

SPECIAL PRIZE – Each new member and her recruiter’s name will be placed in a drawing for full registration payment for the 2012 Regional Conference. The more members you recruit – the more chances you will have to go to the conference for free!

Thank you for taking the time to read through this article and for neatly and correctly filling out the 2012 Membership Form. Take the form and your check to your September meeting. If you will not be attending the meeting, please mail them to your treasurer now. We need to have all of our Maryland FCE members accounted for by September 30! Please contact me, if you have any questions.

Connie Yates, Membership Chairman
19219 National Hwy. NW
Frostburg, MD 21532-3130
301-689-6515

Water and Polluting



Water and pollution was the topic of conversation at the 26th Triennial Conference in Hot Springs Arkansas in 2010, where a resolution was passed stating that all ACWW Member Societies should urge their communities to restrict the use of plastic bags and reduce excess packaging.

The 2010 Triennial Conference also established that consumers needed to be informed about and governments need to offer incentives for voluntary recycling and encourage the use of biodegradable bags and packaging.

For many years, water pollution has been an international concern. The focus on safe water and water conservation has highlighted the major risks due to the high levels of medical waste and blocked water pipes by plastic sheeting and entanglement of marine animals with debris.

The School of Ocean and Earth Science and Technology at the University of Hawaii at Manoa conducted a study in 2008 proving the debris (plastic) dumped in the oceans of the world spread to the Pacific Ocean, specifically between Hawaii and California in the northern hemispheres and also in Waster Island in the Southern Pacific Ocean.

The areas in the northern hemisphere have recently been identified as the location of a great floating garbage patch, a huge cluster of partly defragmented plastic and other flotsam. The marine debris problem was recognized in 2005 by the UN General Assembly (UNGA). Although a number of countries have taken some steps to address marine debris, the problem keeps growing.

Through increasing public awareness and proper solid waste disposal as well as increased recycling efforts, marine debris can be decreased. ACWW members and member societies are assisting globally in fighting the war against public wastage. By adhering to the call of UNGA and insisting consumers make use of reusable materials other than plastic for packaging and use reusable material such as shopping bags, ACWW members can make a huge difference by creating public awareness in the over use of plastic.

Iron Rich Foods Can Fortify Your Blood

Iron deficiency (sideropenia or hypoferrremia) is one of the most common of the nutritional deficiencies. Iron is present in all cells in the human body and has several vital functions. Examples include as a carrier of oxygen to the tissues from the lungs in the form of hemoglobin, as a transport medium for electrons within the cells in the form of cytochromes and as an integral part of enzyme reactions in various tissues. Too little iron can interfere with these vital functions and lead to morbidity and death.

The direct consequence of iron deficiency is iron deficiency anemia. Groups that are most prone to developing this disease are children and premenopausal women.

Total body iron averages approximately 3.8 g in men and 2.3 g in women. In blood plasma, iron is carried tightly bound to the protein transferrin. There are several mechanisms that control human iron metabolism and safeguard against iron deficiency. The main regulatory mechanism is situated in the gastrointestinal tract.

Symptoms of iron deficiency can occur even before the condition has progressed to iron deficiency anaemia. Symptoms of iron deficiency are not unique to iron deficiency. Iron is needed for many enzymes to function normally, so a wide range of symptoms may eventually emerge, either as the secondary result of the anemia or as other primary results of iron deficiency. Symptoms include:

fatigue, pallor, hair loss, irritability, weakness, pica, brittle or grooved nails, Plummer-Vinson syndrome: painful atrophy of the mucous membrane covering the tongue, the pharynx and the esophagus, impaired immune function, Pagophagia, and Restless Legs Syndrome.

Because iron is a requirement for most plants and animals, a wide range of foods provide iron. Good sources of dietary iron include red meat, poultry, insects, lentils, beans, leafy vegetables, pistachios, tofu, chickpeas, black-eyed peas, fortified bread and breakfast cereals.



2012 Membership Form
 Type or Print Clearly in ink

Do Not Abbreviate City, County, or State Street Names

Date _____ Current Member ID# _____ Email _____
 First Name _____ M.I. _____ Last Name _____
 Mailing Address _____
 City _____ State _____ Zip Code+4 _____
 Phone No. _____ County of Residence _____
 Club Name _____ Club County _____

Family Membership: (Please list) Spouse Name _____
 Dependent Child(ren) _____

Dues	Regular	Family	Senior (80+ years)
National	\$ 19.00	\$ 26.50	\$ 15.80
State	3.50	7.00	3.50
Council/County/Parish			
Club			
Total			

Sign and send with total membership dues to Club Treasurer by September 30, 2011

New Member (Never belonged to FCE before)

Member Signature _____

Must be original signature, copies will not be accepted

Mission...To strengthen individuals, families, and communities
 through continuing education, developing leadership, and community action.

Direction to Maryland FCE Conference

I-270 N

Take exit 31B to the right onto Md-85 S towards Buckeystown

Turn right onto Crestwood Blvd

Turn right onto Westview

5230 Westview Dr

I-70 W

Take exit 53A to the right onto I-270 S towards Washington

Take exit 31B to the right onto MD-85 S towards Buckeystown

Turn right onto Crestwood Blvd

Turn right onto Westview

5230 Westview Dr

I-70 E

Take exit 53 to the right onto I-270 S towards Washington

Take exit 31B to the right onto Md-85 S towards Buckeystown

Turn right onto Crestwood Blvd

Turn right onto Westview

5230 Westview Dr

Maryland Association for
Family and Community Education
15500 Gallaudet Avenue
Silver Spring Maryland 20905

