

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
 - 4 10:00 AM Board Meeting, Anne Arundel Extension Office
 - 8 International Women's Day (ACWW)
 - 31 Essay and art work contest ends

APRIL

- 1 10:00 AM Board Meeting, Anne Arundel Extension Office (NEW ADDRESS 100 Dairy Road, Gambrills. MD)
- 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
MDFCA Annual Conference info in this issue
- 7 10:00 AM Board Meeting, Frederick County Extension Office
Allegany County members are invited

JUNE

- All Month Nominees for State Officers, Group I**
- 2 10:00 AM Board Meeting, Carroll County Extension Office



Have a picnic with your family!

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ANNUAL CONFERENCE

The annual conference will be September 19 and 20, 2013 at the Sheraton Washington North Hotel in Beltsville Maryland and hosted by Montgomery 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.

We are also on Facebook. Be sure to "like" MDAFCE on Facebook.

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 jepurich@cs.com with your information.

FROM THE PRESIDENT

The Wizarding World of FCE

As I start my time as your Maryland FCE President, I have to reflect on what FCE means to me. The theme I choose is "The Wizarding World of FCE". This is a society that the Family and Community live and interact with each other with the purpose of educating, helping and growing with each other. The two groups try to blend in order to make the family life and the world the best they can be. This education is used for everything, including cooking, cleaning, traveling, communicating, child-rearing and medical treatment. The technology of this wizarding world continues to advance as the technology of the world continues to evolve and inventions continue to change the way we do things. When formal education is complete, the family members are considered mature and capable members of the community and the wizarding society. However, we continue to be educated during our whole life. Advances in our knowledge demand that we remain flexible and open to change.



Our Board meetings have raised some business that everyone should think about, such as: 1) Should we continue to alternate Annual meetings and Regional meetings or should we just have a State Annual meeting every year? 2) Should we have a central location for this meeting rather than move it around? 3) Should we go to a retreat center? 4) How do we increase our membership and recruit new people to join us? and 5) What programs are our members interested in? I would entertain your thoughts on these matters. Please contact me.

Libby Wade, President
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301-831-8661

PUBLIC POLICY NOTES

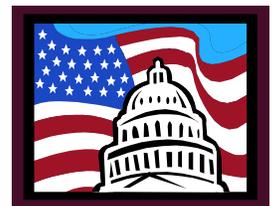
Some of the Bills that may come up for debate in the new Maryland Assembly for 2013 are:

The budget must balance.

1. Transportation will be a big topic with a gas tax increase. The last gas tax increase was in 1992. The Purple Line, light rail between Bethesda and College Park, will come with a \$2 billion price tag. One assembly member wants a bill to keep the transportation fund from being raided to balance the budget.
2. Gun control will surely be a topic. An assault weapon ban will be considered as well as better mental health care.
3. Wind power industry will get a push if it gets enough support.
4. Repeal of the Death Penalty will rate some discussion.
5. Increase the fine for not using a child safety seat from \$25 to \$75.
6. A bill will probably be introduced to allow voting at any precinct.
7. A bill to make organ donors by default unless otherwise specified when applying for a driver's license.
8. A bill may be introduced to set up a trust fund for victims of traumatic brain injury such as veterans and victims of drunk drivers who do not have insurance.
9. Another bill may be introduced to allow WSSC to promote water fixtures upgrade. Also, expect state properties to pay local storm water tax based on paved surfaces. At present, state properties are not required to pay.

These are just possibilities and need to be presented by individual members. Usually most bills have to be introduced in more than one year.

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



NEWS FROM THE VICE PRESIDENT FOR PROGRAM

At this time of year, I am busy going over your county annual reports and combining them into a final report to send to National FCE. There was a great variety of educational and interesting programs and the volunteer hours and donations were tremendous. It made me feel very proud to be part of such a worthwhile organization. Keep up the good work!

Please be sure to send your requests for 2013 membership awards to your State President, Libby Wade, or to me no later than April 1st. National FCE will provide certificates for fifty years and at 5-year increments after that. Certificates for lesser years will be provided by the state.

I hope 2013 will be an even better year for you and MDFCE. Plans are being made for our annual conference in the fall and we are looking forward to seeing many of you then.

Evelyn M. Ziegler, VP President for Program
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410-465-3587

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 seven new members as of the end of January. This gives us a total membership of 169. Our membership is made up of 107 individuals, 9 families (18 members), and 53 seniors. 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 receive a "Star" from National FCE.

Martha C. Moser, Chairman
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301-371-6132

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

IN AND AROUND MARYLAND



ALLEGANY COUNTY

We changed our meeting place to the South Cumberland Library.

In February, we had a Valentine Party and brought in our pennies for our birthdays. We had a Bakeless Bake Sale & did very well with that.

On March 11th, we will have a speaker from Comfort Keepers which provides companion care, light housekeeping, meal preparation, errand transportation or personal care, and hands on support for bathing, dressing, feeding or toileting.

April 18th we will be doing a craft for the International Luncheon.

Our International Luncheon will be held on May 13th at Hobo's Restaurant. There will be a program on Kenya.

In June, a field trip to Fort Ashby, WV and a visit to Brookdale gardens are planned. We will lunch at Taste of Town Restaurant and visit Wayne's Meat Market.

July 8th, we will have a covered dish picnic.

Joy Lou Fogle,
Allegany County FCE President

ANNE ARUNDEL COUNTY

In January, Anne Arundel FCE had Mike Ensor discuss the care of houseplants. Chair exercise was the topic of discussion in February with Gini McKenzie.

FREDERICK COUNTY

Frederick County FCE and Homemakers celebrated the Holidays by gathering to swap recipes and perform entertaining skits. Every club member present brought their favorite holiday treat and shared their recipe. Program books for 2013 were distributed to all clubs.

There was no lesson in January, but February's lesson focused on Frederick County's Master Plan, with guest speaker, Jim Gugel, planning Manager for the Community Development Division. We have another

interesting lesson planned for March. Ken Coffey will tell us what is new at Frederick Memorial Hospital. In addition, just in time for spring cleaning – April’s lesson will tell us “Who Takes What”, when we declutter and spring clean.

Next up on the agenda is the Frederick County Annual Meeting. The venue has been selected and the Board has finalized the menu selections. Each club will be working on centerpiece creations and updating their scrapbooks to document their 2012 activities.

Donna Bowles

MONTGOMERY COUNTY

You are invited to our “The Fabulous Fifties” Spring Luncheon at 10:30 AM on May 11 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 29th.

We are seeking donations of yarn for our blanket-making project (blankets go to the local hospitals, hospice, and child welfare). 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

Prince Georges County FCE began the year with in-depth member and officer orientation. For long-term members, it becomes second nature to talk about and use references about our organization’s structure and past and present activities. This can present areas of confusion for newer members who do not have the foundation of memories many of us have about how we do things. Therefore, we are starting from the history written about Extension in Maryland and Prince Georges County and covering the basic set-up of National FCE, Maryland FCE, and county membership. We will then revise our by-laws, and talk about our relationships with other groups like ACWW and CWC. It is amazing how much we do not know about our organization’s long, productive, and active history.

One of our new members, Patsy Barton, detailed a lovely piece of news to me that I wish to

add to this article. She belongs to another organization, which made cloth dolls for children here and abroad. She estimates they made 5000 dolls. Those not sent abroad were distributed to local fire stations to distribute to children at Christmas or after a fire hits a household to comfort the children. Patsy has a pattern and some supplies and is willing to demonstrate the project. I hope that we will be able to schedule this activity soon. Patsy also suggested our sponsoring a couple of young women (4-H or Home Schoolers) to a planning meeting to see how we work as an organization and perhaps to participate in one of our community projects. This bears some further discussion.

Therefore, the year has begun well and we look forward to accomplishing new projects and knowing more about our important history in this state.

Debra Rausch

Bulletin Board

In December, Ruth Jarmen of Montgomery County died after open-heart surgery. She was very active in her church and in her FCE club. She will be sorely missed. Barbara Ritchey also of Montgomery County died in February.

THE UNIVERSE

If the sun were a pumpkin about a foot wide,

- > Mercury would be a tomato seed 50 feet away;
- > Venus, a pea 75 feet away;
- > Earth, a pea 100 feet away;
- > Mars, a little raisin 175 feet away;
- > Jupiter, an apple 550 feet away;
- > Saturn, a peach 1,025 feet away;
- > Uranus, a plum 2,050 feet away;
- > Neptune, a plum 3,225 feet away;
- > Pluto stays in the fridge.

Now that is something to think about!



ACWW NEWS

Women Walk the World

Women Walk the World 2012 was an enormous success. Our thanks and congratulations go to all who took part anywhere in the world. The amount raised is of the order of £40,000 (61,700 dollars) so far – a marvelous result!

Raising money was not the only aim of the event and in some parts of the world, it was not realistic. The main idea was to mark ACWW Day and promote ACWW by joining in friendship and enjoying taking part in this activity. Reports from many countries appeared in the July - September issue of *The Countrywoman*.

Following repeated requests that Women Walk the World becomes an annual event, the ACWW Board members unanimously agreed at their October 2012 meeting that Women Walk the World should take place again in 2013. The frequency of the event will be reviewed at the 27th Triennial Conference in Chennai.

So, please start planning now! Taking part is:

- simple - no instructors or membership needed.
- inexpensive – no special equipment involved.
- achievable – can be done nearly anywhere, anytime.
- easy – just get up and walk!

The walk could be an organized ramble through the countryside, a walk round a neighborhood, a walk to the fields to tend animals, a stroll in a park or whatever you like. Your participation in Women Walk the World will help ACWW achieve its goals.

On or around ACWW Day, April 29, 2013, members throughout the world are asked to join in Women Walk the World for ACWW. ACWW hopes that members will take part by arranging walks locally. **Announce your plans for your local walk as soon as possible, so that everyone marks the date in their diaries and you get a good turnout.**



ACWW Agriculture News

ACWW Launches Agriculture Campaign 'Grow Locally, Benefit Globally'

About the Campaign

Resolution 114, passed at the 2010 ACWW Triennial Conference in Hot Springs, Arkansas calls for the retention of arable land for food production. One of the Agriculture Committee's objectives for the current triennium is to promote this resolution. Therefore, it has initiated the campaign 'Grow Locally, Benefit Globally'.

The campaign's mission statement is:

In light of the loss of arable land for production to mining, building of infrastructure and biofuels, leading to a world food shortage, ACWW encourage families to utilize their own vegetable gardens.

The Benefits of Vegetable Gardens

The Food and Agriculture Organization (FAO) notes the following benefits of vegetable gardens:

- Environment. Gardens can help to conserve water and reduce waste. (This is particularly true of home gardens, which are usually organically managed.)
- Food security. Gardens lessen the impact of food price increases.
- Income. Even very small-scale gardening can be profitable, especially in rural areas. Much of the income gained from home gardens is spent in the community.
- Inclusiveness. Gardens provide opportunities for disabled, elderly, poor and young people alike to participate in safe and productive activities.
- Nutrition. Gardens provide the most affordable and accessible sources of vitamins and nutrients.
- Women's empowerment. Gardens increase women's involvement in independent economic activity. When women manage gardens, more produce is eaten by women and children.

Get Involved: What You Can Do

- Encourage educational authorities to incorporate gardening into school curricula. For example: Lesley Young of the Agriculture



Committee has reported (*January- March 2013 issue of The Countrywoman*) on the *Stephanie Alexander Kitchen Garden Program* in Australia, which is funded by national and state governments and teaches schoolchildren how to grow, harvest, prepare and share food (<http://www.kitchengardenfoundation.org.au/>).

- Encourage local governments and community authorities to make unused land available for vegetable gardens and markets. For example: In the UK, the *Space for Food Growing Guide*, also known as the ‘Spot a Plot’ scheme, suggests ways for individuals and communities to request the use of vacant land for growing food. Visit: (<http://www.communities.gov.uk/publications/communities/foodgrowingguide>).
- Encourage community centers and libraries to add gardening tools to their collections. For example: The US has many tool lending libraries. In addition, organizations like Share Starter provide guides for people to start their own tool lending libraries. However, these “libraries” do not have to be formal affairs; you could simply start a list of gardening resources that the people in your community are willing to share (<http://sharestarter.org/>).
- Start a vegetable garden in your yard, school or community. For example: Rooftop gardens in a Palestinian refugee camp and kitchen gardens in a Haitian tent camp have been valuable in improving income and employment, and show that gardens can be started anywhere. If they can do it, so can you!

THINGS YOU CAN DO WITH YOUR FAMILY

(from NAFCE “101 Things to Do With Your Family”)

- Read a book
- Go to a movie
- Make homemade pizza
- Take a hike
- Volunteer (at FCE, at a Food Bank, etc)
- Watch TV together
- Go fishing
- Bury a time capsule
- Adopt a whale
- Visit your Cooperative Extension Office

2013-The International Year of Quinoa

The UN General Assembly has declared that 2013 will be the International Year of Quinoa (pronounced keen-wa).



A variety of activities relating to this grain-like seed have been planned by the Food and Agriculture Organization and other bodies, including conferences, festivals, publications and even a cookbook. These agencies will also be examining the role of quinoa in developing the livelihoods of farming communities while ensuring that its cultivation remains sustainable, as it has been among Andean indigenous people for thousands of years.

Quinoa has many benefits:

- **Economic** – Quinoa does not require many resources to grow. As it does well in extremely varied climates, its production can be expanded to many countries.
- **Environmental** – Production is mainly organic and quinoa has high genetic variability. Quinoa cultivation tends to have a low environmental impact, as it is very water and soil efficient.
- **Nutritional** – Quinoa is the only plant food that contains all essential amino acids (and it is gluten-free). Its high protein, vitamin, mineral and fiber content make it especially beneficial in areas where malnutrition is common due to low protein intake.



Given all these advantages, NASA is even considering having quinoa grown on long-term space missions in the future. What you can do: buy fairly traded quinoa and encourage markets to stock it. Quinoa is mostly available in its grain-like packaged form, and can be cooked similarly to rice. In addition, quinoa products – such as quinoa flakes, quinoa flour and quinoa bars – are becoming more and more popular outside of South America.

By consuming quinoa, you will be supporting smallholder, typically family-based, farming; contributing to biodiversity; and doing your health a favor as well. If you would like to share your own quinoa recipes, please contact ACWW Central Office so we can add them to the website!

Eraser cleaning blocks aren't just for taking marks off walls.

(continued from the Winter newsletter)

8. Bathtub and Sinks

Getting rid of dirt and watermarks is easier (and not so gross) with an eraser block. Bathtubs can take a tough scrub, but go lightly on sinks -- even a light scrub gets rid of that caked on dirt that you often cannot see until you try to get it off.

9. Rust Removal

Scrub anywhere (around pipes in kitchen and bath) that you see rust.

10. Computer

A magic eraser gets rid of oil and dirt that has built up on your keyboard and mouse; you can use it on laptops, too.

11. Phones

Use one on your phone's mouthpiece, too -- it gets rid of the same grime that builds up on your computer.

12. Bugs

Wherever there are squashed bugs (porch pillars, car windshields, interior walls, exterior doors, and exterior light fixtures) wipe them away with an eraser block.

13. Glass Stove Tops

No need to have special stovetop cleaner on hand, get rid of burned-on food by lightly scrubbing until the gunk is gone.

14. Dishes and Glassware

Rub hard-to-clean build-up off thrift store dishes and glassware, like Pyrex bowls, following advice from the blog Pyrex Love.

15. Mirrors (and Windows)

Many fans of eraser blocks swear it gives them a streak-free and clean mirror, if the pad is slightly damp when you give it a light scrub.

16. Floors

Erase scuffmarks, old paint drips-great for most floors (but always go lightly, especially on finished wood).

17. Grout

The eraser does well with most grout (except really old and darkened-beyond-help grout that will remain gray even with best scrubbing efforts).

18. Granite countertops

Everyone is afraid to scrub granite, but an eraser pad, used at first gently and then with a little more oomph as the stains disappear, will indeed get stubborn stains out of granite.

19. Leather

You can use an eraser lightly on leather upholstery, purses or shoes to lift up marks -- just be sure to use a gentle touch.

(Disclaimer-never use eraser-cleaning blocks to clean skin, animal fur, glossy, brushed, satin or dark painted surfaces-including appliances, and lastly, never use on delicate fabrics.)

THYROID CANCER

Dr. Oz had a show on the fastest growing cancer in women, thyroid cancer. It was a very interesting program and he mentioned that the increase could possibly be related to the use of dental x-rays and mammograms. He demonstrated that on the apron the dentist puts on you for your dental x-rays there is a little flap that can be lifted up and wrapped around your neck. Many dentists do not bother to use it. In addition, there is something called a "thyroid guard" for use during mammograms.

When having your yearly mammogram, asked about the guard. There may be one in the drawer. Ask why it is not routinely used. The usual answer is: "I don't know. You have to ask for it".

We need to pass this on to our daughters, nieces, mothers and all our female friends and husbands tell your wives!!

BENEFITS OF TREES

Here are some great reasons to plant, care or defend a tree's standing:

- Trees combat the greenhouse effect
- Trees clean the air
- Trees provide oxygen
- Trees cool the streets and the city
- Trees conserve energy
- Trees save water
- Trees help prevent water pollution
- Trees help prevent soil erosion
- Trees shield children from ultra-violet rays
- Trees provide food
- Trees heal
- Trees reduce violence
- Trees mark the seasons
- Trees provide a canopy and habitat for wildlife

Quinoa with Roasted Garlic, Tomatoes, and Spinach

"Quinoa contains more protein than any other grain. The tiny, beige-colored seeds have a nice crunch. It's cooked and eaten like rice and other grains. Be sure to give it a good rinsing before cooking, or it may have a bitter taste."

Mary Ellen Smith, Doylestown, Pa.

Cooking Light AUGUST 2010

Yield: 4 servings (serving size: 1/2 cup)

It was suggested in the reviews to double the recipe.

Ingredients

- 1 whole garlic head
- 1 tablespoon olive oil
- 1 tablespoon finely chopped shallots
- 1/4 teaspoon crushed red pepper
- 1/2 cup uncooked quinoa, rinsed and drained
- 1 tablespoon dry white wine
- 1 cup fat-free, less-sodium chicken broth
- 1/2 cup baby spinach leaves
- 1/3 cup chopped seeded tomato (1 small)
- 1 tablespoon shaved fresh Parmesan cheese
- 1/4 teaspoon salt

Preparation

1. Preheat oven to 350°.
2. Remove papery skin from garlic head. Cut garlic head in half crosswise, breaking apart to separate whole cloves. Wrap half of head in foil; reserve remaining garlic for another use. Bake at 350° for 1 hour; cool 10 minutes. Separate cloves; squeeze to extract garlic pulp. Discard skins.
3. Heat oil in a saucepan over medium heat. Add shallots and red pepper to pan; cook 1 minute. Add quinoa to pan; cook 2 minutes, stirring constantly. Add wine; cook until liquid is absorbed, stirring constantly. Add broth; bring to a boil. Cover, reduce heat, and simmer 15 minutes or until liquid is absorbed. Remove from heat; stir in garlic pulp, spinach, tomato, cheese, and salt. Serve immediately.

Maryland Association for
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