

WHAT'S HAPPENING

Maryland Association for Family and Community Education, Inc. Newsletter

MARCH

- All Month Women's History Month**
1 **Heart of FCE, Spirit of FCL Award, Outstanding Unit Award**
Entries due State President
2 10:00 AM Executive Committee Meeting, Anne Arundel Extension Office

APRIL

- 1 Deadline for Region I and Region II Meetings
15 All State Reports due NAFCE
16 9:30 AM Region I Meeting, Frederick County hosts at Quality Inn, Frederick, MD
22 9:30 AM Region II Meeting, Anne Arundel County hosts at Synder's Restaurant, Linthicum, MD
22 **Celebrate Earth Day**

MAY

- 1 **LOOK WHAT'S HAPPENING** deadline for items to Editor
MAFCE Conference Info in this issue
4 10:00 AM Executive Committee Meeting, Frederick County Extension Office

JUNE

- All Month Nominees for State Officers, Group I**
1 10:00 AM Executive Committee Meeting, Anne Arundel Extension Office

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REGIONAL MEETINGS

Have you registered for the Regional meetings? Frederick County will host Region I on April 16, 2009 at the Quality Inn in Frederick. Region II will be hosted by Anne Arundel County on April 22, 2009 at Synder's Restaurant, Linthicum. Directions on page 4.

MDFCE Web Site is www.mdafce.org

THE NEWSLETTER IS ON THE WEB!!!!
Click on the "Look What's Happening" button on the left, the newsletter will appear. There you have it, it's that easy!

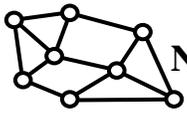
Continue to update your county web page information by sending newsletters, calendars and information to Libby Wade at dunade@aol.com.

Newsletter Deadline: May 1

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



FROM THE PRESIDENT



Networking For FCE – 2009

Happy New Year! As we enter 2009 full of hope and new resolutions, may you all have a prosperous year.

For my State President's term, I have chosen the theme "Networking for FCE." The aim is for members to find the support they need to achieve objectives, present programs and do projects with others. You'll find we can accomplish more through networks. I'm sure you have organizations you're involved with in your community. Think of networking as connecting, sharing information and support. Perhaps, there is a situation or need in your community, nation or the world that moves you to action.

This year, the MDAFCE Board will hold the monthly Board meetings in different counties. This is to facilitate local members attending, observing and having input.

Remember, February was Birthday Month and pennies should be sent to the State Treasurer. This is a once a year collection to help cover the cost of the newsletter.

The United States will be hosting ACWW in April 2010. We have to choose quality crafts for sale that must be pre-approved by CWC. Counties will help mass produce these items for fundraisers at the CWC/ACWW meeting.

The National FCE Conference will be in Portland, Oregon July 17-19 2009. Registration for this meeting is in your *FCE Today* newsletter. We hope you will attend.

Frederick and Anne Arundel Counties will host the Regional Meetings. Speakers include Extension Educators. We will work on some craft items for the CWC/ACWW meeting.

As in the past, exciting programs and speakers are being planned for our yearly State Conference to be held in Ocean City, MD Oct 26-28. More details will be in the Summer issue of *Look What's Happening* newsletter.

We solicit your ideas and are always available. Send an email or call any Board members. Please come to the board meetings.

Marie Moeller, President
mariemoeller@yahoo.com
443-964-8315

NEWS FROM THE VICE PRESIDENT FOR PROGRAM

PROGRAMS AND PROJECTS Is That All There Is?

Dave and I were debating about the song "Is That All There Is?" I said it was made popular by Frank Sinatra and he said it was Peggy Lee.

While I don't remember many of the song's words I always thought someone who really did not expect much in life must have written the song title and words.

What about FCE Programs and Projects--Is that all there is? I'm hoping your membership in FCE is MUCH MORE than programs and projects--but there still is much more to programs and projects than just hearing about them! Take, for example, the "GREEN" programs and projects from last year and this year. If you are thinking, "Oh, yes, that was interesting. But, well, so what?," then YOU MISSED THE POINT. The answer to the "so what?" question is what did you personally do to make a greener world? Can you list 5 things you have done or 5 changes you have made since 2009 began to make your home, community, state, nation or world a greener place?

OK, I know what you are probably thinking now--so even if I did 5 things I'm only ONE PERSON. What if 500 or 5,000 people are thinking the same way?

Here are just 5 things we are doing at our house to help make the planet greener:

1. Using microfiber cloths for cleaning. They are soft, washable, bleachable, and they leave no lint or film on windows and other surfaces. You would not believe how we have cut down on using paper towels!

2. I'm taking or sending our magazines we've read to schools and friends. They can read them too and pass them on. That will include the National Geographic that arrived yesterday. The feature article is about saving energy at home. We can't wait to read and SHARE it!

3. Even though Dave and I have both been in less than perfect health this winter, we are wearing heavier clothes at home and keeping the thermostat turned down--especially at night.

4. Barring too much snow or mud, my sheets hang outside to dry. In better weather I hang out clothes and towels as well.

5. We unplug the cell phone charger when it is not in use. I also turn off my computer when I am not using it. Both of these items continue to use electricity.

None of the above practices are difficult or time consuming. Will you consider trying some new things to help make our planet greener? Will you share with Maryland FCE what you have done or plan to do? Just send me an email, snail mail or call. Many thanks!

Dave was right. It was Peggy Lee.☺

Judy Pugh, Vice President for Program
fdjrpugh@aol.com 410-398-4536

PUBLIC POLICY NOTES

The Children's Health Insurance bill was passed in the House and now goes to the Senate. The bill increases coverage from 6.6 million children to about 11 million children. Raising federal tobacco taxes from 39 cents to \$1 per pack will pay the increased cost. The bill also will enable children of legal immigrants and those legal immigrants who are pregnant to get coverage right away instead of waiting 5 years for assistance.

In Maryland a bill was passed that would place a line on the Income Tax form for the parents of children to indicate whether their children are covered by insurance. The Attorney General's office will compile a list of those without insurance. Another bill is to be introduced that would make families who indicate no insurance for two years to be unable to claim these children as dependents.

Maryland will soon begin enforcing new limits on the amount of manure allowed to wash off Eastern Shore poultry farms. These farms previously were exempt from several regulations that apply to hog and dairy farms.

The FDA is reviewing risk assessments for bisphenol A, a chemical used to harden plastic found in various products. The chemical (BPA) mimics estrogen and may disrupt the body's endocrine system. BPA is found in the urine of 90 percent of the U.S. population. At present the FDA has no plan to revise its position but will continue to study it. Some states and Canada have introduced bans of its use in several products.

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

DIRECTIONS TO REGION MEETINGS



Directions to the REGION I Meeting APRIL 16 2009 Frederick, MD

Quality Inn of Frederick (formerly the Fort Detrick Holiday Inn),
999 W. Patrick Street,
Frederick, MD 21702
Registration begins at 9:30 AM
Cost--\$20.00 (Buffet lunch)
Deadline for reservations is April 1, 2009

Make checks payable to:
FREDERICK COUNTY FCE and send to:
Joyce Gregory 301-416-7782
147 Buttercup Lane
Hagerstown, MD 21740

Directions to the Quality Inn of Frederick
From Route 70, take exit 53A, Route 40 & 15 North. Take exit 13B Route 144 West. The Inn is on your right.

REGION II APRIL 22, 2009 Linthicum Heights, Maryland

Snyder's Willow Grove Restaurant,
841 N Hammonds Ferry Rd
Linthicum Heights, MD 21090 (410 712-4300)
Registration begins at 9:30 AM
Cost - \$20.00 (Buffet lunch)
Deadline for the reservation is April 1, 2009

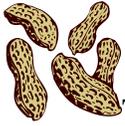
Make check payable to:
Anne Arundel County FCE & send to:
Marian Whitman 410-768-2452
1253 Old Dorsey Road
Harmons, MD 21077

Directions to Snyder's Willow Grove Restaurant
From 95 (north of Baltimore), take exit 49A, Route 695 east toward Glen Burnie. Next take exit 8 State highway 168/Nursery Road/Hammonds Ferry Road. The restaurant is on the left.

From 95 (south of Baltimore) take 195 to 295 towards Baltimore. Take the Nursery Rd. exit and

make a left at West Nursery Road. Follow 1-2 miles and make a left onto Hammonds Ferry Road. Go 3 blocks; the restaurant is located on the right.

Peanut Butter Recall



There are over 1400 products recalled due to the salmonella outbreak. You can go to this web site to check which products have been recalled. <http://www.accessdata.fda.gov/scripts/peanutbutterrecall/index.cfm>. No jars peanut butter are affected.

Bulletin Board

Fay Hickman died January 5, 2009. Fay was active in the Aspen Hill FCE group as well as a member of the craft group that met at Barbara Perry's home for several years. She was also a member of an area garden club. After joining Oakdale Emory United Methodist Church, she was active in their senior group and circle.

Condolences to Ruth Jarman on the loss of her husband.

Speedy recovery to Louise Ediger and Glenna Burgess who were recently in the hospital.

IN AND AROUND MARYLAND

ALLEGANY COUNTY

Upcoming events in Allegany County:

March 9 - donate something (decide the month before) to the Family Crisis Center (FCC). Speaker Tanese Kline from the Family Crisis Center.

April 13 - Donate something to FCC. Speaker - Patricia Folk - Manager AC Teachers Credit Union will talk on Identity Thief. There will also be an International Luncheon. Diane Lynch will talk on Greece at the Cresaptown Untied Methodist Church.

June 8 - Donate something to FCC. Program is Women's Safety given by a Cumberland police officer.

We are working on tree ornaments for our Christmas tree centerpieces for the Christmas Tea. Time and place to be announced later.

ANNE ARUNDEL

We ended the year 2008 with a Christmas party with plenty of good food and fun. This year began with a program on the "Egg-citing Egg". The weather cooperated for us in January, which it sometimes doesn't.

Anne Arundel members have been busy preparing for the Region II meeting and plan to raffle off a basket of Italian foods. We hope to see everyone in April.

MONTGOMERY COUNTY

You are invited to our Spring Luncheon "The Ties That Bind" at 10:30 AM on May 2 at the Montgomery County Extension Office, 18410 Muncaster Road Derwood, MD. Cost is \$15.00. Send check made out to MCAFCE to Marilyn Simonds, 13708 Lionel Lane Rockville, MD 20853 (301-871-1609).

Four members attended Women's Legislative Day. New legislative bills dealing with women and family issues were presented.

We are seeking donations of yarn for our Linus Blanket project. If you have any acrylic yarn or kids print fabric (poly-cotton, fleece, flannel) that you would like to donate to this cause, please bring it to the regional meetings in April.

PRINCE GEORGE'S COUNTY

We are the few, the proud, the PGCFCCE. With the addition of two new members there are now 13 of us.

At our November meeting, with Thanksgiving quickly approaching, we practiced several different ways to fold napkins to impress, idea's for making place cards, quick and easy place mats, easy centerpiece idea's and a pattern for x-

stitching a breadbasket liner. On the 24th of November we had a gingerbread house/train class that turned out some awesome real estate.

Our December meeting included a delicious cookie swap at our annual Christmas party. We shared our potluck luncheon with members of the Extension Office where we meet. There are a lot of good cooks in this group and we are hoping to put out a cookbook in the near future. We packed boxes to be sent to our military troops overseas and a food box for the Community Support Systems Baden Food Pantry. On the 13th of December, with grandchildren in tow, we attended a Breakfast with Santa to benefit the Community Support Systems' Food Pantries.

During our January meeting we all stopped what we were doing and watched the inauguration together. Being from the area, we chose not to go downtown and freeze to death, but celebrated the occasion with our own mini mob. We worked on our on-going "A Case for Smiles" project benefiting Conkerr Cancer. We are always interested in helpers and donations of fabric and want to thank those that already have supported us with this worthwhile project. Our second on-going project of collecting tin cans with proceeds benefiting the Baden food pantry can always use help from anyone that wants to save for us. A couple of members crocheted scarves for the 2009 Special Olympics World Winter Games in Idaho, USA this year. The games will be held February 7-13, and will include 3,000 athletes from more than 100 countries and 6,000 volunteers.

EARTH DAY 2009: THE GREEN GENERATION

Earth Day 2009, April 22, will mark the beginning of the Green Generation Campaign! This two-year initiative will culminate with the 40th anniversary of Earth Day in 2010. With negotiations for a new global climate agreement coming up in December, Earth Day 2009 must be a day of action and civic participation, to defend the Green Generation's core principles:

- A carbon-free future based on renewable energy that will end our common dependency on fossil fuels, including coal.
- An individual's commitment to responsible, sustainable consumption.

- Creation of a new green economy that lifts people out of poverty by creating millions of quality green jobs and transforms the global education system into a green one.

Under the umbrella of the Green Generation, thousands of events are currently being planned in schools, communities, villages, towns and cities around the world. As in 2008, on April 19th Earth Day Network will celebrate Earth Day on the National Mall in Washington, DC!

ACWW News

ACWW Raises Curtain on Rights

"We trust that the founding of an International Day of Rural Women will raise the profile of rural women, their families and communities," said May Kidd, ACWW Deputy president at the start of a panel discussion at the United Nations marking the first International Day of Rural Women (IDRW).

Ban Ki Moon, Secretary General of the UN, said in his message that the first IDRW was especially timely, coming as it did in the midst of a world food crisis and global financial turmoil. The day, which falls on October 15, replaces World Rural Women's Day.

He continued: "Women farmers in developing countries do most of the agricultural work, but they own just a tiny fraction of the land. Disproportionately poor and illiterate, they are rarely included in decision-making that affects their circumstances.

"Our mission is to foster a world where the woman who farms is also a woman with educational opportunities, political access, and a choice at the negotiating table..."

"We know that when we empower rural women we enhance the well-being of their children, their families their communities and ultimately, their countries."

Sofia Clark, head of the Office of General Assembly president Miguel d'Escoto Brockmann, said in a speech on his behalf: "Women are a fundamental indicator of how we are performing on everything."

The chairmen of the Commission on Status of Women, Olivier Belle, described them as 'the poorest of the poor' and emphasized the

importance of establishing a legal framework for ownership of land by rural women.

Cheryl Morden, of the International Fund of Agricultural Development (IFAD), said that, although the world depended on rural women, they lacked equitable access to financial services and were hard hit by climate changes.

From "The Countrywoman" January-March 2009

A DOG'S PHILOSOPHY

The reason a dog has so many friends is that he wags his tail instead of his tongue.

-Anonymous

Don't accept your dog's admiration as conclusive evidence that you are wonderful.

-Ann Landers

If there are no dogs in Heaven, then when I die I want to go where they went.

-Will Rogers

A dog is the only thing on earth that loves you more than he loves himself.

-Josh Billings

The average dog is a nicer person than the average person.

-Andy Rooney

We give dogs time we can spare, space we can spare and love we can spare. And in return, dogs give us their all. It's the best deal man has ever made.

-M. Acklam

A dog teaches a boy fidelity, perseverance, and to turn around three times before lying down.

-Robert Benchley

Anybody who doesn't know what soap tastes like never washed a dog.

-Franklin P. Jones

If I have any beliefs about immortality, it is that certain dogs I have known will go to heaven, and very, very few persons.

-James Thurber

If your dog is fat, you aren't getting enough exercise.

-Unknown

My dog is worried about the economy because Alpo is up to \$3.00 a can. That's almost \$21.00 in dog money.

-Joe Weinstein

Ever consider what our dogs must think of us? I mean, here we come back from a grocery store with the most amazing haul -- chicken, pork, half a cow. They must think we're the greatest hunters on earth!

-Anne Tyler

Women and cats will do as they please, and men and dogs should relax and get used to the idea.

-Robert A. Heinlein

If you pick up a starving dog and make him prosperous, he will not bite you; that is the principal difference between a dog and a man.

-Mark Twain

You can say any foolish thing to a dog, and the dog will give you a look that says, 'Wow, you're right! I never would've thought of that!'

- Dave Barry

Dogs are not our whole life, but they make our lives whole.

-Roger Caras

If you think dogs can't count, try putting three dog biscuits in your pocket and then give him only two of them.

-Phil Pastoret

My goal in life is to be as good of a person my dog already thinks I am.



HOW TO TALK TO YOUR DOCTOR OR NURSE

Waiting in your doctor's office can make you feel nervous, impatient, or even scared. You might worry about what's wrong with you. You might feel annoyed because you're not getting other things done. Then when you see your doctor or nurse, the visit seems to be so short. You might have only a few minutes to explain your symptoms and concerns. Later that day, you might remember something you forgot to ask. You wonder if your question and its answer matter. Knowing how to talk to your doctor, nurse, or other members of your health care team will help you get the information you need.

Tips: What To Do

- **List your questions and concerns.** Before your appointment, make a list of what you want to ask. When you're in the waiting room, review your list and organize your thoughts. You can share the list with your doctor or nurse.
- **Describe your symptoms.** Say when these problems started. Say how they make you feel. If you know, say what sets them off or triggers them. Say what you've done to feel better.
- **Give your doctor a list of your medications.** Tell what prescription drugs and over-the-counter medicines, vitamins, herbal products, and other supplements you're taking.
- **Be honest about your diet, physical activity, smoking, alcohol or drug use, and sexual history.** Not sharing information with your doctor or nurse can be harmful!
- **Describe any allergies to drugs, foods, pollen, or other things.** Don't forget to mention if other doctors, including mental health professionals, are treating you.
- **Talk about sensitive topics.** Your doctor or nurse has probably heard it before! Don't leave something out because you're worried about taking up too much time. Be sure to talk about all of your concerns before you leave. If you don't understand the answers your doctor gives you, ask again.
- **Ask questions about any tests and your test results.** Get instructions on what you need to do to get ready for the test(s). Ask if there are any dangers or side effects. Ask how you can learn the test results. Ask how long it will take to get the results.
- **Ask questions about your condition or illness.** If you are diagnosed with a condition, ask your doctor how you can learn more about it. What caused it? Is it permanent? What can you do to help yourself feel better? How can it be treated?
- **Tell your doctor or nurse if you are pregnant or intend to become pregnant.** Some medicines may not be suitable for you. Other medicines should be used with caution if you are pregnant or about to become pregnant.
- **Ask your doctor about any treatments he or she recommends.** Be sure to ask about all of your options for treatment. Ask how long the treatment will last. Ask if it has any side effects. Ask how much it will cost. Ask if it is covered by your health insurance.
- **Ask your doctor about any medicines he or she prescribes for you.** Make sure you understand how to take your medicine. What should you do if you miss a dose? Are there any foods, drugs, or activities you should avoid when taking the medicine? Is there a generic brand of the drug you can use? You can also ask your pharmacist if a generic drug is available for your medication.
- **Ask more questions if you don't understand something.** If you're not clear about what your doctor or nurse is asking you to do or why, ask to have it explained again.
- **Bring a family member or trusted friend with you.** That person can take notes, offer moral support, and help you remember what was discussed. You can have that person ask questions, too!
- **Call before your visit to tell them if you have special needs.** If you don't speak or understand English well, the office may need to find an interpreter. If you have a disability, ask if they can accommodate you.

White Whole Wheat and Oatmeal Irish Soda Bread

Makes 2-3 servings bread, double the recipe for a standard size loaf.

1 3/4 cups white whole wheat flour
1/2 cup oatmeal (ground)
1 tsp. baking soda
1/2 tsp. Salt
1 cup buttermilk, plus a tablespoon or more if needed
to moisten all flour

Preheat oven to 425 F. Grease or spray a small baking sheet with nonstick spray or oil.

In plastic bowl, combine flour, ground oatmeal baking soda, and salt. With large plastic spoon, mix in buttermilk until mixture is well combined. Dust hands with flour, and form a doughy ball. (You can make into a slightly oblong shape to fit a small baking sheet.)

Bake until bread is golden on top, about 35-40 minutes. Serve hot. Bread is best eaten shortly after it's baked.

Maryland Association for
Family & Community Education
15500 Gallaudet Avenue
Silver Spring Maryland 20905-4176

Character Counts Winners

Congratulations to Alyssa Dolan of Anne Arundel, the first place winner in the Trustworthiness Character Counts Essay and Art Work Contest. Her entry will be submitted to NAFCE. Kourtney Lammey of Carroll County is the MDAFCE second place winner.