

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 County Extension Office
 - 8 International Women's Day (ACWW)
 - 31 Essay and art work contest ends

APRIL

- 1 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 in St. Louis, MO on July 18 - 21
MDAFCE Annual Conference info in this issue
- 6 10:00 AM Board Meeting, Frederick County Extension Office

JUNE

- All Month Nominees for State Officers, Group I President-elect, VP of Program, secretary**
- 3 10:00 AM Board Meeting, Carroll County Extension Office

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ANNUAL CONFERENCE

The MDAFCE annual conference, on October 21 & 22, will be hosted by Prince George's 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. Tweet. Social media can be a great way to increase your membership. 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 at jcpurich@cs.com



FROM THE PRESIDENT



Article by Anne Browne, MSSDAR Chair, The Flag of the United States of America Committee

On another note as I ask every year, it is never too soon to think about what we should do for this year's annual conference. We need to hear from you. If you know of any good topics and the speakers that can present the topic, the board would like to hear from you.

Libby Wade, President
dunade@aol.com

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The Wizarding World of FCE

Over the holidays, I had the pleasure of hearing the Faith Boyz Band at the Frederick County Holiday Party. They are an excellent example of young people who support and believe in the family, the power of faith and the idea of hard work. They support a non-profit orphan care organization which directly assists local families who wish to adopt or host an orphaned child. We should all do what we can to help our fellow men, women and children in their hour of need. In that light, I also found an article that spoke to me about our country and fellow citizens of this great country.

“You never know what impression will be made on a child when they watch what adults do. Here’s one adult’s remembrance as he reflects on a Flag Day ceremony that occurred every year in his youth.

It was clear we were doing something important. But what were we doing that day? I realize now we were participating in a ritual and I realize that, like all rituals, it was designed to evoke something in us. But what? I think now I know. **We were being taught to love our country.**

We were being told that the red, white and blue banner is a sacred symbol that represents the country we’d been learning about in school - for which heroes fought and died and which you are now entrusted to keep. Nothing of these exact words was said; but it didn’t need to be...we now understood *that* Flag is more than pretty pieces of cloth sewn together.”

Excerpted from the 2017 book: *If You Can Keep It*, by Eric Metaxas

A Love Poem to the Flag of the United States of America

(with apologies to Joyce Kilmer and her poem, *Trees*)

**I think that I shall never see
a Flag as lovely as thee.**

**A Flag whose stars shine bright
through decades of discord and fight.**

**A Flag whose stripes of brilliant red
reminds us how our Patriot’s bled.**

**A Flag whose stripes of pure white
Completes the beautiful, waving sight.**

**Some may salute other colors with glee
But I shall never see a Flag as lovely as thee.**

NEWS FROM THE VICE PRESIDENT FOR PROGRAM

Scientists tell us that one of the best ways to stay young is to try new things and have new adventures. Well, we all want to stay young, so I am suggesting that if you have never been to a National FCE Conference, you give it a try this summer. This year's conference will be held July 18-21 in St. Louis, Missouri. If you have not seen the beautiful arch, it is worth the trip just for that. But there is so much more, fun and educational programs, great new friends to meet, new FCL lessons and Hearth Fires to take home and share with your club. There is more information and registration on the NAFCE website (www.nafce.org).

If you can't make it to St. Louis, but you have not yet been to a State conference, we have a new adventure coming up in your own backyard in October. It will be held in the Best Western in Westminster. This year, the host will be Prince George's County. We only have one club and we are the smallest in the state, so we are looking for all the help we can get! If you have not worked on a conference before, this could be a new adventure for you and help keep you young! We are working very hard to give you the programs you want, so if you have any suggestions, please e-mail them to me or any board member. We understand you want Maryland history and we promise we will have something on that! If by some chance you have never attended a State Conference, this could be the new thing that will help to keep you young!

Please don't forget to send in your end of year reports. We need them!

Sue Van Slyke, Vice President for Program
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PUBLIC POLICY NOTES

February is Black History Month. It is a good thing to dedicate certain dates, times and focus, to differing portions of our collective and vast American History. But, we must also focus on connecting the dots and teaching our history in context, meaning we have to see the big picture. Things don't just happen by themselves, as in a vacuum. One thing influences another. Cause and effect. You hit me, and I both get knocked down and stay there or I get up and hit you back. Or variations upon that cause and effect. My family might retaliate against yours, or we apologize, and go from there. So many variables are possible. And history has multiple causes, effects, and variables. These happen in the moment and can echo down the years. Mankind's penchant for holding grudges and enacting vendettas against perceived enemies, holds true for families, tribes, and nations.

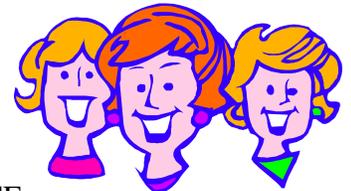
History affects us now, from past events, and we affect future historical happenings. What we as nations and individuals do, affects all. That is why the teaching of history is just as important as learning science, math, language, or vocations. If we don't learn the truth about our past, we repeat its mistakes again and again. The sufferings of the innocent and most vulnerable are paying the price with their lives for our ignorance or deliberate ignoring of that past. "Fake News" and revising of historical facts to suit the moment harm us even more. Bad things need to be brought to the light, not buried, forgotten, and dug up and dressed in new clothes with perfume, and presented to us as something sweet. History and past mistakes can be a teachable moment to see things as they were, and as they are, in context. We can then see where real changes are needed to be made and, most importantly, effect that change. The mess going on in Virginia has echoes in human society round the globe. Racism is alive and well in all of our cultures, religions and world. The "other" or "they" as the objects of our condemnation, sarcasm, parody, or use as excuses for not seeing the blindness of our own faults, is used as justification for social, political, and historical revision as we speak. Our current political stage is an example of that which I speak. Big picture. Connect the dots. It really is a simple idea that gets buried in all the flaming invective and multiple agendas out there

trying to impress their take on history on everyone, to the detriment of seeing the big picture and how we can stop repeating mistakes we should have learned from long, long ago. We need the light of making the changes within our hearts about each other, so we can move forward with that light. It is called enlightenment. Leave the darkness in the past, recognize it when it tries to turn out those lights, and learn where it came from so we can keep an eye on the switches and cause change to affect history, now and for the future, positively.

Debra Rausch, Vice President for Public Policy
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MEMBERSHIP

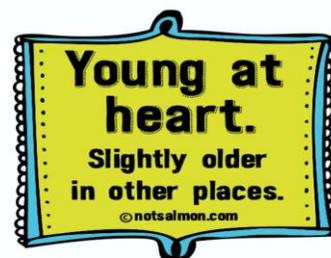
We received thirteen membership forms in December 2018 and January 2019. Kudos to Montgomery County FCE for recruiting 3 new members, in addition to the ten renewals received from Frederick and Montgomery counties! Our information has been updated and forwarded to the National Association for Family and Community Education headquarters. As of February 1, 2019, we have **134** MDAFCE members!



Remember: We welcome new MDAFCE members at any time during the year. Just send the completed membership form and check to your county treasurer as soon as you get them.

Bonus: If you recruit a new member, you and your new member will qualify for a chance to go to our fall conference at no charge. Be sure to put your name on the bottom of the membership form. Win-Win!

Susan K. Morris, Membership Chairman
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IN AND AROUND MARYLAND



CARROLL COUNTY

Our 1st meeting for 2019 was to be January 14th but due to snow it was postponed until the 28th. On the 28th, twelve members came to the meeting. This is our soup, salad and dessert lunch, which was a good choice for a cold day. The program was a speaker from the Carroll County Health department talking about the opioid problem in Carroll County. She was very informative and told us things we could do to help prevent others from getting any opioids we might have in our houses. Everyone received a folder that included one of these sleeves or bags you can put unused drugs in to deactivate them, so they can be thrown in the trash. She also had information on when and where to get Narcan – the drug that is used in the treatment of over dosing on drugs. Plus she told us about a class anyone could take so they could be the person who gives the drug as needed.

March 11th is our next meeting and this is our BBQ lunch. Our program will be on Volunteerism. The snow date for this meeting is March 25th.

In May, we have a May Day Luncheon but due to a change of staff at the place when we usually meet, we will be having a regular meeting at the Carroll County Ag. Center on May 13th. At this meeting we will serve Royal Farms chicken with wedge potatoes, salad and desserts. The program planned for this meeting is Estate and Funeral planning.

Then in June on the 19th we are going on a bus trip to Dutch Apple Dinner Theatre in Lancaster to see Camelot. Cost is \$85 a person and it includes the bus, a wonderful lunch, a great show, and the bus driver's tip. We always stop at a Stauffer's Cookie Outlet in York, PA on the way to lunch!

If any of these meetings sound like something you would like to attend, please come and join us. Our meetings start at 10 AM and are always at the Carroll County Ag Office. However, the bus trip will be leaving there at 9:30 AM so if you wish to go on the bus trip – get there before 9:30 AM.

Elizabeth Heagy
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FREDERICK COUNTY

Frederick County FCE Homemakers held their Holiday Honey Brunch on Dec 5th at the Johnsville Ruritan Center. The Johnsville Club hosted homemakers and guests with breakfast food, favors, entertainment and guest speakers. The festivities ended with names being drawn to win centerpieces brought by each club. A lap robe and pillows made by Frederick County Treasurer, Joyce Gregory, were won by the Mt. Pleasant club president Kathy Amidon.

There was no lesson in January, but February's lesson was given by Ann Marie Creamer, from the Frederick County Department of Solid Waste Management. The lesson was entitled "How Recycling Really Works". March's lesson will be given by Debbie Rhodes of the Frederick Extension Office and Sharon Streb, from the Olive Basket (formerly Oil and Vinegar of Frederick). They will speak on the Mediterranean Diet. April's lesson, by Karen Smith and Pati Redmond, will be a discussion on locally written Books and Authors.

Next up on the agenda is the Frederick County Annual Meeting. It will be held April 16th at the Jefferson Ruritan Club. The meeting will be hosted by Frederick County Homemakers Club Board of Directors. The program will be given by Chris Haugh, a local historian and currently the Communications Relations and Historic Preservation Researcher for the Mount Olivet Cemetery. Each club will make a table centerpiece and update their scrapbooks to document their 2018 activities.

Donna Bowles
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PRINCE GEORGE'S COUNTY

The news is short this spring. So far, winter has been pretty mild for us-outside of one very freezing Polar Vortex, but not as extreme as the folks in the upper Midwest experienced. The ground hog did not see his shadow (depending on which rodent you speak to personally!). We did get some dresses cut out and enjoy some fellowship trying to get organized to do so, in February. That ornery rodent must be affecting other areas of our lives. Sue is trying to keep sane while juggling

church responsibilities, music practice, concerts, preparations for the wonderful trip to the ACWW Triennial in Melbourne in April, and all things connected with her dogs, cats, and turtles. Margie moved to Pennsylvania to be close to her daughter, but is still a faithful Washington Redskins fan! Sharon is still hanging in there. God bless her. Frances is enjoying her move to Lusby. Barbara Marsh is a model of clear sightedness, humor, and friendship. We are glad to see Marie when she can come. She is a doer and a great help when we need to accomplish a certain goal. Debbie is busy with the church bulletin, keeping her husband supported while moving forward after a stroke, and learning how to use a real smart phone. So far, the phone is smarter than the user! Alicia's working the fire department, teaching CPR, finishing her degree this year, and making sure to keep her mother and father "connected" in the 21st century.....who would have thought we would ever use one of these devices. Can't wait to see if her beehives survived the winter, also. We look forward to hosting this year's conference, with a lot of help from our friends!!! There will be a Maryland History Program this year, you can believe it! Meanwhile, June is racing to get here and, it will be the end of the year again. Let us take the time to slow things down a bit, which is not hard to do for most of us nowadays, and enjoy this Spring, whether cold or warm. Focus more on its beauty and less on its busyness. Looking forward to Easter, its promise, bunnies (maybe chocolate bunnies), and of course, some candy. Mother's Day. Father's Day. Spring Luncheon. Fellowship. Making new memories and remembering previous ones.

Happy Spring!
 Debra Rausch
 rauscdula@gmail.com

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MONTGOMERY COUNTY

In February, MCFCE made 93 Valentines for the Coalition of the Homeless and Laytonsville Safe Havens. It was a fun project and made our hearts feel enriched.



In March on the 12th, we will learn about Fire Prevention and Fire Safety. The program will be presented by Jim Resnick, Program Manager Senior Outreach and Education.

April 9th, Clara Barton will visit and tell us about her life. The speaker is from the Montgomery County Historical Society (same place that was to provide the speaker for last year's conference, so here's hoping). Please feel free to attend any program.

You are invited to "The World of Butterflies" **Spring Luncheon** at 10:30 AM on May 11th at the Montgomery County Extension Office, 18410 Muncaster Road, Derwood, MD. Cost is \$15.00.

Send check made to MCAFCE by April 25th to:
 Jeanne Gillis 301-926-1038
 101 Rolling Road
 Gaithersburg MD 20877-2043

Ruth Bortz will present a very interesting program on our beautiful butterflies and what you can do to encourage butterflies to visit your home.

Hope to see you there.

Jean Purich
 jcpurich@cs.com

301-384-2805



Our sincere sympathies go to Montgomery County FCE members and families for their recent losses: Ethel DeHaven and Jenny Ricketts on the loss of their brother Bill Grey. Ruth Higgins on the loss of her husband Charles. They had been married for over 70 years. The family of Mary-West Ensor. The family of Patricia Hunt.

HEART DISEASE PREVENTION

You don't need to become a super athlete or go on a very strict diet to protect your heart and lower your risk for heart disease. And the best part is that being more heart-healthy also lowers your risk for other diseases like cancer and diabetes.

- Get moving
- Eat healthy foods
- Aim for a healthy weight
- Know your heart disease numbers
- Know the symptoms of heart attack and stroke
- Don't smoke
- Limit your alcohol use

ACWW NEWS



At the ACWW Triennial in Melbourne Australia, CWC-USA will put forth two recommendations. They are:

IRON DEFICIENCY

Be it resolved that ACWW societies and members urge their governments and health organizations to continue supporting and financing the research needed to eliminate the world-wide epidemic of iron deficiency.

“Without proper iron levels, children’s cognitive development is affected. Pregnancies are at greater risk for premature births, and babies have a greater difficulty bonding with mothers,” according to the World Health Organization, Manju Reddy, the Doris A. Adams Endowed Chair in Food Science and Human Nutrition.

Iron deficiency is the most common micronutrient deficiency worldwide and leads to microcytic anemia, decreased capacity for work, as well as impaired immune and endocrine function. Two billion people – over 30% of the world’s population – are anemic due to the iron deficiency, affecting not only the underdeveloped countries of the world but the industrialized countries as well! Iron deficiency affects more people than any other condition, constituting a public health condition of epidemic proportion. Despite iron being very plentiful on earth, increased research and understanding of iron biology is needed. As Reddy says, “We need to find new approaches. We need to ask how we can improve nutrition using multiple strategies, including supplementation, fortification, and identification of underutilized nutrient dense foods.” Source: World Health Organization, Iowa State University, Cold Spring Harbor Perspectives in Medicine, U. S. National Library of Medicine – Biotechnology Institute

POLLINATOR PROTECTION

Be it resolved that ACWW societies and members urge their governments and research institutes to continue to identify and reduce specific drivers of insect pollinator decline, develop agricultural pollinator-friendly practices, and promote greater public awareness of the role of insect pollination in global food production.

Pollination is the process of transferring pollen from the male to female reproductive organs in plants to set seed and produce offspring. As the

primary agent for pollination, insect pollinators, both wild and managed, are responsible for producing 35% of the food products that humans consume on any given day. In a world of changing environmental conditions, ever increasing herbicide and pesticide usage, and continuing reduction of natural habitats, these pollinators are experiencing significant population declines. When nature's pollinators go unprotected and uncared for, the world's food supply is directly impacted. Source: Convention for Biological Diversity; Organization for Economic Co-Operation and Development; Food and Agriculture Organization of the United Nations; United States Department of Agriculture Farm Services Agency.

Be it resolved that ACWW societies and members urge their governments and research institutes to continue to identify and reduce specific drivers of insect pollinator decline, develop agricultural pollinator-friendly practices, and promote greater public awareness of the role of insect pollination in global food production.

SIMPLIFY YOUR CLEANING

Our to-do lists just seem to get longer every day. So, to honor **Simplify Your Life Day**, here are some ideas for streamlining our cleaning so that we can find more time for the fun things in our lives. Until there are more hours in a day, try one of these tips to find more time for you and your family:



- Set a time limit – You don’t always have to spend a whole day or even several hours cleaning house! Set a timer (you’ve got one on your smartphone) for 30 minutes to let you know it’s ok to move on to something else.
- Break it up – Rather than try to tackle the whole house at once, go one room or task at a time. You’ll be amazed how good you’ll feel once something is crossed off the list and when you can move on to something on your “fun” to-do list!
- Ask for a helping hand – Whether it’s a family member, friend or housekeeper, double the help means double the progress – and half the time! Here’s to a clean, happy, and simple life!

Tami and Helen's Amazing Adventure

by
Helen De Roo and Tami Lounsbury

We were honored – and thrilled – when we found out that we had won the “bring a new member” competition – an all-expenses-paid for both of us to the state FCE conference. And while we looked forward to attending the conference, we had little idea of what a great time was in store for us.

The variety of speakers provided attendees with a wide range of interesting topics. We learned strategies for protecting ourselves from phone scams, received information regarding hearing loss and treatment options and the proper way to dispose of old medications. We also had a wonderful speaker to talk with us regarding many aspects of the Muslim Community.

Just in case sitting so long could affect us adversely, we had short exercise breaks that helped “get the kinks out.” These little exercise breaks not only help us at the conference but were noteworthy because they can be easily incorporated at home when spending more time that we realize sitting reading, sewing, and knitting.

Meals with a nice variety of choices enhanced the conference - not one dreaded rubber chicken dinner! During one of our lecture breaks, we were able to learn how to make small note pad covers and gift card holders from cuts of wallpaper. Who would have guessed that something useful could be made from what we probably would have thrown out? We were able to stash all our conference information and our completed projects into wonderful tote bags that were given to each participant.

And just in case all that wasn't sufficient, we had an opportunity to bid on some beautiful gift baskets (we tried but didn't win any – maybe next year).

To finish off an already wonderful day on Monday, we were treated to musical entertainment that turned into a sing-along.

We felt that the conference provided a cross-section of helpful and informative speakers and an opportunity to meet members from around

the state. From the hotel, the conference center, the food, the program provided and the great people with whom we shared the time, it was a five star experience. We hope to be able to attend next year.

WINNER, WINNER CHICKEN DINNER!

Every day is a great day for that all-time family favorite, fried chicken. Here are a few tips for being clean and safe in the kitchen when poultry is on the menu.



So, you've just finished cutting up your chicken and prepping it for herbs and spices worthy of your family and friends. While you've been seasoning away, invisible chicken juice likely has leaked on your counter. Not surprisingly, the bacteria from the raw meat can spread to cutting boards, knives, door handles, and countertops. Cleaning up the right way can keep that from happening. And, you'll want to clean it up pronto because once germs have settled on your kitchen countertops, they can mingle with whatever else you're preparing.

The solution is simple. Clean up kitchen surfaces right away using a disinfectant formulated to kill germs and bacteria. Don't forget to wash your hands thoroughly after touching raw meat each time.

If you get any grease stains on your clothes, treat them with prewash stain remover, liquid laundry detergent or liquid detergent booster. Then wash your clothes using the hottest water that is safe for the fabric.

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"The best and most beautiful things in this world cannot be seen or even heard, but must be felt with the heart." –**Helen Keller**



"Continuous effort -- not strength nor intelligence -- is the key to unlocking our potential." –**Winston Churchill**

Colcannon Potatoes



Ingredients

- 1 medium head cabbage (about 2 pounds), shredded
- 4 pounds medium potatoes (about 8), peeled and quartered
- 2 cups whole milk
- 1 cup chopped green onions
- 1 ½ teaspoons salt
- ½ teaspoon pepper
- ¼ cup butter, melted
- Minced fresh parsley
- Crumbled cooked bacon

Directions:

1. Place cabbage and 2 cups water in a large saucepan; bring to a boil. Reduce heat; simmer, covered, until cabbage is tender, about 10 minutes. Drain, reserving cooking liquid; keep cabbage warm in separate dish.
2. In same pan, combine potatoes and reserved cooking liquid. Add additional water to cover potatoes; bring to a boil. Reduce heat; cook, uncovered, until potatoes are tender, 15-20 minutes. Meanwhile, place milk, green onions, salt and pepper in a small saucepan; bring just to a boil and remove from heat.
3. Drain potatoes; place in a large bowl and mash. Add milk mixture; beat just until blended. Stir in cabbage. To serve, drizzle with butter; top with parsley and bacon.

TOTAL TIME: Prep: 25 min. Cook: 35 min.

YIELD: 12 servings.

**Maryland Association for
Family & Community Education
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