

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
1 10:00 AM Executive Committee Meeting, Anne Arundel Extension Office

APRIL

- 5 10:00 AM Executive Committee Meeting, Anne Arundel Extension Office
15 All State Reports due NAFCE
22 **Celebrate Earth Day**
21-28 ACWW Triennial, Hot Springs, AK

MAY

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

JUNE

- All Month Nominees for State Officers, Group II**
7 10:00 AM Executive Committee Meeting, Carroll County Extension Office

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REGIONAL MEETINGS

Regional Meetings are being held in the Fall. Look for information and registration in the Summer edition of the newsletter.

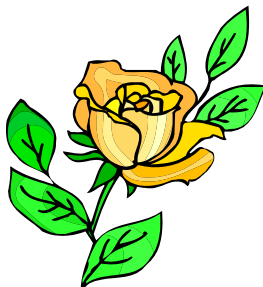
MDFCE Web Site is www.mdafce.org

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!

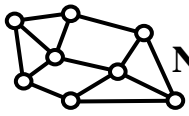
Continue to update your county web page information by sending newsletters, calendars and information to Libby Wade at dunade@aol.com.

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 – 2010

At the January MDAFCE Board Meeting, I read from the Handbook 2010 on Health, Personality, Society and Life. Since it was over a page in length, I can't reprint it here in my article. However, it makes us think on the advice given. Starting a New Year, 2010, is a time to review and change or make new resolutions. This is an eventful year. On April 21 – 28, we will host, along with other ACWW/CWC Affiliate Societies, the 26th ACWW Triennial Conference in Hot Springs, Arkansas. The theme is "Women Worldwide – The Voice of Today." MDFCE will send two voting delegates; Barbara Perry and Jean Purich to act on the Resolutions and Recommendations and hear about ACWW funded projects. Thank you for your help in funding this ACWW Triennial meeting. The bread basket liners, collars, necklaces and jewelry cases that counties made, were sold. The money collected was sent to the MDAFCE Treasurer and then to CWC. Items not sold locally will be sold at the ACWW meeting.

The 2010 FCE National Conference will be held July 15 – 18, 2010 in Grand Rapids, Michigan. Early discounted registration deadline is May 1, 2010. Registration form and info can be found in your National Newsletter "FCE Today" January 2010 issue. FCL Day will be on July 14. You can earn 8 hours credit toward your FCL certificate. If you are a First Timer to the National FCE Conference, complete your application for the Conference Registration Scholarship for First Timers and send to the Scholarship Chairman. Registration cost will be refunded to three winners of the First Timers Scholarship (see p. 4 of "FCE Today.")

We will not have a MDAFCE State Conference this year. There will be a Region I Meeting October 13 and a Region II Meeting September 27. Information will be put in the Summer newsletter. In 2010, we will again rotate our state board meetings at the County Extension offices and invite you, the members, to attend when we come to your county.

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

NEWS FROM THE VICE PRESIDENT FOR PROGRAM

FAMILY COMMUNITY LEADERSHIP – FCL
WHAT IS IT?*

* an FCE leadership development, education and training program

* the application of skills in leadership, public policy education and advocacy

Objectives:

- A. Developing and strengthening skills to benefit:
 1. Individuals, families, and communities
 2. FCE and other organizations
- B. Applying skills to increase effectiveness of public policy participation in:
 1. National, state and local FCE programs
 2. Projects that benefit families and communities
 3. Programs that provide an opportunity to network with other organizations

Criteria for 30 hours of FCL Training and Certification include:

Thirty hours of FCL training will consist of three hours in each of the following topics equaling 18 hours. The remaining 12 hours are flexible; however, they must also be in the following categories:

LEADERSHIP: Learn to assume leadership in personal and community settings.

GROUP PROCESS: Learn and practice the skills necessary to lead a cohesive group that accomplishes tasks.

ISSUE ANALYSIS AND RESOLUTION: Gain ability for identifying and analyzing issues that affect the family and learn to apply techniques for issue resolution.

PUBLIC POLICY: Become an active and effective citizen and apply knowledge to teach others.

VOLUNTEERISM/MENTORING: Mentor, manage, motivate, train and evaluate volunteers.

TEACHING TECHNIQUES: Experience and apply effective adult and youth education methods for teaching FCL concepts.

How many of you have FCL certificates in your files or tote bags? You may even have enough for certification.

Your FCE Board is planning the next regional meetings and we would like to include some FCL topics. We are asking you to check your records and let us know what categories you still need to get certified and we will try to plan our programs accordingly. For more information or to let us know the topics you are interested in, you may contact any member of the board, call me or e-mail me.

Our goal is to have many more of our members certified as FCL teachers.

Evelyn M. Ziegler, Co-Vice President for Program
zieglers@comcast.net
410-465-3587

PUBLIC POLICY NOTES

The following are some of the issues that may come up for decision in the present Maryland Assembly:

1. Gay Marriage - a bill to prohibit Maryland from recognizing gay marriages validated by other states and countries.
2. Mentally Disabled - a bill to allow residents under guardianship for mental disability to be able to vote.
3. Strip Searches - a bill to prohibit strip searches of people suspected of minor misdemeanors or minor traffic offenses.
4. Dangerous Dogs - a bill to require owners of dogs designated as dangerous be spayed or neutered within thirty days of that designation.
5. Public Access - a bill to increase public access, such as releasing committee votes on-line within 2 or 3 days after the vote is taken.
6. Sexless Marriage - a bill to allow sexless marriage to be grounds for divorce.

Governor O'Malley has reactivated Maryland's dormant Sexual Offender Advisory Board created 4 years ago. It never met and never issued any progress. He will name Joseph Curran, former Attorney General, to chair this board. (He is O'Malley's father-in-law).

A state task force on prison violence was to offer recommendations for reform. Maryland does

not adequately monitor gangs in prison. Gang members make up 15% of the inmate population. A review of mental health care, stronger measures to block cell phone signals and contraband behind bars are issues they are to address.

Final recommendations were due to be reported December 31st.

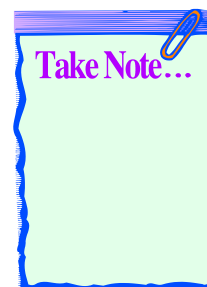
No further bills can be submitted after the first of February.

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

MEMBERSHIP

Thanks to all the county treasurers who continue to send their membership information and dues to me as soon as they get them. We are happy to have 18 more members as of the end of January. This gives us a total membership of 208. I encourage you to continue inviting people to join FCE throughout the year. If you recruit a new member be sure your name and address is included on the form so you can be a "Star". New members are welcome throughout the year.

Martha Moser, Membership Chair
mcatmoser@aol.com
301-371-6132



Bulletin Board

Frederick County FCE members are saddened at the death of a dear friend, LaVerne Heffner, who has helped us with many of our events. LaVerne passed away, Friday, January 30th after weeks of struggle from the results of a stroke and heart attack. We will miss her.

Please continue to keep John and Jean Bilsky in your prayers as John continues his recovery.

IN AND AROUND MARYLAND

ALLEGANY COUNTY

Upcoming events in Allegany County:

At our February 8th meeting, Dr. Jennifer Thorn Bentlejewski from the Extension Office spoke on "Diabetes: Prevention & Treatment". We also had a little Valentine's Day celebration.

At our March 8th meeting, Derrick Bender from the Extension Office will be giving a talk on "Common Insect & Animal Pests". We will be signing up for a basket making class to be given by Jane Wagner.

During the month of April, we should have our basket making class.

At our April 12th meeting, we will have a talk on "Hospice" by Linda Greene, R.N. and Jamie Daniels, Volunteer Coordinator. We will also have a plant exchange among our members.

May 10th will be our International luncheon. Time and place to be announced.

ANNE ARUNDEL

Our January meeting ordinarily would not have been held as per our rules regarding snow cancellations. However, we decided to go ahead with it and made bead necklaces for ACWW. Several women purchased the ones they made and the money was donated to ACWW.

"Healthful Cooking" along with suggestions and recipes for "Cooking for 2" were shared at our February meeting.

CARROLL COUNTY

Carroll County FCE donated books to the Dads' Works program in Westminster. The books will help Dads provide support and encouragement to their children. The men's groups meet weekly and about 880 children have benefited from the program since its inception in 2000. Books are collected and donated to the Family Life Center, Head Start, Human Services Family Center and The Shepherd's Staff as well as Dads' Works.

On the evening of January 19th, the 173rd birthday anniversary of Carroll County, the program featured a glimpse of history featured in patchwork quilts. Nancy Gibson, co-author of a book on quilts and quilt making in Maryland: " A

Maryland Album: Quilt-making Traditions, 1634-1934", which was the results of her work with the quilt documentation project of the Maryland Association for Family and Community Education, presented the program. Her remarks included: "Quilts are just like paintings, they come in different periods, motifs and categories, such as crazy quilt, log cabin patterned, courthouse steps postage-stamp and appliquéd images of stars, boats, urns, eagles, flags and flowers are sewn together in a cloth storybook." Some of the oldest, historic and most collectible American quilts, dating as far back as 1803, are found in Carroll County and in other Maryland counties.

FREDERICK COUNTY

Frederick County FCE members ended the last part of 2009 being busy with Holiday events of many types.

Interesting programs are planned for 2010. Some of the programs planned are:
February - We learned about Meals on Wheels;
March - features a program on "What is New in our National Home Parks";
April - Frederick County FCE members will present a program from our State FCE Conference-Looking Good;
May - We will learn about our Frederick County Public Library System and our newest Library at Thurmont;
November - program will be about Tapas from Isabella's.
Arthritis and Its Problems will be presented by Frederick County's nationally known specialist on the subject.

The State Board and Education Committee will meet May 10 with Frederick and Allegany FCE at the Frederick County Extension Office.

MONTGOMERY COUNTY

You are invited to our Spring Luncheon at 10:30 AM on May 8 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).

In January one FCE member 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 contact Jean Purich at 301-384-2805 (jcpurich@cs.com).

PRINCE GEORGE'S COUNTY

We are still the few, the proud, and the PGCAFCE. Being so busy, like everyone else, I forgot to put out the challenge of Halloween costumes for everyone the first night of our next State Conference. It's so nice to put the child out for the entire world to see once in a while. I personally, will make sure there will be awards in different categories for best costumes. We're still talking about what a lovely time we all had at the State meeting. It truly was a wonderful location and everything was so accessible. Thanks again!!!
December 2009

I was almost 45 minutes late for this meeting but as I walked in I said, "I'm clean, fat and happy", with the emphasis on happy. The other members of my FCE family have been so wonderful about jumping in and helping me accomplish everything I want to do and I want you all to know I truly love you all and thank you from the bottom of my heart. I've learned to accept who I am but I'm not used to the limitations this body is putting on me. I'm sure many of you feel this same way as we enter our Golden Years but please remember your FCE family is there to help you also. Please keep attending your meetings and please keep your membership current. If you need help, do NOT be too proud to ask.

Dr. Leon R. Brooks, County Extension Director, joined us for a question and answer period after informing us that he has stepped down from his position to be lead person in the 4-H office. I think it was pretty much a majority of happy feelings because he will keep us involved with the community thru 4-H. Karol Dyson, County Extension Director, Charles County is now the Director for Charles and Prince George's Counties.

Following our business meeting we adjourned to the kitchen for a great potluck Christmas luncheon. I'm not sure who was starving more but everything

looked wonderful and tasted even better. I don't think anyone went home hungry and if they did it was their own fault – giggle, giggle. We were so pleased that everyone in the Extension office joined us for lunch. We drew new secret pals and shared who our pals were from last year for those that didn't already know. Margie George worked very hard providing Christmas ambiance. She made a gorgeous live centerpiece which was raffled off with Alice Irwin being the lucky winner. I think she ate my lucky charms for breakfast. We all hugged and kissed good-bye like we weren't going to see each other in two weeks for our annual cookie swap.

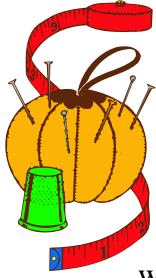
As I sit here looking at my beautiful white lawn (3 February 2010) and anticipating another snow on the way, I'm not sure I should have decorated everywhere with snow flakes including our annual cookie swap wishing for a white Christmas. Again, be careful what you wish for. Our cookie swap was even more of a success this year than last. So many cookies to take home and share, not to mention all we had to sample during our tea. Deb Rausch gave an excellent program on the history of tea which we all enjoyed immensely. After her presentation we all agreed that she missed her calling and should start a second career of teaching. Recipes were available for all the cookies and very much appreciated. I myself came home and tried out several which my family loved. They could have tired from samples of the cookie swap if I didn't eat the majority myself. Many of us took great pictures during the tea which we all share and the memories made with this FCE family are always great. We followed our cookie swap with lunch at Mimi's Café in Waldorf where we were pleasantly surprised when Mark Burgess (Glenna's son) treated all of us for an early Christmas gift. Thank you Mark again for lunch and thank you Glenna for raising such a charming son (takes a special guy to put up with all of us).

January and February meetings were canceled due to the weather and we miss each other so much. This is the first time I ever remember a meeting canceled due to bad weather. It has left us plenty of time to work on our community projects at home. Should have lots of goodies to share in March.

Wishing every one a happy and healthy New Year.

Sharon

Stitching and Pasting for ACWW



April 21 - 28 the U.S.A. Country Women's Council (CWC) societies will host the Associated Country Women of the World (ACWW) Triennial Conference in Hot Springs, Arkansas. One of the ways the societies have been asked to assist in financing the meeting is to contribute a dollar for every member. Each of us contributed in our dues in 2009 and 2010 to equal \$430.

At the conference there is a Country Store where they have pre-judged homemade items for sale. We entered a decorated collar, a bread basket liner and a travel pocketed jewelry bag - all requiring ½ yard of fabric to make. Our products were accepted and we gave patterns to each county. From this we received 63 collars, 70 bread basket liners and 44 jewelry bags.

At our spring regional meetings we stitched yo-yo's from which we made six padded hot dish pads and ten pin and earring sets. At our fall Annual Meeting we rolled paper beads to make 28 necklaces. Other donations of Christmas items, necklaces and decoupage pins added up to a possible income of \$1,280.50.

During the year, as we made items, we sold them (\$735.50). In the fall, as requested, we took some of the items to the CWC Meeting sales room - it is unknown how many items were sold there. We will send the remaining items to Arkansas shortly.

Thus, our potential contribution for the triennial, if everything sells, is:

\$1,280.50	- for handmade items
220.00	- for each member in 2009
<u>210.00</u>	- for each member in 2010
\$1,710.50	

Many thanks to everyone for participating in this project. Considering our membership size, I think we did quite well! I wish every Maryland FCE member could attend this unique meeting that welcomes participation of women from groups just like ours from all over the world.

(Note: Please see the summaries in the next column of resolutions and recommendations to be addressed at the triennial .)

Barbara Perry

ACWW News

Resolutions & Recommendations, 2010

The following issues will be considered and voted on at 26th Triennial Conference in Hot Springs, Arkansas.

Resolution 3: Women Need Access to Credit

In view of the United Nations' first Millenium Development Goal calling for eradication of extreme poverty and hunger, and to improve employment for women, be it resolved that the ACWW member societies call on their governments to make available access to credit for women.

Resolution 4: Stop Use of Plastic Bags and Reduce Use of Packaging

Be it resolved that all ACWW member societies urge their communities to stop the use of plastic bags and to reduce excess packaging. Consumers need to be informed and governments need to take action in order to promote a sustainable future.

Resolution 5: Financial Management

Be it resolved that all ACWW Member Societies encourage their members to ensure that women have sufficient knowledge about financial management in their households and educate women to draw up a spending plan or budget to ensure financial security within the household.

Resolution 6: Retention of Arable Land for Food Production

Be it resolved that ACWW Member Societies urge their governments to ensure that, with reports of a coming world food shortage and the search for alternatives to fossil fuels, sufficient quantities of arable land are retained for food production and not diverted to growing crops for bio-fuel production.

Resolution 7: Pennies for Friendship

Be it resolved that paragraph 2 of Article VI of the Constitution shall be enforced forthwith, in so far as that paragraph refers to Societies making a donation annually to the Pennies for Friendship Fund.

Recommendation 1: Tree Planting Project

Be it recommended that the Associated Country Women of the World urge all ACWW Member Societies worldwide (where possible) to

plant trees as a contribution towards combating climate change. This could be an individual or group project.

Recommendation 2: ACWW Board and Committee Members to Hold ACWW Individual Membership

Be it recommended that it is a prerequisite for any candidate seeking office as a member of the Board of ACWW or a member of a Specified Committee to hold Individual membership of ACWW.

From Circular 3 of the ACWW News Sheet

THINGS YOUR BURGLAR WON'T TELL YOU

1. Of course I look familiar. I was here just last week cleaning your carpets, painting your shutters, or delivering your new refrigerator.
2. Hey, thanks for letting me use the bathroom when I was working in your yard last week. While I was in there, I unlatched the back window to make my return a little easier.
3. Love those flowers. That tells me you have taste ... And taste means there are nice things inside. Those yard toys your kids leave out always make me wonder what type of gaming system they have.
4. Yes, I really do look for newspapers piled up on the driveway. And I might leave a pizza flyer in your front door to see how long it takes you to remove it.
5. If it snows while you're out of town, get a neighbor to create car and foot tracks into the house. Virgin drifts in the driveway are a dead giveaway.
6. If decorative glass is part of your front entrance, don't let your alarm company install the control pad where I can see if it's set. That makes it too easy.
7. A good security company alarms the window over the sink. And the windows on the second floor, which often access the master bedroom and your jewelry. It's not a bad idea to put motion detectors up there too.
8. It's raining, you're fumbling with your umbrella, and you forget to lock your door-understandable. I don't take a day off because of bad weather.
9. I always knock first. If you answer, I'll ask for directions somewhere or offer to clean your gutters. (Don't take me up on it.)
10. Do you really think I won't look in your sock drawer? I always check dresser drawers, the bedside table, and the medicine cabinet.
11. I almost never go into kids' rooms.
12. You're right: I won't have enough time to break into that safe where you keep your valuables. But if it's not bolted down, I'll take it with me.
13. A loud TV or radio can be a better deterrent than the best alarm system. If you're reluctant to leave your TV on while you're out of town, use a timer.
14. Sometimes, I carry a clipboard. Sometimes, I dress like a lawn guy and carry a rake. I do my best to never, ever look like a crook.
15. The two things I hate most: loud dogs and nosy neighbors.
16. I'll break a window to get in, even if it makes a little noise. If your neighbor hears one loud sound, he'll stop what he's doing and wait to hear it again. If he doesn't hear it again, he'll just go back to what he was doing. It's human nature.
17. I love looking in your windows. I'm looking for signs that you're home, and for flat screen TVs or gaming systems I'd like. I'll drive or walk through your neighborhood at night, before you close the blinds, just to pick my targets.
18. Avoid announcing your vacation on your Facebook page. It's easier than you think to look up your address.
19. To you, leaving that window open just a crack during the day is a way to let in a little fresh air. To me, it's an invitation.

Sources: Convicted burglars in North Carolina , Oregon , California , and Kentucky ; security consultant Chris McGoey, who runs crimedoctor.com ; and Richard T. Wright, a criminology professor at the University of Missouri, St. Louis, who interviewed 105 burglars for his book Burglars on the Job.

Slow Cooker Chili

Ingredients

- 1 pound beef boneless round steak, cut into 1/2-inch pieces
- 1 large onion, chopped (1 cup)
- 2 medium celery stalks, cut into 1/2 inch pieces
- 2 cans (14 ½ ounces each) diced tomatoes, undrained
- 1 can (15 ounces) tomato sauce
- 3 teaspoons chili powder
- 2 teaspoons ground cumin
- ¼ teaspoon dried oregano leaves
- ¼ teaspoon ground cinnamon
- 1 medium bell pepper, cut into 1-inch pieces (1 cup)
- 1 can (15 to 16 ounces) kidney beans, rinsed and drained
- Shredded Cheddar cheese, if desired

Directions

Mix all ingredients except bell pepper, beans and cheese in 3 ½ to 4 quart slow cooker.

Cover and cook on low heat setting 6 to 7 hours or until beef and vegetables are tender.

Stir in bell pepper and beans. Uncover and cook on high heat setting about 15 minutes or until slightly thickened. Serve with cheese.

Maryland Association for
Family & Community Education
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