

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 to State President
- 7 10:00 AM Executive Committee Meeting,
Anne Arundel Extension Office

APRIL

- 4 10:00 AM Executive Committee Meeting,
Anne Arundel Extension Office
- 15 All State Reports due to
NAFCE
- 22 **Celebrate Earth Day**



MAY

- 1 **LOOK WHAT'S HAPPENING** deadline
for items to Editor
Annual Conference info in this issue
- 2 10:00 AM Executive Committee Meeting,
Frederick County Extension Office
Allegany County members are invited

JUNE

- All Month Nominees for State Officers, Group I**
- 6 10:00 AM Executive Committee Meeting,
Carroll County Extension Office

Shine up chrome and stainless steel - To clean chrome or stainless steel, spray it with full strength vinegar; buff it to a high shine with a soft cloth.

Polish brass and copper - You can create vinegar paste to clean brass and copper. Use equal parts white vinegar and salt or vinegar and baking soda. Use a soft cloth or paper towel to rub the paste into your brass or copper until the tarnish disappears. Rinse with cool water; buff to a shine with a clean soft cloth.

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ANNUAL CONFERENCE

The Annual Conference will be held in October in Frederick County. Look for more information and the registration form in the Look What's Happening (Summer issue).

MDFCE Web Site www.mdafce.org

Check out the NEWSLETTER ON THE WEB!!!! Click on the "Look What's Happening" button on the left, then click on which issue you want to read. There you have it, it's that easy!

Send information for your county web page 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.

"A smile is a light on your face that lets people know that your heart is home".

FROM THE PRESIDENT

FCE - IT'S MAGIC!



Yes, FCE is magic. Through it we can have lifelong learning that provides opportunities to enhance the family, develop leadership skills, and strengthen our communities. And we can have fun doing it. FCE is a magical group that will preserve our dignity and improve our future.

The Maryland FCE Board has been hard at work organizing and preparing for 2011. However, we are working a little short handed and need help on the Education Committee. Wouldn't you like to join? We need your talent and experience and I hope you will consider volunteering. Just contact me or any member of the board.

We are also looking for members who deserve awards such as the Heart of FCE, the Spirit of FCL, Community Service, Outstanding Unit, and Superior Unit. Time is short to make these nominations so let a board member know as soon as possible if you know a deserving person.

One of the big things the board is planning for is our Annual Conference in October. It will be in Frederick County this year and include many interesting programs and activities. Tentatively, it is scheduled for October 12, 13, & 14.

The National FCE Conference will be in Denver, Colorado on July 15, 16, & 17. Several board members are looking forward to attending and we hope you will consider going also. Registration is in your FCE Today or on the National FCE web site (www.nafce.org).

If you have any thoughts or ideas that you would like to share with me or the board, please come to our meetings, email or call me. I look forward to knowing you better and sharing the magic of FCE together.

Martha C. Moser, President
mcatmoser@aol.com
301-371-6132

“You can only feel left behind if you were trying to catch up in the first place”. (A line from *As Time Goes By*)

NEWS FROM THE VICE PRESIDENT FOR PROGRAM

Our Maryland FCE Board was very pleased with the turnout at the 2010 regional meetings. The program, “Does Your Engine Purr?”, was very well received. Since then, I have been trying to get some of the information that was not copyrighted to the counties. I have successfully purchased books from the Arthritis Foundation spelling out valuable statistics regarding exercises, arthritis etc. I also have available the Hearth Fire Series booklet for this program. A copy of the exercise booklet and the Hearth Fire pamphlet will be given to the president of each affiliated county. We hope this information will be utilized and presented to the members. If you have any questions about this program or suggestions for future programs, please call or email me.

We are in the early stages of planning for the state conference in October.

Evelyn M. Ziegler, VP President for Program
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PUBLIC POLICY NOTES

The next big drug menace may be bath salts. They have been reported to have been snorted, injected or smoked as powders with names like Ivory Snow, Red Dove and Vanilla Sky. Some say the effects are as powerful as those of methamphetamine. They can cause hallucinations, paranoia, a rapid heart rate and suicidal thoughts. Mississippi lawmakers are considering laws to ban the sale of these powders. In Louisiana the bath salts were outlawed by an emergency order when the state poison center received more than 125 calls due to the exposure to these chemicals in the last three months of 2010.

The FDA warned makers and distributors of dietary supplements that they will come after hundreds of products that contain drugs. These illegal supplements are found mostly in weight-loss agents, bodybuilding products and sexual enhancers. The agency has identified about 300

such products proclaiming to be dietary supplements.

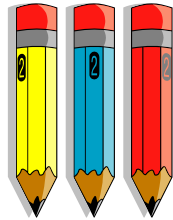
Video games that are “action-packed” or violent rated “M” for mature may make people feel aggressive for as long as 24 hours after the game ended according to a study published online by the journal, “Social Psychological and Personality Science”.

Government officials are beginning to crack down on cargo ships that discharge ballast waters when they take on cargo. Many alien invasive organisms and aquatic life are released where they have no natural predators and increase rapidly starving out native species.

Marilyn Simonds, VP for Public Policy
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MEMBERSHIP

Thanks to all the county treasurers who continue to send their membership information and dues to me as soon as they get them. I'm continuing to take care of membership until this membership drive is wrapped up after which Connie Yates will take over as our new membership chair. This year we have 204 members that include 9 new members. Congratulations to Prince George's County for having the most new members which is 5. Our membership is made up of 127 individuals, 12 (24) families, and 53 seniors. I encourage you to continue to recruit new members to join FCE throughout the year.



Martha Moser, Acting Membership Chair
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301-371-6132

IN AND AROUND MARYLAND

ALLEGANY COUNTY

The regular February meeting date for Allegany County just happened to be on Valentine's Day. With that in mind, husbands were invited to celebrate with us. Twenty-two members and 14

husbands attended our first Valentine's Day party where husbands were included. A covered dish luncheon was planned, with the club providing meat, dessert and beverages, the dessert being a large decorated cake. Tables were decorated with red tablecloths and red rose centerpieces. Connie Yates' husband, Henry, was the photographer, taking pictures of all the couples present, along with pictures of the table decorations and singles that were present. Prints will be provided in March for those interested.

The scheduled program, "Administering Estates in Maryland," given by the Allegany County Register of Wills, was of interest to everyone. Many handouts were provided.

Following the program, husbands were able to either go home, gather in another room to just talk or stay with the women for the short business meeting. Of course, not one stayed for the business meeting.

A unanimous vote at the business meeting allowed us to contribute \$2,000 to community organizations: \$500 going to the Imagination Library, \$500 to the Shriner's Hospital Transportation Fund, \$500 to the Salvation Army After-School Program, \$250 to the Union Rescue Mission and \$250 to the Salvation Army General Fund.

Lessie Lee Spates, President 301-724-5277

ANNE ARUNDEL

Anne Arundel County has some very interesting programs coming up.

At the March meeting the program will be 'Clutter', given by Virginia McKenzie and Marian Whitman. Mike Ensor, horticulturist, will do the program for April. It is always a pleasure to have him as he gives a very interesting program on plants, flowers, trees, etc. May's program is on 'Financial Planning', and June's meeting is Mary Ann Love, Maryland State Delegate, who will give us an update on the Maryland Legislature.

FREDERICK COUNTY

Frederick County is Looking Forward to Spring!

The Frederick County FCE & Homemakers Board of Directors had to cancel its January and

February meetings due to the weather. Many local clubs also had to cancel meetings and everyone looks forward to meeting again in March. We are all happy that the Ground Hog did not see its shadow on Ground Hog Day and hopes for an early spring are bringing smiles to all members.

Some Clubs were able to meet and have some interesting programs. The Urbana Club held programs on Self-Esteem and Handwriting Analysis, while the Mid-Valley Club did a program on "Know Your County." Most Clubs used their first meeting of the year to set up program leaders and hostesses for the year.

Programs planned for the Spring include Frederick County ReCycling, to be taught by David Helmecki in March. In April, Michelle Close will guide Lesson Leaders in the ins and out of "Volunteering." In May, the lesson planned is "Gardening for Wildlife" with Marie Rojas from the Montgomery County Master Gardeners.

The Frederick County Homemakers Annual Spring meeting will be held on April 27, at Homewood in Crumland Farms. The speaker will be Dean Herrin from Frederick Community College. The Lewistown and Gambrill Park Homemaker Clubs are co-planning this event and they look forward to seeing many members attend!

Devra Boesch & Libby Wade

MONTGOMERY COUNTY

You are invited to "Puttin' on the Glitz" Spring Luncheon at 10:30 AM on May 14 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).

We are seeking donations of yarn for our Linus Blanket project. If you have any acrylic yarn that you would like to donate to this cause, please contact Jean Purich at 301-384-2805 (jcpurich@cs.com).

"Ready to Downsize" will be the topic of our March meeting. Kimberly Schoeberlein a Personal Move consultant from Riderwood will give us tips on how to start this process. Even if you are not ready to move, her tips will be very helpful in decluttering your surroundings.

PRINCE GEORGE'S COUNTY

Our Christmas Party, hosted by Sharon Adamoyurka and Margie George was a wonderful delight with lovely decorations, grrrrrrreat food, and terrific people. We invited the folks from the Extension Office who always add joy to this yearly function. Marjory George raffled off several beautiful centerpieces she made from Magnolia leaves from her backyard and a beautiful rose poinsettia. We also had an auction of Christmas center pieces provided by Elizabeth Gordon and Sharon Adamoyurka with money going to our Trash to Treasure fund, which this month goes to help send boxes overseas.

We again had our annual cookie swap, hosted by Liz Gordon and Glenna Burgess. Cute candy cane favors were provided by Debra Rausch. The cookies were exceptionally delicious this year and recipes for these "yummies" were provided to everyone. We tried something a little different this year that seemed to work out very nicely. We sat at our circle of tables and passed each persons "dish" of cookies around like a big family style dinner, filling our own containers to take home. We then got our cups of punch, tea and/or coffee and sampled all the remaining cookies. Lori Sebastian (from the Extension Office) and Debra Rausch showed off not only their singing voices, but also a very extensive memory of Christmas Carols with a game provided by Sharon Adamoyurka. We disclosed our 2010 secret pals that ended the year 2010 with some gorgeous gifts and then drew new names for our 2011 secret pals. Lets' see how long they remain secret this year [giggle, giggle]. We all packed up and adjourned to our annual lunch at Mimi's Cafe, where the food was delicious and your plate was sampled by many. God forbid anyone of us gets an incurable disease [laugh out loud] we're all going to die. A nice time was had by all.

Here it is January and as I've told many of you before, I never make New Year's resolutions, because I know I'd never keep them, and I hate disappointing myself and everyone else. New Year's resolutions just add too much pressure and are usually things we don't really want to do anyway. I'd rather face the new year with a feeling of hope and a smile, than in agony over whatever I've given up!!!

Our first meeting of the new year was outstanding. We almost have the business meeting part of our day down to a science now and making it go much smoother and timely so as to leave more time for our programs. Big kudos go out to Marie Moeller and Debbie Rausch for putting together an outstanding welcoming folder. It provides so much knowledge about FCE and its workings. It was definitely needed and appreciated by all. We gained so much insight into FCE by enjoying this new folder as a group. Elizabeth Gordon, one of our newer members, then surprised us all with a luncheon fit for a queen. The barbecue chicken and sweet potato pie were two of my favorites. Thank you Liz for going above and beyond the call of duty for all of us.

Everyone showed their appreciation to Sharon Adamoyurka for providing everyone with a New Year's bag of blessings.

We hope that your year got off to a great start and that it will be fabulous for you too!!!
Sharon Adamoyurka

Bulletin Board

It is with great sadness that we announce that Loretta (Smith) McAlpine died Saturday, January 29 at Western Maryland Health Systems Hospital. She was 95 years old and in good health until colon surgery on January 21.

She had served on the RDC Committee, along with Colleen Nelson. Although no longer a FCE member, she attended the regional meeting at the Country Club last October and enjoyed seeing many of her friends.

We are sorry to hear Elaine Crow is in a rehab facility after suffering a stroke.

BETWEEN MEAL TREATS THAT WON'T BLOW YOUR DIET

By Colette Bouchez

WebMD Feature

Reviewed by Louise Chang, MD

It can happen when you least expect it ... or show up at about the same time every day. It's a "snack attack" -- that moment when the munchie monster grabs your appetite and won't let go! Many people blame these between-meal urges for making it

difficult to control their weight. But experts say it's not snacking in itself, but the size of the snacks, that can really do a dieter in.

"We are super sizing everything, but particularly snack foods. So even if you eat just one portion, it can really be like three portions, and that can definitely derail your diet," says Noralyn Wilson, MS, RD, a spokeswoman for the American Dietetic Association. One way around the problem: Have your snacks, but keep them to 100 calories or fewer. "If you focus on the calorie count, it can make it much easier to choose a snack and much easier to stick to your diet, and you can't stray too far if you only allow yourself that 100-calorie limit," says Christine Gerbstadt, MD, RD, from the American Dietetic Association.

To keep your appetite in check, make sure those 100 calories contains a bit of protein, fiber, and fat, along with some carbohydrate. While junk food may satisfy your brain, it does little to satiate your hunger, says WebMD Weight Loss Clinic "Recipe Doctor" Elaine Magee, MPH, RD.

100 Calorie Snacks: 20 Choices

Need some ideas? These will get you started:

1. Half an apple with 2 teaspoons of peanut butter
2. An orange and a few dry-roasted nuts
3. 10 cashew nuts
4. 10 almonds
5. 2 ounces of lean roast beef
6. Half a small avocado
7. 3 ounces cooked whole-grain noodles with 1 fresh tomato and 1/2 ounce hard cheese
8. 1 seven-grain Belgian waffle
9. 4 mini rice cakes with 2 tablespoons low-fat cottage cheese
10. 3 ounces low-fat cottage cheese and 3 whole-wheat crackers
11. 1/4 cup fat-free ranch dressing with mixed raw veggies
12. 6 Wheat Thins crackers with two teaspoons of peanut butter (or any nut butter)
13. 1 small baked potato with 1/2 cup salsa and 2 tablespoons of fat-free sour cream
14. 1/3 cup of unsweetened applesauce with 1 slice of whole-wheat toast, cut into 4 strips for dunking
15. 1/2 cup frozen orange juice, eaten as sorbet
16. 2 large graham cracker squares with 1 teaspoon peanut butter

17. 3 handfuls of unbuttered popcorn, seasoned with herbs
18. 4 - 6 ounces of no-fat or low-fat yogurt
19. A 5-ounce tossed salad with lettuce, tomato, cucumber and 1/4 cup fat-free dressing
20. Half a "finger" of string cheese with 4 whole-wheat crackers

Women: Stay Healthy at 50+ Checklists for Your Health

Daily Steps to Health

- **Be tobacco free.** For tips on how to quit, go to: <http://www.ahrq.gov/path/tobacco.htm> or visit <http://www.smokefree.gov>. To talk to someone about how to be tobacco free, call the National Quitline: 1-800-QUITNOW.
- **Be physically active.** If you are not already physically active, start small and work up to 30 minutes or more of moderate physical activity most days of the week. Walking briskly, mowing the lawn, dancing, swimming, and bicycling are just a few examples of moderate physical activity.
- **Eat a healthy diet.** Focus on fruits, vegetables, whole grains, and fat-free or low-fat milk and milk products. Include lean meats, poultry, fish, beans, eggs, and nuts. Eat foods low in saturated fats, trans fats, cholesterol, salt, and added sugars.
- **Stay at a healthy weight.** Balance the calories you take in from food and drink with the calories you burn off by your activities. Check with your doctor if you start to gain or lose weight.
- **If you drink alcohol, drink only in moderation.** Have no more than one drink a day. A standard drink is one 12-ounce bottle of beer or wine cooler, one 5-ounce glass of wine, or 1.5 ounces of 80-proof distilled spirits.

Should You Take Preventive Medicines?

- **Aspirin.** Ask your doctor about taking aspirin to prevent stroke.
- **Breast Cancer Drugs.** If your mother, sister, or daughter has had breast cancer, talk to your doctor about whether you should take medicines to prevent breast cancer.
- **Estrogen use for Menopause (Hormone Replacement Therapy).** Do not use estrogen for the prevention of cardiovascular disease or other diseases. If you need relief from the symptoms of menopause, talk with your doctor.

- **Immunizations.** You need a flu shot every year. You can prevent other serious diseases, such as pneumonia, whooping cough, and shingles, by being vaccinated. Talk to your doctor or nurse about the vaccines you need and when to get them. You can also find out which immunizations you need by going to <http://www2.cdc.gov/nip/adultImmSched/>.

Screening Tests: What You Need and When
Health experts from the U.S. Preventive Services Task Force have made these recommendations.

- **Breast Cancer.** Have a mammogram every 1 to 2 years.
- **Cervical Cancer.** Have a Pap smear every 1 to 3 years if you have ever been sexually active. If you are older than 65 and recent Pap smears before you turned 65 were normal, you do not need a Pap smear. (But check with your doctor.)
- **Colorectal Cancer.** Have a test for colorectal cancer. Your doctor can help you decide which test is right for you.
- **Depression.** Your emotional health is as important as your physical health. If you have felt "down," sad, or hopeless over the last 2 weeks or have felt little interest or pleasure in doing things, you may be depressed. Talk to your doctor about being screened for depression.
- **Diabetes.** Have a blood test for diabetes if you have high blood pressure.
- **High Blood Pressure.** Have your blood pressure checked at least every 2 years. High blood pressure is 140/90 or higher.
- **High Cholesterol.** Have your cholesterol checked regularly.
- **HIV.** Talk with your doctor about HIV screening if any of these apply:
You have had unprotected sex with multiple partners. You have used or now use injection drugs. You exchange sex for money or drugs or have sex partners who do. You have past or present sex partners who are HIV-infected, are bisexual, or use injection drugs. You are being treated for sexually transmitted diseases. You had a blood transfusion between 1978 and 1985.
- **Obesity.** Have your body mass index (BMI) calculated to screen for obesity. (BMI is a measure of body fat based on height and weight.) You can find your own BMI with the BMI calculator from the National Heart, Lung, and Blood Institute at: <http://www.nhlbisupport.com/bmi/>.
- **Osteoporosis (Bone Thinning).** Have a bone density test at age 65 to screen for osteoporosis. If

you are younger than 65, talk to your doctor about whether you should be tested. You may need to have this test again after 2 or more years.

- **Sexually Transmitted Infections.** Talk to your doctor about being tested for sexually transmitted infections.

BE A DETECTOR DETECTIVE

Tips for Keeping Smoke and CO Detectors on Active Duty

Daylight Savings Time begins on March 13. So, while you're making the rounds that day to reset your clocks, take some time to give your smoke detectors and carbon monoxide detectors a checkup too. According to the National Fire Protection Association, more than 66% of home-fire deaths that occurred between 2003 and 2006 were in homes without a working smoke alarm. A working smoke alarm significantly increases your chances of surviving a deadly home fire. If you have battery-operated detectors, the batteries should be changed a minimum of once a year; twice a year is even better. It's easy to remember to do this bit of home maintenance if you schedule it to correspond with the arrival of Daylight Savings Time in the spring and the switch back to Standard Time in the fall.

Battery replacement isn't the only issue, says Nancy Bock, Vice President of Consumer Education at the American Cleaning Institute®. Cleaning these alarms is important too. If dust particles settle inside your detectors, they can easily compromise the response, either by setting off a false alarm or by causing a delay. It is important to always follow the manufacturer's directions when cleaning your detector.

Check the age of your detectors. If the alarm is old, the sensor response could be delayed or it might not even respond at all. Despite what many people think, detectors are not designed to last a lifetime. Replace any that are more than 10 years old. A good way to remember when you bought the detector is to write the date with magic marker on the inside cover when you put in the first battery. If there is a residue of grease and grime on your detector that can't be removed by vacuuming, that's also a sign that it's time to replace it.

ACWW NEWS

Get Ready to Join the Big Walk

The (ACWW) board agreed that ACWW should organize a major event in which woman everywhere could take part. Alisin Baylet, Chairman of the Promotion & Publications Committee (P & P) relates the background:

When the new P & P Committee met for the first time, lots of ideas were forthcoming on how to promote ACWW's image more effectively and increase its funds. The ideal would be something open to everyone which also attracted good publicity, even sponsorship. How about a worldwide event? The ideas got quite ambitious.

But then, the simplest idea jumped out – how about inviting members to walk for ACWW? Most can, whenever they live, whatever the climate, whatever the local facilities. It's inexpensive; it's easy – you just get up and walk!

So the idea has been adopted. On or around ACWW Day, April 29, 2012, members are asked to join in Women Walk the World for ACWW.

The concept is that wherever they may be, our societies' members will go for a walk somewhere local to them. It could be an organized ramble through the countryside, a walk around a neighborhood, a stroll in the park or a necessary footslog to a well to fetch water, or to fields to tend animals.

ACWW Day would be ideal, but the dates are optional. If everyone does start walking at the same time – say 10 AM – on the same day in the various time zone, we would have members walking at all times during a 24 hour period around the Earth. What a great opportunity for publicity in the media!

This is a great opportunity to promote healthy living. Sharon Hatten, UN Committee Chairman, has made the link with the just Start Walking initiative (www.life.edu/Just_Start_Walking) which has given ACWW permission to use its photos and other material. ACWW representatives were involved in the process that created it.

We would like a logo for Women Walk the World for ACWW. A small prize will go to the designer of the best, which will be used on all promotional material for the event.

(From *The Country Woman* January – March, 2011)

Blueberry Corn Muffins

Preheat oven to 350°F. Line a 12-muffin cupcake pan.

Whisk together dry ingredients:

3/4 cup cornmeal
1/4 cup millet or buckwheat
3/4 cup sorghum or brown rice flour
1/2 cup tapioca or potato starch (not potato flour),
or cornstarch
2 teaspoons baking powder
1 teaspoon baking soda
1/2 teaspoon sea salt
1 1/2 teaspoons xanthan gum
3/4 cup light brown sugar
1 teaspoon ground cinnamon

Make a well in the center of the dry ingredients and add:

1/4 cup light olive oil
1 tablespoon honey or raw agave nectar
2 teaspoon bourbon vanilla
1/2 teaspoon light tasting vinegar
1 tablespoon egg substitute whisked with 1/4 cup warm water (or 2 large eggs)
3/4 cup warm water

Beat well to form a smooth, sticky batter. If the batter seems a tad dry or stiff, add 1 to 2 tablespoons more warm water. Stir in 1 rounded cup fresh blueberries.

Place the batter into 12 muffin cups and using wet fingers, smooth the tops a bit. You can add 2 or 3 extra blueberries to the muffin tops.

Bake in the center of a preheated oven for about 20 minutes.

Cool the pan on a wire rack for five minutes, then remove the muffins from the pan and cool them directly on the rack (this keeps the bottoms from getting soggy). Wrap extras in foil and freeze for easy on-the-go gluten-free treats.

Nutritional Information Per Serving

Calories: 229
Carbohydrates: 43.5 g
Cholesterol: 31 mg
Fat: 5.7 g
Saturated Fat: 0.9 g
Fiber: 1.4 g
Sodium: 201 mg
Protein: 2.1 g

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