

WHAT'S HAPPENING

Maryland Association for Family and Community Education, Inc. Newsletter

SEPTEMBER

- All CHARACTER COUNTS!sm Essay & Artwork Contest
- Collect 2014 Dues-Membership Drive
- National Literacy Month
- 1 **All County Associations' List of Officers and Committees for 2014 due to State President**
- 9 10:00 AM Maryland FCE Board Meeting, Anne Arundel County Extension Office
- 19 – 20 MDFCE Annual Conference
Sheraton Hotel, Beltsville, MD

OCTOBER

- 7 10:00 AM Maryland FCE Board Meeting, Anne Arundel County Extension Office
- 6 – 12 CHARACTER COUNTS!sm and FCE Week
- 15 Rural Women's Day
- 16 World Food Day

NOVEMBER

- 1 **LOOK WHAT'S HAPPENING**
deadline for items to Editor
Membership Dues to Martha Moser, Membership Chairman
- 4 10:00 AM Maryland FCE Board Meeting, Montgomery County Extension Office.
- 10 – 16 National Family Week

DECEMBER

- 1 State Dues/Membership Forms to NAFCE
- 2 10:00 AM Maryland FCE Board Meeting, Anne Arundel Extension Office
- 31 **Counties' Annual reports due to Vice President for Program; County Presidents' Reports due to President; Membership Appreciation Award (SR 4a) due to Vice President for Program**

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ANNUAL CONFERENCE

See driving directions on page 8.

CHARACTER COUNTS!sm Contest for 2013-2014

Respect, the second 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, 2013 to January 31, 2014. Send winning entries to the state president by March 1, 2014.

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 The Wizarding World of FCE

I hope everyone is as excited as I am about the upcoming Annual Conference on September 19 and 20, at the Sheraton Washington North Hotel in Beltsville hosted by Montgomery County. We plan to have informative and interesting programs for you to enjoy. These include *Country Women's Council, the Big Picture; Quilts, Working Together; Clothesline Conversations, 1938; and Choose Your Color*. Our Business Meeting will fill you in on what we have been discussing during the past year and what we are planning for the future.

There are several topics that I need for you to think about. First we need to elect three officers this year; President-Elect, Vice-President for Program, and Secretary. Please consider nominating someone or volunteering yourself for these offices. We would like our members to get involved at the State level. Secondly, we need to talk about whether to continue alternating between Annual meetings and Regional meetings or should we switch to just one meeting per year. I hope to see all of you in September

Libby Wade, President
dunade@aol.com
301-831-8661

NEWS FROM THE VICE PRESIDENT FOR PROGRAM

I hope you had an enjoyable and relaxing summer.

Now it is time to get back to the business of FCE. I hope you will be able to attend the annual conference in September. We will present three new Hearth Fire programs. They are titled as follows: *Someone's Asking... What is Chronic Pain?; Is There a Vaccine to Cure Rudeness?; Dress for Success – Teen Edition*. There will also be an educational and fun program, as well as two outside speakers, Chuck Schuster and Karen Basinger. Both are CES agents.



One of the most enjoyable aspects of attending these meetings is the opportunity to socialize and exchange ideas with old friends from other counties.

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

NEWS FROM THE VICE PRESIDENT FOR PUBLIC POLICY

The FDA has defined the requirement for manufactures to meet before labeling their foods “gluten-free.” This designation has come about 9 years after Congress asked the agency to establish a uniform definition. About 3 million American, or about 1 in 133 suffer from celiac disease according to the National Celiac Awareness Foundation. An estimated 18 million are “gluten- sensitive. They have symptoms like headaches, fatigue and joint pain. To be marketed as “gluten-free” the requirement issued by the FDA the product must contain less than 20 parts of gluten. This is true also for products labeled “free of gluten,” “without gluten” or “no gluten.”



The FDA has issued new rules for ensuring the safety of an increasing amount of imported foods. Under the proposed rules, domestic importers would have to vouch for food safety practices of their overseas suppliers. The United States imports come from about 150 countries. About 80 % of seafood, half of fresh fruits and 20% of vegetables eaten by consumers in the U.S. come from overseas. The FDA inspects less than 2% of food that crosses the border into the United States. The FDA will accept comments for the next 120 days. It remains uncertain whether the agency will get the funding they say they need to put the law in place. It could take years.

Marilyn Simonds, VP for Public Policy
mjsimonds@verizon.net
301-871-1609

Resource Development Committee Basket Sale

The Resource Development Committee is holding a basket sale at the state conference. Baking, Fall, Garden, Tea and Stay Well baskets will be available for bids.

Thank you for your support!

Michelle Close, RDC Chairman

Bulletin Board

We hope that Evelyn Ziegler and Marjorie George are feeling better.

Louise Ediger had recent surgery and is recovering in rehab.

IN AND AROUND MARYLAND

CARROLL COUNTY

Carroll County FCE was happy to host the State Board Committee Meeting on June 3rd. Once again, we enjoyed a fabulous lunch at Maggie's Restaurant.

On June 10th, we had our regular meeting. We made plans for our contribution to the state meeting silent auction. Our speakers this month were Becky Ridgeway and Jim Serfass from our Extension Office. They gave us the latest developments in 4-H programs. Many of us wished we could be young again and try out the new programs.

Our next regular meeting is August 19 at 10 AM at the Extension Office. We will have Craig Greaves, Carroll County Health Department Addictions Councilor, who will speak to us about "What Older People Need to Know about Substance Abuse". We would like to invite everyone in FCE to join us and learn more about the issues affecting our children and grandchildren and how it affects us. We will have a "picnic" lunch after the program. Let us know if you are coming so we will have enough ice cream!

Barbara Greaves, Vice President for Program FREDERICK COUNTY

Frederick County FCE and Homemakers Clubs will hold their Fall Annual Meeting on September 10th at the 4H Center on Basford Road. The first part of the meeting will be a Board of Directors meeting, following by an interesting program - "Civil War Women at Home and in the Field". Members are encouraged to dress the part. A lively auction of donated items will be followed by a potluck meal. Proceeds from the Auction will be used to support our future educational activities.

Most clubs have signed up to demonstrate various crafts at the Great Frederick Fair the week of September 16th. The week will be culminated by a children's book give-away on Friday, September 20th. Fall FCE and Homemaker lessons will include Crafts You Can Do with Children and a Cooking Demonstration/Lesson at a Local Frederick County Restaurant.

Plans are already in the works for all clubs to participate in Rose Hill Manor's Children's Christmas Festival on December 7th - "Christmas around the World". Each club will have a table to demonstrate an "old-time" craft, a "hands-on" item to give to children, or a food demonstration. A reasonable admission fee will be charged.

Donna Bowles

MONTGOMERY COUNTY



Montgomery County presented four booths at the Montgomery County Fair featuring FCE Blanket Making for Project Linus, "Make My Plate, Your Plate", "Community Activism", and "Go Green". We distributed information about FCE, troop support and blanket making for kids.

Two members attended the National FCE Meeting in Fargo, North Dakota. The meeting kicked off with introduction of the national board and the state presidents. Some of the topics of discussion were rudeness, chronic pain, the importance of exercise, nutrition, and three FCL programs.

PRINCE GEORGE'S COUNTY

We have been busy this past spring and summer with Walk Across the World for ACWW, starting the revision of our by-laws, crafting Comfort Dolls for the local Fire Departments is progressing nicely. Sharon's granddaughter, Hannah gave us a helping hand by cutting out felt hair for our dolls during her summer vacation and we are looking forward to the State Conference in September.

Our Spring luncheon was held at the Red Lobster on Auth Road this year. The food was good and we then walked for ACWW. Margie, Glenna, Marie, Debbie, Sue and Barbara Bowen's two granddaughters were the ladies in motion up the street by Strayer College. It was a perfect day for walking. Genie V. and Barbara B. supported us in thought back at the restaurant.

In June, Sue Van Slyke, Glenna Burgess, and Debra Rausch volunteered to help Mrs. Burch's 4-H group hold a beginning quilting camp at the Patuxent River 4-H Center. Orientation was held and the children (between 10-16 years old) worked on two projects for the county fair. This included a pillow cover and lap robes for homeless shelters. Severe storms cancelled the second day of the camp. We are hoping to reschedule in August. It was truly a learning experience on both sides. The group had a grant from the American Quilting Association to hold this experience for children to learn quilting skills.

The summer will be too short, as usual. I hope that everyone's vacation and/or down time will be well spent happily and in good health. Sending prayers to Sharon's daughter Susan and FCE member who was recently diagnosed with a brain tumor and MS. Suzy is a special education teacher, in St. Mary's County, who hopes to be able to continue her vocation despite this small setback. Our valiant secretary, Margie, needs prayers also to feeling better soon, as well. Sue Van Slyke is scheduled to have foot surgery followed by a trip to Chennai, India for the ACWW Triennial Conference. We hope both activities are successful!

Fall programs and other activities will be determined at our September meeting.

Sharon Adamayurka and Debbie Rausch.

Expiration Dates: Should You Pay Attention?

You have assembled everything you need for the perfect deli sandwich: Genoa salami, prosciutto, some thinly sliced provolone and a crusty baguette. To top it all off, you reach into the fridge for your favorite spicy mustard. And then you notice it. The "Best By" date on the mustard bottle was 4 months ago! You might think you have to ditch the mustard and settle for a ho-hum sandwich. Here is what you need to know about food expiration dates:

Use By, Best if Used By, Best By, Best

Before: These "use by" and "best" dates are generally found on shelf-stable products such as mustard, mayonnaise, and peanut butter. The date, which is provided voluntarily by the manufacturer, tells you how long the product is likely to remain at its absolute best quality when unopened. However, as the U.S. Food Safety and Inspection Service points out, it is not a safety date. After the "use by" or "best" date has passed, you may start to notice gradual changes in the unopened product's texture, color, or flavor. As long as you have been storing the unopened item properly, you can generally consume it beyond this date.

Sell By: Most sell-by dates are found on perishables like meat, seafood, poultry and milk. The date is a guide for stores to know how long they can display a particular product. You should buy the product before the sell by date expires. You can store it at home for some time beyond that date, as long as you follow safe storage procedures. For instance, milk that has been continuously refrigerated will usually remain drinkable for about one week after the "sell by" date on the package. Likewise, you can store ground beef in your refrigerator for 1 to 2 days after purchasing it, even if the sell-by date expires during that time.

Expires On: The only place you are likely to encounter this type of date is on infant formula and some baby foods, which are the only food products the federal government regulates with regard to dating. You should always use the product before this date has passed.

Packing codes: These codes, which appear as a series of letters and/or numbers on the package, sometimes indicate the date or time of manufacture. For more information on product dating, visit the U.S. Department of Agriculture's Food Safety and Inspection Service Web site.

Do Not Delay – Pay Today!

In September, we return to scheduled activities and it is time for us to pay our FCE dues for 2014. All dues must be paid to club treasurers in September and forwarded to the county treasurers by October.

Every member is required to fill out a 2014 Membership Form. The 2014 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.

Please note that in the dues box there are two new categories – Youth and Member at Large. The Youth category is for someone who is 18 or under whose parent is not a member and the young person wants to be a member of FCE. The Member at Large is for members who are not joining a state organization and want to belong to the national organization. It is unlikely that you would use this last category because you are joining MD FCE.

In the dues box circle your membership status: regular, family, senior, youth, or member at large. 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. Individuals who have never been affiliated with FCE should check this. 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 gold star 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 2014 Maryland Regional or Conference Meeting. The more members you recruit – the more chances you will have to go to the meeting for free!

Thank you for taking the time to read this article and for neatly and correctly filling out the 2014 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.

Martha Moser, Membership Chairman
7436 Round Hill Road
Frederick, MD 21702
301-371-6132 or mcatmoser@aol.com

Cucumber, Tomato and Red Onion Salad

Recipe courtesy Claire Robinson, 2011

Ingredients

1/4 small red onion,
cut into thin slices
1/2 seedless
cucumber, cut into 1/3-inch
dice

1 pound vine-ripe or
Roma tomatoes, cut into 1/3-inch dice
2 tablespoons freshly squeezed lemon juice
1/4 cup basil-infused olive oil
Kosher salt and freshly cracked black pepper



Directions

In a small bowl, soak the onion slices in icy cold water for 15 minutes. Remove from the water and pat dry. In a large bowl, add the onions, cucumbers and tomatoes and toss to combine.

In a small bowl, whisk together the lemon juice, olive oil and salt and pepper, to taste. Pour over the salad and serve immediately.

Hint: Feel free to add some nice salty feta cheese to this dish to make a nice light lunch. You will be eating this salad all summer long and dreaming of it all winter. You can also chop all the parts the night before so when it comes time to serve all you have to do is mix it together.

Yield: 4 to 6 servings



“The best index to a person's character is how he treats people who can't do him any good, and how he treats people who can't fight back.”

Abigail Van Buren

National FCE 77th Annual Conference

The President's meeting started on Thursday morning. This is a time to get to know the other state presidents and discuss the business and events of the conference. Discussions included bylaw changes and the rationale for the changes. The budget was also presented and discussed. This year all the presidents' information and the FCL program were presented on a jump drive as well as hard copy. This will make it much easier to give each county a copy of the items and for them to make copies for their use.

Information on the next CHARACTER COUNTS!sm essay and artwork contest was given. Be sure to use the words character counts correctly when referring to the pillars and the Josephson Institute. They must always be capital letters with the explanation mark and the "sm" after the explanation mark.

The meeting reconvened at 7 PM with the presentation of national officers and state presidents. The evening speaker was Judy DeWitz, past NAFCE president, who spoke on Keeping and Getting New Members-Grow the Organization.

On Friday, the business meeting began at 8 AM. After roll call, no representative from Massachusetts was present, the voting body was counted – total 29. Total members attending 110; 23 first timers - most from North Dakota.

Bylaws that were presented, voted on and passed:

1. Remove age requirement for Young Families Coordinator
2. Define a Youth Membership Category (up to the age 18, not affiliated with a Family membership; will have full voting rights and dues of \$5.00)
3. Define an Associate Member Category. This was changed to say "member-at-large". Dues will be \$55.00 and the person will not be associated with a state membership.
4. Clarify who is Chair of Honor Fund Committee and the start of other committee appointments and National offices. (This defined which alumni would perform what duties.)
5. Categorize the use of Honor Funds. (This allows the funds to be used for both speakers and program supplies.)

Kristin Walker – Vice President for Program – 3 years; Lynn Maples – to fill the unexpired 1-year term of Secretary; Charlene Budd – Treasurer – 3 years; Wanda Briddle – Atlantic Region Public

Policy Coordinator – 3 years were declared elected to their listed position. There was a nomination from the floor for Pacific Region Program Coordinator. It was Scott Teeples (yes that is Bonnie's husband). Debbie Roos was nominated for Young Families Coordinator.

The following display boards were sent – 6 in action, 5 in education, and 1 in leadership. There was a 3 point spread in the boards from first to third.

Next year there will be a change. No longer will we be doing display boards but brochures to go along with the award books. The change was to encourage the production of a marketing tool that could be used to recruit new members. Details are available in the Maryland FCE Standing Rules.

A volunteer hour is now worth \$22.14.

You must sign a license agreement with NAFCE once a year if you are going to use any of the FCE copyrighted logos. License agreement is available on the jump drive.

There are 3 new Hearth Fires; # 53

Someone's Asking... What is Chronic Pain?; #54 Is There a Vaccine to Cure Rudeness?; #55 Dress for Success – Teen Edition.

FCL training consisted of three program lessons; Group Process - *Quilts-Working Together*; Teaching - *The Power of Teaching – How to do a Power Point Presentation*; and Volunteering - *What is Your Style of Learning?*

Saturday started with *Nourish your Muscles*, presenting the importance of protein to keep muscles functioning properly. *It is up to You (and Me)* talks about our civic duties such as voting. *Connecting Generations* speaks to what to do about grandmother's things or your things, who is in the photo and how to get the younger generation interested in your family history and treasures.

Positive Motion – Movement with a Message states that if you have a passion for something you can find program and purpose. Patrick Kasper wrote a children's book *Purple Rhymes Orange* about two misfits (purple and orange) who find friendship with each other.

Breakout sessions included *Eat Well, Exercise and Be Well, Digital Citizenship, Recycled Plastic Coin Purse, Once Upon a Time (FCE Character Storybooks)*. On Saturday evening, with dance, *A Voyageur's Tale* offered upper Midwest History through the eyes of a French voyageur and fur trader. The meeting ended on Sunday Afternoon.

Jean C. Purich



2014 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)	Youth 18 and under	Member At Large
National	\$ 19.50	\$ 27.00	\$ 16.30	\$ 5.00	\$ 55.00
State	3.50	7.00	3.50	1.00	
Council/County/Parish					
Club					
Total					

Sign and send with total membership dues to Club Treasurer by _____

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.

Directions to Annual Conference

Sheraton Washington North Hotel
Powder Mill Road, Beltsville, MD 20705
301-937-4422
September 19 and 20, 2013

From the South:

Take 495 to Route 95 north toward Baltimore.
Take exit 29 B Route 212 west toward Calverton.
Make left at first traffic light, make left at "T".
The Sheraton is on the left at the bottom of the hill.

From the North or West:

Take I-70 E to MD-32 east exit.
Exit at 95 south, take exit 29 B Route 212 toward
Calverton, turn right of the ramp. Make left at first
traffic light, make left at "T".
The Sheraton is on the left at the bottom of the hill.

From local area:

Take Route 29 South to Cherry Hill Road east. Turn
left on Calverton Boulevard, right on Beltsville
Drive, continue 2 blocks to intersection of Powder
Mill Road. Cross Powder Mill Road (toward movie
theater), make left at "T", the Sheraton is on the left
at the bottom of the hill.

Maryland Association for
Family and Community Education
15500 Gallaudet Avenue
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