

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
 - 3 10:00 AM Board Meeting, Anne Arundel Extension Office
 - 8 International Women's Day (ACWW)
 - 31 Essay and art work contest ends

APRIL

- 7 10:00 AM Board Meeting, Anne Arundel Extension Office
- 15 All State Reports due to NAFCE Outstanding and Superior Unit Awards due to NAFCE
- 22 **Celebrate Earth Day**
- 29 ACWW Women Walk the World

MAY

- 1 **LOOK WHAT'S HAPPENING** deadline for items to Editor
NAFCE Conference deadline (Tucson AZ)
MDFCE Annual Conference info in this issue
- 5 10:00 AM Board Meeting, Frederick County Extension Office

JUNE

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

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ANNUAL CONFERENCE

The MDAFCE annual conference will be hosted by Carroll County on October 13 & 14, 2014 at the Best Western in Westminster, Maryland. Look for more information and 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 & calendar 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.

And Spring arose on the garden fair, Like the Spirit of Love felt everywhere; And each flower and herb on Earth's dark breast rose from the dreams of its wintry rest.

Percy Bysshe Shelley

Plant a garden!



FROM THE PRESIDENT

The Wizarding World of FCE

As not much has been going on since the holidays canceled the January meeting and the snow canceled the February meeting, I thought I would pass along the National FCE message that has been posted on their web site.

"The National Association for Family and Community Education has been a strong voice in promoting a healthier and better life for individuals, families, and communities. Building on the strength of the family as the center of a strong citizenry, FCE has a rich history of accomplishments.

Assembling in Washington, D.C. in 1936, a determined group of rural farm women had a vision... to strengthen adult education, to share their good sense and experience for improvement of home and community life, and to initiate and promote projects of national importance for the protection of the American family. That vision became the mission of the newly formed organization.

Early efforts focused on support for a national school lunch program, development of local public health services, immunization programs for children, implementation of the first bookmobiles, and national safety programs. Recent efforts resulted in the establishment of the content-based television programming system for children and families.

Keeping pace with the evolving needs of society, FCE focuses today on three major concerns:

A) CONTINUING EDUCATION: FCE provides curriculum for members to help adults, youth and children to fulfill their potential as viable, contributing members of society;

B) DEVELOPING LEADERSHIP: FCE provides training for emerging leaders and opportunities to practice techniques to develop confidence for leadership positions. Family



Community Leadership (FCL) is FCE's certified leadership development program which enables citizens to better understand issues and to impact public policy relating to families and communities. It provides a structure to learn leadership skills and offers opportunities to practice these skills, developing confidence in leadership positions.

C) COMMUNITY ACTION: FCE conducts an annual nationwide campaign to bring awareness for the positive effect television programming can have on children and their families. FCE members provide opportunities for individuals, families and communities to join them in improving literacy for adults and children, practicing environmental stewardship, promoting health and nutrition, and role modeling ethical values.

Times change, but the needs of people remain the same. The strength of the National Association for Family and Community Education is the commitment of its membership in caring for and sharing with others."

We each need to think of ways that we can help our families and communities during this next year. Our actions do not need to be big. Any small effort may make a big impact on the people we help. These people may be ones we know well or ones we just met. They may even be ones we do not know but by our actions we have made a difference in their lives. Think about who you can reach out to. We can bring more friends and family into our group if we just try.

Remember to plan to attend our Maryland FCE Annual Conference on October 13-14, 2014 in Carroll County at the Best Western, Westminster, Maryland. See you there.

Libby Wade, President
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301-831-8661



"She turned to the sunlight
And shook her yellow head,
And whispered to her neighbor:
Winter is dead."

A.A. Milne, *When We Were Very Young*

PUBLIC POLICY NOTES

As we know many states including Maryland are considering the legalization of marijuana for recreational use. Here is some information about the “weed” that everyone should be aware of.

The active ingredient of marijuana is found in the leaves, stems, seeds and flowers of the plant. It binds to receptors on the surface of nerve cells in areas of the brain that involve memory, thinking, concentration, feelings of pleasure, coordination and movement and sensory and time perception resulting in a marijuana “high”.

The use of marijuana for medical purposes include controlling pain for conditions like cancer, nervous system diseases, glaucoma and migraines. It is also being used to treat nausea and improve appetite.

When marijuana is smoked the THC (the active ingredient) goes immediately from the lungs to the bloodstream and to the brain. The effects last one to three hours. If it is eaten as in brownies or cookies, it can take from 30 minutes to an hour to have an effect but the “high” can last up to four hours.

In the short term, marijuana can lead to a rapid heartbeat, increased blood pressure, red eyes, dry mouth, increased appetite and slowed reaction time. The long term use can lead to impaired thinking, memory problems, panic attacks and other psychological difficulties. It may also affect the immune system and/or lung function.

There is no recorded case of death from an overdose but it has been a factor in accidents or other medical issues that lead to death. The concentration of THC in samples have shown that it has been increasing to more than doubling in the last 30 years. Also, it can be more dangerous if other ingredients are added to it.

Long term use, especially in users who start at a young age, can lead to addiction with one out of 11 people using it becoming dependent on it. Withdrawal symptoms are like those for people withdrawing from smoking including irritability, sleep difficulty and anxiety.

A recent study found that teenagers who start younger can have altered development. They have more difficulty learning and memorizing as well as mental problems later in life.

One problem that lawmakers face in states that permit recreational use of marijuana is how much makes a driver too affected to drive.

Women who are pregnant and use marijuana regularly can cause their babies to have greater risk of cognitive and attention deficits, memory and learning problems, low birth weight and premature birth.

Marilyn Simonds, VP for Public Policy
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NEWS FROM THE VICE PRESIDENT FOR PROGRAM

I want to remind our member county officers that their annual program report is past due. I have only received one so far and they were due over a month ago. Please get them to me as soon as possible because combining them is a very lengthy and time consuming process. Please use the forms that were in the president’s packet as I need facts and figures about each program presented by your group. Thank you for your prompt attention to this matter.

Evelyn M. Ziegler, VP President for Program
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MEMBERSHIP

Welcome New Members

Andrea Abrams, Elizabeth Anderson, Laura Gracia, Judy Hughes, Barbara Minier, Georgia Ray, Mary Rigney, Shirley Roelecke, Zeld Shuman, Karen Tang, Heather White.

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 the above eleven new members. As of the end of January we have a total membership of 172. 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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IN AND AROUND MARYLAND



ANNE ARUNDEL COUNTY

Some things beautifully written should be shared with others. When our county homemakers began well over a half century ago, one of the women wrote a "creed" to be recited at the start of each meeting. It is still recited at our meetings. Below is that creed as it was written.

"We believe that a group of women consecrated to the task of homemaking and home-keeping may render the greatest possible service to any nation. We believe that the home is the training and proving ground of every citizen in the world.

We believe that the quality of one's service will be measured by the standard set in the home; therefore, we as homemakers pledge ourselves to better living, deepest thinking, and more careful training so that our children may sense the value of pure living, may have high ideals and deep loyalty, and that always the memory of that home will keep them stronger than their temptations."

Some years ago the words "of women" were removed in keeping with the new political correctness. However, that does not alter the profound message of the importance of the home in the lives of the children who are raised there.

Judy Ammenheuser
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CARROLL COUNTY

Due to a snowy winter, Carroll County had to cancel the December 9th Christmas Party. However, we were able to have our January 13, 2014 meeting with soup, salad, & desserts. Joan Antonio gave a program on the "Ten Oddball Reasons We are Still Alive" & "Ten Tips on How to Survive a Power Outage". Considering our winter, some of these tips came in handy. We also collected PJ's for the women's shelter in Carroll County.

I hope you all remember that the Annual State FCE meeting is being held in Carroll County at the Best Western on October 13 & 14, 2014. **In the last newsletter I asked those of you on a**

budget to "dust off your piggy banks" and start saving \$3 a week for the conference!! I do hope you took me up on this. This is week 14 so you should have \$42 in your piggy bank. I am looking forward to the conference and I hope you are also.

Even though Carroll County FCE did not have a February meeting, we did get our CHARACTER COUNTS!sm essays back from the schools and some of us got together and judged them. We picked our winners and honorable mention. Our first prize winner's name and essay will be sent to Libby Wade this month so it can be judged by the state board at the March meeting. Our winners get "Icky" the parrot, a story book and a monetary prize. Our honorable mention will receive the story book and \$5 and every child who sends in an essay gets a certificate and a book mark. We had over 100 children send essays this year.

Elizabeth Heagy
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FREDERICK COUNTY

Frederick County FCE and Homemakers celebrated the Holidays by participating in the Rose Hill Manor Children's Museum Christmas Festival on December 7th – "Christmas Around the World". Eight clubs joined the Farm Bureau Women to sing or demonstrate various crafts such as quilting, embroidery, wreath and bow making, crocheting, sewing yo-yo's, creating bookmarks, making ornaments from dog biscuits, and creating felt and paper ornaments. Children were able to take home ornaments, bookmarks, coloring pages and other decorations. The Johnsville Club entertained with songs.

There was no lesson in January, but February's lesson was a subject that taught us "What Kind of Vitamins Should I Take", given by Susan Hirsch of the Common Market. A representative from the Police Department gave March's lesson which focused on scams we should all be on the lookout for. Just in time for spring and planting, April's lesson will be "Can, Freeze or Dry – What's Best?"

Next up on the agenda is the Frederick County Annual Meeting. It will be held April 24th

at the Mt. Pleasant Ruritan Hall. The meeting will be hosted by both the Pleasant Walk and Urbana Clubs. The speaker is from ARC of Frederick County. The Arc of Frederick County assists persons with developmental disabilities and their families to obtain the services they need and want in order to become as independent as possible and to enjoy quality life within our community. Each club will make a basket to act as their centerpiece, which will then be included in a Basket Raffle. We will also have a used book sale, to include cookbooks as well as books on gardening, crafts and decorating. Clubs are also updating their scrapbooks to document their 2013 activities.

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MONTGOMERY COUNTY

You are invited to "Honoring Mothers" Spring Luncheon at 10:30 AM on May 10 at the Montgomery County Extension Office, 18410 Muncaster Road, Derwood, MD. Cost is \$15.00. Bring a picture of your mother. Send check made to MCAFCE to:
Marilyn Simonds
13708 Lionel Lane Rockville, MD 20853
(301-871-1609) by April 29th.

We certainly hope the snow and cold are over by then. HA HA.

Jean Purich
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PRINCE GEORGE'S COUNTY

Prince George's County FCE is looking forward to the Spring thaw with more enthusiasm than usual. Mother Nature has let us know who is in charge and that there is a great deal of kick in the `ole girl` still!!!! Extreme bad weather cancelled our January meeting. As usual, weather in Maryland always keeps you guessing.

Our Christmas luncheon and party turned out to be a joyful and delightful affair. The company and the food rocked. Marjory George chaired the preparations and it ran smoothly with everyone's help. The Extension Staff was invited to join in and they complimented us on the food

and program. We were asked to tell our most memorable or heart-warming Christmas memory. Some were funny and some brought tears to our eyes. Good wishes were extended to all for a Happy New Year and a Merry Christmas.

Plans for the coming year includes the final votes on our Bylaw Revisions (YES!), getting the 2013 End of Year Report sent in (almost there), working on our Stockings for the Troops, sewing more Comfort Dolls (with plans for a few new critters to be added to the inventory), and enjoying our fellowship (girl-ship?).

Sue Van Slyke was honored with recognition by Capitol Hill Group Ministry on November 24, 2013, during a Thanksgiving Interfaith Service. She was nominated by the Capitol Hill Presbyterian Church as their volunteer with 33 years participation and leadership in the Capitol Hill Presbyterian Church's "Little Girls Easter Dress" project. She has been sewing these creations since 1980. The program donated the dresses to DC General Hospital in the beginning. When it closed, the program continued with Capitol Hill Group Ministry homeless families. It exists today because of Sue's dedication and determination. She taught a simple dress pattern and workshop to our own FCE group. Congratulations, Sue!

This is a reminder to all our members to write down your volunteer hours for all the things you're involved in that bring light, service, or benefits to our communities. These actions can be in our homes, churches, schools and/or neighborhoods. State and National FCE needs to know what we do and who we impact. It shows how much we make a difference and offers idea's to other FCE groups.

Remember those who are serving around the world that allows us the FREEDOM to choose how and where we wish to make a difference. Our condolences and prayers go out to those who have lost family members. Alice Irwin's sister, Helen Vaughn and our special PGCFCFCE member. Prayers and get well wishes are being directed to Sharon Adamoyurka, Susan Colvin, Alice Irwin, Sue Van Slyke, and Glenna Burgess. They are going through various stages of disease and recovery from falls. Well wishes are offered by all of us for the coming home of Margie George's husband, AT, from the hospital. News we can all rejoice in. A handout about senior falls will be

given out at our next meeting, even though we might be a day late and a dollar short. Let us wish and pray that the coming year is totally healthy and safe for everyone. If we keep up the current rate of falling and going "boom", we shall be known as the 'Fallen Brigade' or a group of. 'Fallen Women'. Get it ??? HAHAHA!!!!
Till later.

Debra Rausch, Sharon Adamoyurka, and Sue Van Slyke

ACWW NEWS Women Walk the World

In 2014 we want Women Walk the World to be bigger than ever. We want to raise money and promote ACWW by walking on or around ACWW Day on 29th April 2014.



Please start planning now! Taking part is:

- simple - no instructors or membership needed
- inexpensive - no special equipment involved
- achievable - can be done 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. To keep things interesting you could add in a tea-party or a competition, run a raffle or auction promises – get creative!

Your participation in Women Walk the World will help ACWW achieve its goal of connecting and supporting women worldwide.

Announce your local walk as soon as possible, so that everyone marks the date in their diaries and you get a good turnout.

Women Walk the World posters, with space for local walk information, and a sponsorship form are available on request from Central Office.

For further information, contact Central Office, telephone +44 (0)207 799 3875, or email info@acww.org.uk

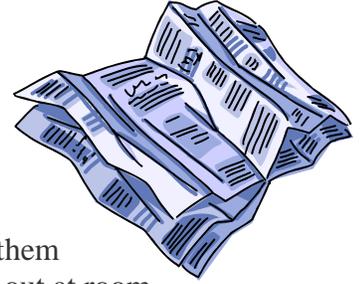
“For most of history, Anonymous was a woman.”
Virginia Woolf

10 New Uses for Newspaper

“Newspaper, by design, is a very absorbent product, because it has to absorb ink”.

Use Newspaper to:

- 1. Deodorize food containers.** Stuff a balled-up piece of newspaper into a lunch box or thermos, seal it, and let sit overnight.
- 2. Ripen tomatoes.** Wrap them individually and leave them out at room temperature.
- 3. Pack delicate items.** Wrap frames and figurines with several pieces of newspaper, then crumple the remaining sections to fill extra space in the box.
- 4. Wipe away tough streaks on glass.** Use with cleaning fluid to clean mirrors and windows.
- 5. Preserve antique glass.** Some older frames have finishes on the glass that can be damaged by cleaning solutions. Remove smudges by rubbing with newspaper dipped in a solution of one part white vinegar and one part warm water. Let air-dry.
- 6. Dry shoes.** Place crumpled paper in them overnight.
- 7. Wrap gifts.** Use the comics to wrap a child’s birthday gift, or try the wedding announcements for an engagement gift.
- 8. Create a home for slushy snow boots.** During the winter, keep a pile of newspaper near the entryway. When you come home, you can toss winter wear onto the newspaper instead of creating puddles on the floor.
- 9. Prepare a garden.** In the fall, mow a patch of lawn to make room for a dedicated bed. Cover it with four layers of newspaper, then a four-inch layer of shredded leaves or bark mulch. Hose it down. Come spring, the compost blanket will have smothered the grass roots, and the bed will be primed for planting.
- 10. Keep the refrigerator vegetable drawer dry and free of smells.** Line the bottom with newspaper.



“You educate a man; you educate a man. You educate a woman; you educate a generation.”
Brigham Young

Bulletin Board

Becky Dytman of Montgomery County died suddenly after a brief illness. Pat Kenny (Montgomery County) is recovering from knee replacement. Barbara Raab (MC) is recovering from several falls.

STOP IDENTITY THEFT

Never (ever!) carry these in your wallet.

If you've been meaning to clean out your wallet, do it now. And permanently remove any of the eight items listed below. All it takes is your name and Social Security number for identity thieves to open new credit card accounts and make expensive purchases--in your name.

From your Social Security card to credit card receipts, Kiplinger has assembled a list of items you should never (ever!) carry in your wallet. Do this and your risk will be lessened if your wallet is ever stolen.

1. Your Social Security card

Not only should your Social Security card be stored in a safe and secure place, but also make sure your Social Security number appears on nothing you keep your wallet including your Medicare card.

- **Helpful hint:** For your wallet, photocopy the front and back of your Medicare card and black out your Social Security number. If it appears on your driver's license, get a new one.

2. A list of your passwords

We understand you have too many passwords to remember them all, but keeping a list of them in your wallet is asking for big trouble. Just think of what could happen if a thief gets your ATM card with the password conveniently attached.

- **Helpful hint:** If you must keep a written list of your passwords, place it in a secure location in your home.

3. Spare keys to your home

If you have a driver's license in your wallet and a spare house key, you have just invited a thief to rob you.

- **Helpful hint:** If you're likely to lock yourself out of your house, give a spare



key to a trusted neighbor or relative.

4. A spare blank check

All a thief needs to raid your checking account is a blank check. The routing and account numbers allow anyone to electronically transfer funds from your account.

- **Helpful hint:** Leave the checkbook at home and carry only the exact number of checks you need for that day.

5. Your passport

If a thief gets hold of your passport, it can be used for many nefarious purposes, including traveling in your name, opening bank accounts and even getting a new copy of your Social Security card.

- **Helpful hint:** When traveling overseas, photocopy your passport to carry with you and leave the original in the hotel lockbox.

6. Multiple credit cards

You may have an impressive collection of credit cards, but only carry the ones you need that day. Kiplinger recommends carrying just one card for unplanned and emergency purchases.

- **Helpful hint:** Create a list of the credit cards in your wallet, numbers and phone number to call in case of theft and keep this list in a safe place in your home.

7. Your birth certificate

Your birth certificate alone is not enough to steal your identity, but used in combination with other forms of identification, such as a passport or Social Security card, much damage can be done.

- **Helpful hint:** There are some occasions, such as a mortgage closing, when you may need to bring your birth certificate, Social Security card and other important personal documents. Keep them in sight at all times. Never leave these documents in your car.

8. Credit card receipts

Any credit or debit card receipt will only contain the last four or five digits of the card number, but identity thieves can use just that small bit of information to phish for the rest. For example, an ID thief could call you and say he is from your bank and needs to verify your identity. He then asks for all the numbers on the credit card and the expiration date.

- **Helpful hint:** Clean out your receipts each evening. Securely file the ones you need to keep and shred the rest.

Ancho Chile, Shrimp, and Pasta



If you don't have access to ancho chiles, you can steer more to the Italian side and just use 1/4 teaspoon of red chili flakes to brighten up this dish.

- **Prep time:** 10 minutes **Cook time:** 20 minutes
- **Yield:** Serves 2 as a main or 4 to 6 as a side.

Ingredients

- 8 ounces long, thin pasta such as spaghetti or fettuccini
- Salt
- 1/2 cup vegetable oil (grapeseed or canola)
- 3 thinly sliced cloves garlic
- 1 ounce (about 2 medium to large) dried ancho chiles, rinsed, seeded and deveined
- 1/2 pound 21-25 count raw shrimp, peeled, deveined, and tails removed, the cut into thirds
- Black pepper
- Freshly grated Parmesan
- Lime or lemon juice, fresh squeezed

DIRECTIONS

1 Put a large pot of salted water on to boil for the pasta when you start this recipe. Once the water is boiling, add the pasta and cook until al dente. While the water is coming to a boil and while the pasta is cooking, prepare the rest of the recipe as follows.

2 Heat oil in a small skillet on medium heat. Once the oil is hot, add sliced garlic. Cook until lightly browned, then remove with a slotted spoon to a large bowl.

3 Thinly slice the ancho chiles (you can chiffonade as you would with basil, just roll up into a cigar shape and slice crosswise). Add the sliced chiles to the hot oil and cook **ONLY** for 20 to 30 seconds. Remove with a slotted spoon to the bowl with the garlic. Do not over-cook the chiles or they will get bitter.

4 Add the raw shrimp to the pan with the chiles and garlic infused oil. Increase the heat to high, cook for a couple minutes, stirring frequently, until the shrimp is just turning pink. Remove from heat. Add the shrimp and oil to the bowl with the garlic and chiles.

5 Add the drained, cooked pasta to the bowl with the shrimp, garlic, chiles, and oil. Sprinkle with salt and black pepper and toss to combine. To serve, portion out into bowls, sprinkle with freshly grated Parmesan and a little lemon or lime juice.

**Maryland Association for
Family & Community Education
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