

WHAT'S HAPPENING

Maryland Association for Family and Community Education, Inc. Newsletter

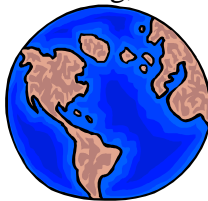
MARCH

All Month Women's History Month

- 1 **Heart of FCE, Spirit of FCL Award, Outstanding Unit Award**
Entries due to State President
- 5 10:00 AM Executive Committee Meeting, Anne Arundel Extension Office

APRIL

- 2 10:00 AM Executive Committee Meeting, Anne Arundel Extension Office
- 15 All State Reports due to NAFCE
- 22 **Celebrate Earth Day**
- 29 ACWW Women Walk the World



MAY

- 1 **LOOK WHAT'S HAPPENING** deadline for items to Editor
Regional Meetings info in this issue
- 7 10:00 AM Executive Committee Meeting, Frederick County Extension Office
Allegany County members are invited

JUNE

All Month Nominees for State Officers, Group II

- 4 10:00 AM Executive Committee Meeting, Carroll County Extension Office

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REGIONAL MEETINGS

The Regional meetings will be held in October in Prince George's and Carroll 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.

"Hope is a thing with feathers
That perches in the soul;
And sings the tune without words
And never stops at all".
Emily Dickinson

FROM THE PRESIDENT

FCE - IT'S MAGIC!



Help Wanted!

Yes, FCE is magic! And I am waving my magic wand and tapping my black hat trying to make volunteers appear out of that hat to help on the board. We are hard at work organizing and preparing for 2012. However, we are working a little short handed and need help on the Marketing and Public Relations Committee. Wouldn't you like to join us? We need your talent and experience and I hope you would consider volunteering. Just contact any member of the board or me. Abracadabra!!

The board is 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 or group.

The National Conference will be in Florence, Kentucky on July 19 – 22. 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).

Also in your November issue of National FCE Today, you should have seen your FCE Membership Card. I hope you cut it out and put it in your wallet or some other safe place.

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.

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

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“People are like stained-glass windows. They sparkle and shine when the sun is out, but when the darkness sets in, their true beauty is revealed only if there is light from within”.

Elisabeth Kübler-Ross, MD  
(Wrote *On Death and Dying*)

## NEWS FROM THE VICE PRESIDENT FOR PROGRAM

In the early months of the year, my focus as Vice President for Program is on preparing the annual program report of Maryland's FCE activities for the preceding year. To do this, I need your cooperation. I can only report to National the information that you give me. To make this process more efficient, I am suggesting that the county officers pull the forms from the president's packet that is given out at the Annual meeting and keep them with their current papers. After each meeting, fill them in and at year's end they will be ready to complete and send in.

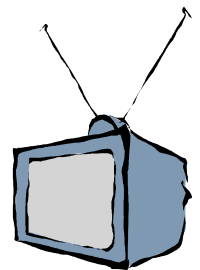
I know that many of you are tired of keeping records, but when you belong to a Local, State, National and International Organization such as ours, record keeping is very important.

At the 2011 State Conference in Frederick, we presented many interesting programs and it is my hope that you are utilizing this information in your clubs and counties. We are always open to your ideas and suggestions.

Evelyn M. Ziegler, VP President for Program  
[zieglers@comcast.net](mailto:zieglers@comcast.net)  
410-465-3587

## PUBLIC POLICY NOTES

The following TV programs were voted the worst decency offenders chosen by the television council.



1. The Bachelor – gender portrayal, language and sexual content
2. Allen Gregory – cringe-inducing suggestive content
3. Simpsons – frank sexual content
4. Two Broke Girls – warmed over sex and toilet humor
5. Two & Half Men – sexually explicit content
6. Whitney – sexual jokes
7. Playboy Club – sleazy sex clubs as glamorous (now cancelled)
8. Friends with Benefits – sexually explicit content

9. Batchelor Pad – Sexually explicit content
10. Family Guy – hit trifecta of sex, violence and profanity
11. Hell’s Kitchen – potty mouth diatribes
12. Bob’s Burgers – crude sexual content
13. Line Bites – salacious sexual content
14. Lady Gaga – on “American Idol” finale dance number salacious
15. Rihanna – 2011 Billboard Music Awards – raunchy sexual content targeted at teens and young viewers
16. Dancing with the Stars – judges often push boundaries of good taste
17. Cleveland Show – extreme vulgarity
18. American Idol – judges deliberately aim racy content when millions of families tune in

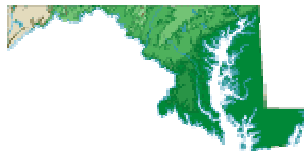
Marilyn Simonds, VP for Public Policy  
 mjsimonds@verizon.net  
 301-871-1609

## MEMBERSHIP

Thanks to all the county treasurers who sent their membership information and dues to me as soon as they got them. This year we have 184 members, including 9 new members. Our membership is made up of 122 individuals, 12 (24) families, and 50 seniors. I encourage you to continue to recruit new members to join FCE throughout the year.

Connie Yates, Membership Chair  
 204 Secretariat Drive, Unit L (note new address)  
 Havre de Grace, MD 21078  
 443-655-4164

## IN AND AROUND MARYLAND



### ALLEGANY COUNTY

A new president, Joy Lou Fogle, and a new treasurer, Joan Morris, began their duties January 1 and look forward to meeting members from other counties.

Each month our members generously donate requested items to the Family Resource Crisis Center.

A "Basket Making" class will be taught by Jane Wagner on March 12<sup>th</sup>. She would welcome anyone who would like to join us if you call her so she can order supplies, 301-777-2866.

Derrick Bender, Agriculture and Natural Resources Extension Educator and Master Gardener Coordinator, will teach "Gardening" on April 9<sup>th</sup>. Members will have a plant exchange.

We would like to invite all FCE members to join us **Monday, May 14<sup>th</sup>** at 12 noon for our "International Luncheon" at the Cumberland Country Club. The program will be on "Ireland" and will be presented by Joan Morris, one of our new FCE members. The cost is \$13.50. Checks, made payable to Allegany Co. FCE, should be mailed to treasurer, Joan Morris, 211 East Street, Frostburg, MD 21532 by Tuesday, May 1<sup>st</sup>.

A day trip to Garrett County is planned for June, with lunch at Penn Alps.

In July, we have planned an indoor picnic and the making of potato necklaces.

Kathy Kinsman, Extension Nutrition Assistant will teach a class on "Vegetables" in August when we will enjoy a fruit and vegetable covered dish luncheon.

We would like members from other counties to again join us on **Monday, October 8<sup>th</sup>** for our Annual Meeting/Luncheon/Auction at 12 noon at the Cumberland Country Club. The cost is \$13.50. Checks, made payable to Allegany Co. FCE, should be mailed to treasurer, Joan Morris, 211 East Street, Frostburg, MD 21532 by Monday, September 24<sup>th</sup>.

Lessie Lee Spates, Immediate Past President  
 301-724-5277  
 lls@atlanticbb.net

### CARROLL COUNTY

Carroll County FCE ended 2011 with many activities and an increase in membership. Our November 7<sup>th</sup> meeting featured Joanne Kreider, mediation coordinator of the Circuit Court for Carroll County. Ms. Kreider enlightened us regarding community resources for domestic violence, substance and child abuse, and other legal issues.

December 5<sup>th</sup> was our chance to relax and enjoy some holiday fun. We gathered our service projects that included 22 pairs of adult women’s

pajamas for the domestic violence shelter. Helen Torura knitted more than 100 newborn caps. After a short meeting, we enjoyed bingo with prizes followed by a potluck lunch.

January 23<sup>rd</sup> brought us bad weather, but no lack of enthusiasm as we swore in a new president, Joan Antonio and vice president for program, Barbara Greaves. Our secretary, Linda Payne and treasurer, Elizabeth Heagy will continue in office. We would like to say a hearty thank you to Barbara Shipley, former president and Nancy McAllister, former vice president and all who assisted them for doing a fabulous job making all of our meetings informative and enjoyable.

Several of our members signed up for a special field trip between March 3<sup>rd</sup> and April 28<sup>th</sup> to a fashion exhibit "1912 Remembering the Titanic". The exhibit is a joint effort of the Fashion Archive and Museum of Shippensburg University and the Hanover Area Historic Society at the 1912 mansion in Hanover PA. There will be 30 period garments as well as treasures from the Titanic on display complementing the 1912 architecture of the mansion.

We would like to invite all state members to join us on May 3<sup>rd</sup> to celebrate 90 years of Carroll County Homemakers/FCE. Just give our treasurer, Elizabeth Heagy, (410-857-3388) a call and she will make your reservation.  
Barbara Greaves

## FREDERICK COUNTY

Frederick County FCE and Homemakers celebrated the Holidays by gathering to have a potluck meal, swap recipes, and perform entertaining skits. Every club member brought their favorite holiday treat and their recipes are posted on our web site.

<http://dunade.com/fredmdhomemakers/> For our January lesson, Master Gardiner, Julia Cubic told us all about Stink Bugs. Maybe this year we can get them under control. We are looking forward to a lesson in Eastern European Cooking by Mikki Stratmeyer in February. Next up on the agenda is the Frederick County Annual Meeting. All clubs are working on Centerpiece creations which will be judged. Also, the clubs are updating their scrapbooks to document their 2011 activities.  
Libby Wade

## MONTGOMERY COUNTY

You are invited to our "Tea and Conversation" Spring Luncheon at 10:30 AM on May 5 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) by April 27<sup>th</sup>.

We are seeking donations of yarn for our blanket-making project (blankets go to Project Linus and local hospitals). 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).

## PRINCE GEORGE'S COUNTY

I never make New Year's resolutions. I HATE making promises I can't or don't keep and the very notion of New Year's "resolutions" suggests something hard to do. So I make no promises, and just hope for the best (exercise programs, diets, giving up smoking, going out more, to see friends more often or making myself go to movies other than those I see when I'm traveling). I hope your year gets off to a fabulous start! May it be a great year for you all!

With the start of a new year, our group moves on to a very busy and important year in our country's history. An historic national election that will encompass many questions about our American values and the passing on of the "American Dream" to our children and grandchildren will occur in November.

Our January meeting included thoughts about our country's current situation and planning for the future. The Regional meeting to be held October 25, 2012, at the Knights of Columbus Hall in College Park, Maryland, is beginning to take shape. We look forward to providing more details next LWH.

It has to be a good year to start with having ended the last year with a Christmas party and a Cookie Swap. Prince George's County wishes all of our members a good and productive year ahead. Remember to tell those you care for that you love them. Everyday-life changes, but love remains.  
Debra Rausch

# Bulletin Board

Mary Ellen Sachet died suddenly while on vacation in New Mexico. Mary Ellen was the Extension agent in Anne Arundel County, Prince George's County, and a member of FCE.

Pauline D. Blankner, 99, of Westminster, died Thursday, Dec. 15, 2011, at Carroll Lutheran Village in Westminster. Pauline was a past president of Maryland Extension Homemakers from 1964-67. She was one week short of 100 years old. Her complete obituary can be found at [www.carrollcountytimes.com](http://www.carrollcountytimes.com). She was in the organization in its heyday with a membership of 18,000 plus members in Maryland. Carroll Lutheran Village became her home more than 10 years ago. She was active at the Village and had many friends.

## ACWW NEWS

### Women Walk the World

On ACWW Day, April 29, 2012 friends throughout the world are joining in **Women Walk the World**, aiming to raise funds for ACWW's work. ACWW hopes that members will take part by arranging walks locally. Where possible, participants should seek sponsorship.

We first introduced this project to you in the last newsletter. Now it is time for you to put a plan in action. When will you walk, where will you walk, how many will walk, will you invite the public and tell them about the work of ACWW?

Go to the ACWW website ([www.acww.org.uk](http://www.acww.org.uk)) for a video presentation and download a poster describing the event. Also let the state president, Martha Moser, know what you have planned.

## Step into Spring Cleaning

### Strategies for Cleaning Success

Did you ever think about how the spring-cleaning ritual developed? Before the advent of electricity and a host of other modern conveniences, homes were heated with coal, oil

and/or wood, and lit by gas or candlelight. Soot and grime were the natural companions of winter. Once spring arrived, the doors were thrown open, and everything – rugs, furniture, cupboards, curtains and more – was aired out, cleaned out, swept out and scrubbed out.

Although today's centrally heated homes don't collect that intensity of dirt, somehow the winter dingies seem to creep inside. This year, with challenging weather conditions keeping us indoors all too long, our instincts are to make everything look fresh and bright come that first whiff of spring. Nancy Bock, Vice President of Consumer Education at the American Cleaning Institute® has some recommendations to get you started.

### Strategy #1: Clear It Out

Start by getting rid of the things that are needlessly filling up your home.

- **Recycle it.** Even with the availability of reading online, some people still prefer the paper versions. Gather up any newspapers and those magazines no one has ever quite gotten around to reading. If your community also recycles mixed papers, check the regulations and then start a bin where you can toss those papers as you clean.
- **Sell it.** Garage sales, tag sales or consignment shops are a great way to get rid of items that are in excellent condition but that you no longer need. Collect them in one spot, and then, once spring-cleaning is done, decide how to dispose of them.
- **Donate it.** Items that are in good condition but no longer fit your lifestyle can be donated to a charity or "freecycled" away. Freecycle is a grassroots, web-based, nonprofit movement of people who are giving and getting stuff for free in their own towns. Each local group is moderated by a volunteer, and membership is free. Visit [www.freecycle.org](http://www.freecycle.org) for more information.
- **Consumer convenience:** Smaller, lighter containers are easier to carry and store at home.

### Strategy #2: Inventory Your Supplies

Before you start cleaning, make sure you have all the necessary supplies on hand.

The basics should include an all-purpose spray cleaner (for small, washable areas), an all-purpose powder or liquid cleaner (for large washable surfaces like floors and walls), an abrasive cleanser (to remove heavy amounts of soil



in small areas), a nonabrasive cleanser (for gentle cleaning on easily scratched surfaces, including porcelain sinks and ceramic tile), chlorine bleach (an effective disinfectant, particularly where mold and mildew are present), glass cleaner, furniture-dusting product (such as a spray and a clean cloth, or a microfiber cloth, mitt or duster) and toilet bowl cleaner.

You may also need to add cleaners specific to your surfaces, such as metal polishes and granite cleaners, or your personal preferences, such as wipes and special-purpose sprays. Don't forget to check your supply of vacuum cleaner bags and trash bags.

### Strategy #3: Make a Plan

- **Decide on your cleaning style.** Some people find it more effective to clean one room at a time. Others prefer to group tasks – such as cleaning windows in several rooms at once or leaving all the vacuuming until the end.
- **Prioritize.** If one room at a time is your style, decide on the order. Generally, it's best to do the rooms that need the most work or get the most traffic first. That way, if your cleaning plans get derailed, you can still be proud of what you've accomplished.
- **Consider the big stuff.** Do the curtains need to be laundered? What about comforters, blankets, bed skirts, slipcovers and shower curtains? Are your area rugs and draperies due for professional cleaning? Once these items are removed from the room and on their way to being cleaned, it will be easier to tackle the rest of the space.

### Strategy #4: Recruit Help

It's not necessary to do everything yourself.

- **Enlist family members.** Establish a Spring Cleaning Day. Start early. Assign tasks according to age and ability. Have lunch preplanned – maybe even delivered – so your helpers don't lose momentum. And make it fun. Hide some favorite treats in places that need to be cleaned. Play lively music that keeps everyone's energy up.
- **Pair up with a friend.** If you live alone or family members can't help, find a like-minded friend and clean together – your house in the morning, his/hers in the afternoon. If needed, schedule a second day.
- **Call in the professionals.** If your budget allows, you don't have to do every bit of cleaning

yourself. Someone else can come in and wash the windows or buff the floors or shampoo the carpets or clean the upholstery or even do the majority of the cleaning after you have removed the clutter.

## Testing your Home for Toxins

Feeling like you are always sick? Concerned about news reports about toxic substances in the home? The top five toxins are listed below along with guidelines on taking the necessary steps for testing and removing the hazards.



### Radon

**Health Hazard:** Studies show that, after smoking, radon is the second leading cause of lung cancer. It is an odorless, colorless gas originating from the soil so you have no idea it's in your home. A note to those homeowners who have newer granite countertops: It is suggested that you also test your kitchen because some granite containing uranium can emit radon gas as well.

**What to Do:** Test kits range from \$10 to \$20 and can be purchased at most hardware stores. The kit should be placed in your basement and left alone for two days to get the reading. If you find that the radon level is high then you'll need to bring in a contractor to install a venting system. The cost is approximately \$1200.

### Arsenic

**Health Hazard:** Arsenic is a preservative used to keep wood from rotting and can also leach into the surrounding soil. It has not been used since 2005. Arsenic is known to cause various types of cancer along with side effects ranging from nausea to blindness. It can be found in such things as fences, decks, porches and wooden play equipment. You can get arsenic on your hands by simply touching the treated wood.

**What to Do:** If your wood structure was built before 2005 you should treat the wood with an oil-based stain each year. Spring is the best time to apply since you will be outdoors more often spring through fall. Weatherproofing stains run about \$25 per gallon.

## Lead

**Health Hazard:** Lead can damage the central nervous system, kidneys and blood cells; even low levels in the blood can impair mental and physical development.

**What to Do:** If your home was built prior to the 1980's, you need to have the lead level tested. Because home test kits are not reliable, you need to contact your state housing department for recommendations on who to contact for testing. The cost of the test will run you \$20 to \$30. If it's found that your lead levels are high then you can cover your walls with a coat of encapsulant. However, the highest levels come from your windowsills where the lead is ground into a powder that is then blown throughout the house due to open windows. The best fix is to replace your windows including the woodwork and tracks.

## Formaldehyde

**Health Hazard:** Formaldehyde is known to cause nausea, dizziness and allergy problems. Long term exposure can eventually damage your liver and central nervous system. If you have recently added new floors, carpets or furniture; moved into a new home; or used common brands of paints or aerosol sprays, you may be at risk. The adhesive used in carpeting and to hold together pressed-wood products contains formaldehyde, along with many paints, sealants and lacquers.

**What to Do:** Over time, the chemicals evaporate into the air so if you've already been living in your home for several years, you are probable in the clear. When purchasing new flooring, you do have the option of using VOC-free materials. However, they are quite pricey so you may want to only put the materials in the most used areas of your home. A less expensive option is to renovate during warmer months so you can open the windows and hurry along the airing-out process.

## Mold

**Health Hazard:** Regular mold doesn't cause severe health problems, but it may make your allergies or asthma worse. If you're allergic to mold, it can also cause nasal congestion, irritated eyes or wheezing. Mold spores can be found in all homes, especially if you've had water leaks and the area stayed wet for more than 48 hours.

**What to Do:** While mold may not cause health problems, you certainly want to get rid of it. For

small areas, you can use detergent and water to clean. It is recommended that you hire an experienced professional to take care of larger areas. If you are looking at a significant cost to take care of a mold problem, check to see if your homeowners insurance will cover the cost. To be on the safe side, consider investing in a dehumidifier for your basement that will absorb extra water out of the air.

## Tips on Purchasing Carpet

### Construction

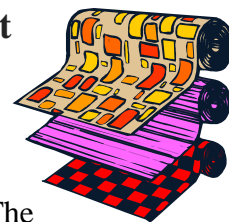
Carpet comes in a variety of backing systems, which keeps the yarn in place. The type of carpet, tufted or woven, determines the type of backing and if a secondary backing system is necessary. Tufting is a process that uses a multi-needle sewing machine to attach carpet fibers to the backing. Tufted carpeting requires a secondary backing. In the process of woven carpeting, a loom interlaces face yarns and backing yarns, eliminating the need for secondary backing. Woven carpet comes in a variety of colors and styles. For people on a budget, tufted carpet is less expensive than woven carpet.

### Fibers

Carpet manufacturers use various fibers for the yarn in carpeting. Nylon is the most common fiber due to its durability and resilience. Olefin is common for use in carpets for areas where carpets need sunlight and chemical resistance. It is colorfast and fade resistant as well. Wool carpet is generally the most expensive fiber type.

### Size

Carpet comes in several standard sizes. Measuring your area before carpet shopping helps determine which type is best and may prevent special ordering. For instance, broadloom carpet comes in standard 12-ft., 13.5-ft. and 15-ft. widths. Some carpet companies produce 6-ft. carpet widths due to the high demand.



## Crock Pot Rustic Lamb Stew

Total Time: 10 hrs 10 minutes

Prep Time: 10 minutes      Cook Time: 10 hours

### Ingredients

- 1 ½ lbs boneless lean lamb stew meat, cut in 1 inch cubes
- 1 teaspoon salt, divided
- ½ teaspoon pepper
- ¼ cup all-purpose flour
- 2 teaspoons vegetable oil (olive can be used)
- ½ teaspoon thyme
- 1 teaspoon rosemary , crushed
- 1 large onion, sliced thin
- 2 cups water
- 1 cup baby carrots (½ pound or as many as you want)
- 2 cups diced potatoes
- 1 cup frozen peas, thawed

### Directions:

1. Sprinkle lamb with ½ t salt and the pepper.
2. Coat with flour.
3. Heat oil in a 2 to 3 quart Dutch oven over medium-high heat.
4. Brown lamb a few pieces at a time in the hot oil.
5. Remove to crock-pot with slotted spoon.
6. Reduce heat to medium.
7. Add onion and cook 3 to 4 minutes, stirring occasionally until lightly browned.
8. Stir in the water scraping up browned bits on bottom of pot.
9. Transfer onion mixture to the crock-pot; add carrots and potatoes.
10. Cover and cook on low for 8 to 10 hours, adding peas during the last 30 to 45 minutes.
11. Note: This can also be simmered in the Dutch oven on the stove for 1 ½ to 2 hours.

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