

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
- 6 10:00 AM Board Meeting, Anne Arundel County Extension Office
- 8 International Women's Day (ACWW)
- 31 Essay and art work contest ends

Inside

From the President	2
Public Policy Notes	2
ACWW News	3
Membership	3
In and Around Maryland	4
Balance Exercises	6
Braised Black Kale	8

APRIL

- 3 10:00 AM Board Meeting, Anne Arundel County 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 (Kansas City, Missouri)
MDAFCE Annual Conference info in this issue
- 1 10:00 AM Board Meeting, Frederick County Extension Office

JUNE

- All Month** **Nominees for State Officers, Group I**
- 5 10:00 AM Board Meeting, Carroll County Extension Office

ANNUAL CONFERENCE

The MDAFCE annual conference will be hosted by Montgomery County. Look for more information and registration form in the Summer issue of *Look What's Happening*.

MDFCE Web Site www.mdafce.org

Did you misplace your newsletter, check it out 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 pictures to Facebook of your FCE events. Get the word out about all the great things you do!

Send information and 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.



FROM THE PRESIDENT

The Wizarding World of FCE

Happy New Year! I hope all of you had a great Holiday season and have had a great start to the New Year. So far, I have just stayed around home, mostly watching tennis. It was really inspirational to see two of the oldest tennis players, Roger Federer and Serena Williams, both in their mid-thirties, win the Australian Open. What this says to me is that when others say "You are too old for that," you should not listen to them. You need to listen to your heart, mind and body. You are the best one to evaluate what you are capable of.

As for New Year's resolutions, I have made a few. The most important of which is to get more exercise. After I had a hip replacement last summer, my doctor did not give me a regiment of exercises. He just told me to walk as much as possible. I was doing pretty well before the winter set in. But lately, I have been bad. Hopefully, when the grandsons start up with their spring sports, Baseball and Soccer, I will start walking around their ball fields for exercise. With one or two practices and a game a week, that should be five or six times a week for me.

Be well! Stay Happy and Healthy!

Libby Wade, President
dunade@aol.com

301-831-8661

PUBLIC POLICY NOTES

As a "newbie" volunteer for this office, my first important question to be asked of the board was: what does a public policy person do? This is very important to know if you are to do it. Talking about things that affect the public and ways in which we/our local, public, and private government and business concerns can make the differences and changes we need to solve the problems and concerns plaguing our citizens (and on a good day, the world), is what I found out as an answer to my first question. What to talk about is the next step. So, thanks to the new Vice President for Program, Sue Van Slyke and Marilyn Simonds, who cuts out



important pieces of interest from the newspaper, I made my first stab at the job! Note to self: take notes about what we talked about, at the meeting, not a week after, when the memory is very challenged, to ask itself, what meeting? When?

We did have discussion on the growing epidemic of drug (heroin) overdoses and the antidote that is available for saving the victim. In addition, the price of the drug overdose antidote, (Narcan, Naloxone), which saves a person from dying of an overdose has greatly increased causing ambulances not to be able to stock it. Another recent example is the outrageous costs of an epinephrine pen to save a person from anaphylactic shock. The extremely fast growing prices for all drugs by the big pharmaceutical companies is as bad for the consumers of prescribed medicines, as it is for the doctors who prescribe them. When prices limit a "life- saving drug" availability for patients who cannot afford them, what is the good of all the research and development these pharmaceutical companies are doing to discover new medicines?

There is a disconnection between helping people be healed and the making of profits by these companies. It is in the best interests of a company to care for the customer that supports their product just as it is in the customer to support the company that provides that product. Both need each other and need to respect each other. Without a consumer base to afford the product, there is no company and without well-paying jobs, the consumer cannot buy the products of any company- here or abroad. Something to think about.

We talked about the change of administration policies concerning the environment. Examples that come to mind: the reinstatement of building the Keystone Pipeline and the Dakota Access Pipeline, against the public concern for pollution of wetlands and water tables, of wildlife, and the hurting of local Native Americans' tribal lands by these policy changes, as well as damage to the general environment. The pushing forward of more coal fired plants for national energy, is taking a step backward from more environmentally friendly energy developments, such as wind, solar, and other sustainable energy methods. There needs to be forward thinking for solutions to energy production for our future, before we irreparably damage "Mother Earth"

Debra Rausch, Vice President for Public Policy

ACWW NEWS



Project Case Study: Sain Tus Center, Mongolia

Project:

To construct two large poly-tunnels to enable the production and sale of nutritious vegetables in Khovd Aimag, Western Mongolia.

Sponsor:

Country Women's Council, USA

Background

Average temperatures over most of Mongolia are below freezing from November through to March and are at about freezing in April and October. This means that the growing season for vegetables in Western Mongolia, is just three months long, that is, from June to August. As a result vegetables are both scarce and unaffordable for most people.

The women attended greenhouse planting and capacity improvement training sessions, which supported them to become more skilled at growing vegetables; record keeping; developing business plans and marketing their products. Sain Tus Center provided a detailed analysis of the increased yield and profit from growing cabbages, carrots, cucumbers, onions, peppers, potatoes, tomatoes and turnips. These results also helped demonstrate ACWW's commitment to the Zero Hunger Challenge pledge to eliminate hunger in our lifetime.

With the help of the Sain Tus Center, two groups of 15 women from female-headed households formed co-operatives to produce and market a range of nutritious vegetable crops. Some of these vegetables were transplanted into the field once the temperatures were high enough, while the more tender crops, such as cucumbers and peppers were allowed to mature inside the plastic houses. Animal manure was used to fertilise crops.



Cucumber ready for harvest.



Significant growth in the Poly-Tunnel

Outcome

Yields were high during the first year (2015) and each farmer profited by as much as **1,124,917 Mongolian Tugriks** or **US\$ 566.87**, once the produce had been sold in the local market.

Overall the project reached its goal of increasing incomes by 25% and considerably improved the diet and health of the cooperative members and their families.

MEMBERSHIP

Welcome 2017 New Members:

Audrey Hankinson, Juanita Jones, Sarah Korbel, Patricia Panzer

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 4 new members as of the end of January. This gives us a total membership of 121. Our membership is made up of 71 individuals, 5(10) families, and 45 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 be a "Star".

Martha C. Moser, Chairman
mcatmoser@aol.com

301-371-6132

"This nation was founded by many men of many nations and backgrounds. It was founded on the principle that all men are created equal, and that the rights of every man are diminished when the rights of one man are threatened". *John F. Kennedy*

IN AND AROUND MARYLAND



CARROLL COUNTY

The weather was good in Carroll County in January so we had our January meeting on the 23rd. Joan Antonio, our president, presented a program on Human Trafficking. After the program everyone was given a copy of the National FCE Human Trafficking Hearth Fire.

Joan also gave everyone a copy of our 2017 booklet which tells when we are meeting, who is setting up the meeting, has everyone's name and address, and the meal plan, etc. After the meeting she mailed the booklet and a copy of the Heath Fire on Human Trafficking to those not attending.

During the meeting we picked a date for our May Day Luncheon – it will be May 4th at 11 AM at the Elks Club in Westminster. Joan is still working on a program. Cost will be \$20. If anyone would like to join us, please call Elizabeth Heagy at 410-857-3388.

After the January meeting some of us stayed and read the CHARACTER COUNTS![®] essays and looked at the drawings. We had 59 students from 3 schools enter. We picked Jennifer Villalto from William Winchester as our winner. We also picked 2nd & 3rd place winners and 10 Honorable Mentions. The first place winner receives \$25, second - \$15 and third place - \$10. All Honorable Mention candidates receive \$5. Each child who enters receives a certificate and a book mark, plus the top three winners get a stuffed animal – this year is “Caring” so they get dragons. Every participant gets a book about Clarence, the caring dragon.

Jennifer's paper and drawing will go to the State Board in March for consideration as a state winner. If her paper and drawing win at the State level, it will go on to National FCE by April 15th. Last year our winner won at State and took 3rd at National. She came to the State meeting in November and read her entry.

Our next Carroll County meeting is March 13th and this is our BBQ lunch with rolls, salad and dessert, which is enjoyed by all. The program for that meeting is Bee Keeping.

Elizabeth Heagy – momheagy@yahoo.com
410-857-3388

FREDERICK COUNTY

Frederick County FCE and Homemakers celebrated the “Reason for the Season” on December 6th at the Mount Pleasant Ruritan Club, where the Pleasant Walk club hosted about 50 homemakers and guests with food, favors, songs and a skit. Pleasant Walk Club members brought many of their favorite Nativity sets for display. Included were crèches made locally, as well as from South Dakota, San Francisco, Switzerland and Pakistan. The Pleasant Walk Club performed a skit, “Mrs. Magi,” with scenes of both hilarity and solemnity for the season. A lunch of sandwiches and various soups, deviled eggs, chips, cookies, coffee and punch was served. The festivities ended with the awarding of many door prizes, so many that almost everyone got one. A fun time was had by all.

There was no lesson in January, but February's lesson was given by Angela Canterline, from Hospice, who spoke about the services Hospice provides, mostly at the Kline Hospice House in Mt. Airy, and about their needs. March's lesson will address Animal Shelter and Rescue. April's lesson will be about Alternate Energy Efficiency.

Next up on the agenda is the Frederick County Annual Meeting. It will be held April 25th at the Jefferson Ruritan Club. The meeting will be hosted by the Jeffersons Club. The Theme is “Springs New Beginning”. Each club will make a centerpiece representative of the meeting theme. Clubs are also updating their scrapbooks to document their 2016 activities.

Donna Bowles
Donnabowles1@comcast.net 301-473-8452

MONTGOMERY COUNTY

In February, MCFCE made 75 Valentines for the children at the Children's Inn at NIH. It was a fun project and made our hearts feel good.

In March, we will have speakers from AAA and MDOT giving us driving tips for seniors and (weather permitting) showing us how to adjust the mirrors, seats, and steering wheel in the car to make sure we are driving with the highest degree of safety.

You are invited to "Patchwork Friends"
(Guest speaker, Barbara Perry) Spring Luncheon at
10:30 AM on May 20th at the Montgomery County
Extension Office, 18410 Muncaster Road,
Derwood, MD. Cost is \$15.00. Send check made
to MCAFCE to:

Marilyn Simonds
13708 Lionel Lane Rockville, MD 20853
(301-871-1609) by May 5th

Hope to see you there.

Jean Purich
jcpurich@cs.com 301-384-2805

PRINCE GEORGE'S COUNTY

The year 2017 has started out well - two meetings attended and NO SNOW!! Our membership stands at 12 and we have been eating our potluck lunch at the extension office for a change of pace. The February meeting consisted of Taco Bean Soup, Pumpkin Cake, Potato Salad, fruit, and drink. Marie Moeller gave a program on Long Term Care. We started to clean out our storage closet and to think about what our small group wants to do for programs and community outreach this year. Two members who haven't been seen for a long while, Frances Fullwood and Jean Bilsky, came to the meeting and made it a more joyous occasion. Barbara Marsh, Brigitte Young, and Debra Rausch rounded out the meeting to 7, which made the meeting more fun.

The January meeting had us cutting out little girl's Easter Dresses for the Capitol Hill Group Ministry. The dresses are given to girls in the homeless program, that Sue has been a part of and taught at for almost 35 years. She just finished her first dress of the season! There was a Valentine's Day benefit concert by the choir held at Sue's church, at which Sue sang a solo: "If, I Loved You", from Carousel, which was well received. We remember the great solo she sang at the State Conference, "Hello, Young Lovers"!

We look forward to spring not being as late as last year, a good garden season, and our leaders in government becoming more civil and working together for the people, our country, and with each other. Spring is a time of Hope. One can dream of better things happening in our country. Peace.

Debra Rausch and Sue Van Slyke
rauscdula@gmail.com 301-498-8806

Bulletin Board

Sue Van Slyke, Prince George's County, will be having a hip replacement on March 6th, and can use all the prayers and good wishes sent her way as she recovers at her son's home.

Prayers and good wishes are sent to some of our PGCFCE members dealing with serious health/family issues.

Balance Exercises

To get all of the benefits of physical activity, try all four types of exercise -- endurance, strength, balance, and flexibility.

Important for Fall Prevention

Each year, more than one-third of people age 65 or older fall. Falls and fall-related injuries, such as hip fracture, can have a serious impact on an older person's life. If you fall, it could limit your activities or make it impossible to live independently. Balance exercises, along with certain strength exercises, can help prevent falls by improving your ability to control and maintain your body's position, whether you are moving or still.

Balance Exercises to Try

These 5 exercises that are shown below are aimed at improving your balance and your lower body strength. They include

1. standing on one foot
2. walking heel to toe
3. balance walk
4. back leg raises
5. side leg raises

Modify as You Progress

These exercises can improve your balance even more if you modify them as you progress. Start by holding on to a sturdy chair for support. To challenge yourself, try holding on to the chair with only one hand; then with time, you can try holding on with only one finger, then no hands.

Safety Tips

- Have a sturdy chair or a person nearby to hold on to if you feel unsteady.
- Talk with your doctor if you are unsure about doing a particular exercise.

Balance Exercise - Standing on One Foot



Improve your balance by standing on one foot.

1. Stand on one foot behind a sturdy chair, holding on for balance.
2. Hold position for up to 10 seconds.
3. Repeat 10 to 15 times.
4. Repeat 10 to 15 times with each leg.

Balance Exercise - Walking Heel to Toe



Improve your balance by walking heel to toe.

1. Position the heel of one foot just in front of the toes of the other foot. Your heel and toes should touch or almost touch.
2. Choose a spot ahead of you and focus on it to keep you steady as you walk.
3. Take a step. Put your heel just in front of the toe of your other foot.
4. Repeat for 20 steps.

Balance Exercise - Balance Walk



Improve your balance with the balance walk.

1. Raise arms to sides, shoulder height.

2. Choose a spot ahead of you and focus on it to keep you steady as you walk.
3. Walk in a straight line with one foot in front of the other.
4. As you walk, lift your back leg. Pause for 1 second before stepping forward.
5. Repeat for 20 steps, alternating legs.

Strength Exercise - Back Leg Raises



Strengthen your buttocks and lower back with back leg raises.

1. Stand behind a sturdy chair, holding on for balance. Breathe in slowly.
2. Breathe out and slowly lift one leg straight back without bending your knee or pointing your toes. Try not to lean forward. The leg you are standing on should be slightly bent.
3. Hold position for 1 second.
4. Breathe in as you slowly lower your leg.
5. Repeat 10 to 15 times with each leg

Strength Exercise - Side Leg Raises



Strengthen your hips, thighs, and buttocks with side leg raises.

1. Stand behind a sturdy chair with feet slightly apart, holding on for balance. Breathe in slowly.
2. Breathe out and slowly lift one leg out to the side. Keep your back straight and your toes facing forward. The leg you are standing on should be slightly bent.
3. Hold position for 1 second.
4. Breathe in as you slowly lower your leg.
5. Repeat 10 to 15 times with each leg.

SPRUCE UP A ROOM FOR SPRING



1. First impressions are everything. Spruce up your front door -- things like a fresh coat of paint, a new knocker or even a shiny knob work wonders. Make sure your doorbell works too. No one likes to be ignored.

2. Refresh your walls with vibrant colors. Pick a room in your home and designate it the "summer room." Repaint, refresh and rejuvenate the walls with a luscious, incredible hue found in a vibrant summer bloom. Muted yellows, soft blues and vibrant greens are great choices.

3. Recycle fabrics and textiles. Lighten up any room by trading heavy fabrics for light and airy ones. In the living room, for example, take down your old drapes and replace them with an open weave such as chiffon or organza. Change out dark throw pillows and slipcovers by adding crisp white, a bright solid or even modern, floral patterns.

4. Bring the beach into your home in a simple way. Buy some synthetic coral from your local aquarium or fish store. It lasts longer than real coral, is more eco-friendly, comes in amazing colors and costs a lot less. Try mounting coral on wooden stands, framing them or using them as centerpieces for your dining room table. Or try a giant clamshell as a decorative bowl.

5. Clean up your kitchen cabinets. Spruce up cabinets with a fresh coat of paint or stain, or simply remove the doors for a truly European-style kitchen. If your cabinetry is just plain dirty, use a brush and a wood cleaner to get those dirty fingerprints out.

6. Fix up an old ceiling fan. Have new blades installed, or just clean out and repaint the old ones. Not only will the fan look more attractive, but your air quality will also improve.

7. Declutter for a quick makeover. Just like little squirrels, we hunker down and store our goods during the winter. But come summer, your home can get cluttered with knickknacks, heavy blankets and bulky furniture. Put some of it away in storage. Larger, clutter-free spaces create the impression of a bigger house.

8. Let the sun shine in. Strategic placement of a mirror can add an enormous amount of natural light in your home. If possible, hang a large mirror in the living room directly where the sun beams in. In addition to bouncing light, it creates virtual space and overall appeal to a small room.

9. Clean out the garage for a drive-in theater and more. Home theaters, gyms, game rooms and computer rooms are the latest trend, but with every room in your house spoken for, the next best place to turn for extra space is the garage. Paint the walls, put in a big screen, set up a sound system and throw in a seating element to add comfort and style. Have friends over, open the garage door and let the party begin.

10. Follow the three R's: refurbish, repaint, and recycle. Being eco-friendly takes simple smarts and small steps. By reusing items such as old furniture, frames and artwork, you can make your own contribution to saving our planet — while saving money.

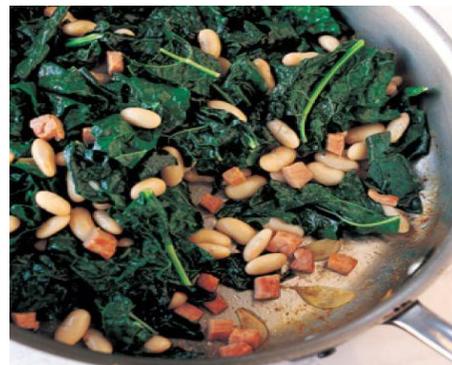
"In a democratic society we must live cooperatively, and serve the community in which we live, to the best of our ability. For our own success to be real, it must contribute to the success of others." —

Eleanor Roosevelt



Braised Black Kale with White Beans and Smoked Ham

High-quality ham contributes a smoky, meaty flavor that mimics long cooking in this quick braise of peppery black kale, or *cavalo nero*. Creamy, earthy beans and woody fresh rosemary combine to create a satisfying dish that can even be served as a main course.



Ingredients:

- 1 can (15 oz.) cannellini beans
- 2 tsp. extra-virgin olive oil
- 2 garlic cloves, thinly sliced
- 4 oz. smoked ham such as Black Forest, diced
- Leaves from 2 bunches black kale, about 1 lb. total, torn into 2-inch pieces
- 1/2 cup low-sodium chicken broth
- Pinch of sea salt, plus more, to taste
- Pinch of freshly ground pepper, plus more, to taste
- 1/2 tsp. minced fresh rosemary

Adapted from Williams-Sonoma *New Flavors for Vegetables*, by Jodi Liano (Oxmoor House, 2008).

Directions:

Drain the beans, rinse them and drain again. In a fry pan over medium-low heat, warm the oil. When the oil is hot, add the garlic and sauté until lightly browned, about 1 minute. Add the ham and sauté for 1 minute more. Add the kale, cover the pan and cook, turning occasionally, until the kale leaves just begin to wilt, 2 to 3 minutes. Add the broth, salt and pepper, and cook until the leaves are just tender and the liquid has almost evaporated, 4 to 5 minutes.

Add the beans and rosemary to the pan and raise the heat to medium-high. Cook, tossing gently, until the beans are heated through, 2 to 3 minutes.

Taste and adjust the seasonings and serve immediately. Serves 4.

**Maryland Association for
Family & Community Education**
15500 Gallaudet Avenue
Silver Spring, MD 20905

