

WHAT'S HAPPENING

Maryland Association for Family and Community Education, Inc. Newsletter

JUNE

- All Nominees for State Officers, Group I
- 1 10:00AM Executive Committee Meeting, Carroll County Extension Office
- 14 Flag Day



JULY

- 4 Happy Birthday America
- 6 10:00AM Executive Committee Meeting, Anne Arundel Extension Office
- 15 FCL Leadership Day
- 17-19 NAFCE Annual Conference, Portland, Oregon

AUGUST

- 1 **LOOK WHAT'S HAPPENING** deadline for items to Editor
- 3 10:00 AM Executive, Education & Finance Committee Meeting, Anne Arundel Extension Office

SEPTEMBER

- All Character Counts Essay and Artwork Contest starts
Collect 2010 Dues-Membership Drive
National Literacy Month
- 1 **All County Associations' List of Officers and Committees for 2010 should be sent to State President**
- 14 10:00 AM Executive & Education Committee Meeting, Montgomery County Extension Office
- 15 Early Bird Deadline MDAFCE Conference
- 21-22 CWW Area Meeting hosted by CWC, West Des Moines, Iowa

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MDAFCE ANNUAL CONFERENCE



Don't forget to register for the Maryland FCE Annual Conference by September 15th to get the early bird discount. The meeting will be held at the Dunes Manor Hotel, Ocean City MD on Oct 26th, 27th and 28th. Contact Thelma Gore at 410-761-7489 and see page 7 for registration information. **One of the speakers will be Bob Stevens who will present a slide show on the History of Ocean City before Condos.** Every FCE member staying at the hotel will receive a \$75.00 scholarship.

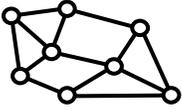
MDAFCE Web Site is www.mdafce.org

Continue to update your web page. Send newsletters, calendars and information to Libby Wade at dunade@aol.com.

Newsletter Deadline: August 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. Please email me at jcpurich@cs.com with your information.

FROM THE PRESIDENT



Networking For FCE – 2009

As FCE members, continue to network and reach out to others in the community. Invite them to partner or work with us on programs and projects.

The Regional Meetings were a huge success! We had great programs, food and interaction with other members. Homemade baked goods, a sells table, and pasta basket raffle made this a memorable event. We learned about the new food pyramid - “My Pyramid” and “Green the New Color” presented by CES Educators. We were told to use the Internet to monitor our calorie intake. “Best Little Money Book” hot off the press was sold with authors’ autographs. It is filled with ways to achieve our money goal in a concise simple format. The Vice President of Hagerstown Valley Apian Society presented “The Life of Bees”.

A short exercise on the National FCE Vision Statement had members plan the future of FCE. Member and County Recognition Certificates were awarded. We thank Frederick and Anne Arundel Counties for hosting these meetings and all you FCE members and guests who attended.

The next major event is the Maryland FCE Annual Conference at the Dunes Manor Hotel in Ocean City, MD October 26-28, 2009. Registration is in this newsletter. We’ve been there before and it’s a relaxing great experience on the Ocean. You can walk the beach, boardwalk, listen to seagulls and have a getaway.

We need members to step-up to the plate and fill some vacant positions on the MDFCE Board. We can’t function without a full Board to oversee and keep the organization going. Consider your interest as Secretary, Vice-President for Programs or any other Board Position you may aspire to.

We will have an overview on Power Point Presentation and present new programs that come back with those who attend the National FCE Meeting in Portland, Oregon July 17-19, 2009 at the Maryland FCE Annual Conference.

May you have a great and restful summer!

Marie Moeller, President
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443-964-8315

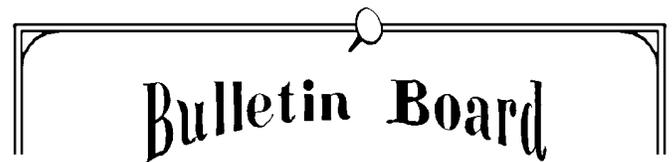
PUBLIC POLICY NOTES

The recently concluded 2009 Session of the Maryland Assembly passed some bills it has been considering and left many others for another year. Any bills not passed this year will have to be reintroduced in the next year’s session.

Among those passed but not yet signed by the governor are:

- Bill that would allow judges to take firearms from people accused of domestic violence.
- Authorized speed cameras statewide in work zones and school zones.
- Bill limiting death penalty to those cases with DNA or biological evidence, a video confession or a videotape linking the subject to a homicide.
- Bill to require waterfront homes to upgrade failed septic systems to curb pollution in the Chesapeake Bay.
- Bill to make it a misdemeanor punishable by a fine up to \$500.00 to write or send a text message while driving.
- Passed legislation requiring teens to hold a learner’s permit for nine (9) months instead of six (6).
- Bill extending unemployment insurance to part-time workers.
- Approved a bill ending illegal immigrants access to drivers’ license – those holding licenses to get a driving permit that will expire in 2015.

Marilyn Simonds, VP for Public Policy
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Please keep John Bilsky (PG) in your prayers as he is still trying to clear up a recent lung infection before finishing up his surgeries and Sue Van Slyke will be having cataract surgery in May.

Loretta Kane (MC) is recovering from a broken arm.

NEWS FROM THE VICE PRESIDENT FOR PROGRAM

Presidents' Reports Show Maryland FCE's Interests

It was a pleasure reading the county presidents' reports for programs and activities for the 2008 program year. WOW! While it is not possible to share everything I'll attempt to share some of the highlights. Perhaps your county will discover some new interests for 2009 and 2010.

Jane Wagner, reporting for Allegany County, that \$750 was presented in scholarships from FCE. Programs presented represented a variety of educational programs and fun activities. Members learned about healthy foods with a demonstration by members of a stir fry entree and spinach salad. Their FCS educator presented a program on heart health. The programs included information from the Hearth Fire Series: # 8, "Educating for Good Health" and # 35, "Here's to a Healthy Heart." Members learned about China at the International Luncheon and enjoyed a tour of the area including the Road Kill Cafe--now that is something I would like to see!

Anne Arundel County's Thelma Gore reported on nine programs presented in 2008. FCE members presented five of those programs. They learned about taking Small Steps to Health and Wealth from the FCS educator. At their meetings they discussed ways to market FCE, the importance of voting, and 85 ways to save money and energy (from the area electric provider). Two members presented a program on how to be prepared for natural disasters. These busy people learned a lot about cooking shortcuts. Four of the members prepared quick foods--now the members have more time for FCE! AA County invited a Maryland Delegate to discuss bills in the Assembly.

Reporting for Carroll County, Joan Antonio described five programs reaching 115 members during the year. The FCE educator led one of the programs, "Is Our Food Safe?". BGE showed the members how to be more "green" with tips on how to save energy. The sheriff's department presented a program on pedestrian safety. Two scholarships of \$500 each were given to local high school seniors. The Character Counts program reached 4 Carroll County schools with 130 fourth grade students participating. Cash awards were given to the first, second, third and honorable mention

winners. The local newspaper covered the program with lots of pictures.

Cecil County spent most of their time planning and implementing the regional meeting held in Colora and the annual conference held at Sandy Cove. At the regional meeting a local FCE member invited former county commissioner Phyllis Kilby to share her family's dairy farm story of starting an ice cream business.

After much training and attending the ice cream course at Penn State Kilby Cream is now a successful business. Everyone was treated to some of the delicious ice cream with wonderful homemade cookies--made by FCE members of course. Two talented people from Cecil charmed the members at the annual conference: author Cathy Gohlke shared her story of becoming a writer and Jack Foreaker entertained the group with his puppets and his singing.

Michelle Close, president of Frederick County FCE, reported on the activities of 2008. Members participated in the county fair by demonstrating how to make potato candy and hard candy. They also showed folks at the fair how to make homes environmentally safe. Their educational programs included learning about bees and honey, Treat the Troops/Operation Shoebox, therapy dogs, 10 warning signs of Alzheimer's, and craft demonstrations. Here's an idea--invite a FCE member from another county to share a program. Jeanne Purich and Maddi Klein of Montgomery County FCE traveled to Frederick County to share the Treat the Troops and Operation Shoebox activities.

Speaking of Jeanne Purich...Jeanne presides over Montgomery County FCE and sent pages of fine program and activity reports. The county programs included "Books, the Other Channel", "Here's to a Healthy Heart", "The Healing Power of Food", "Someone's in the World Being Green", "Someone's in the Kitchen Cooking for One or Two"--all of these programs are based on Hearth Fire Series. Other interesting programs rounded out the year. The well-known Linus Project is a success due to the participation of 177 FCE members and 417 others. Figuring six hours per volunteer the total volunteer hours on "Linus" is 3,552! Additionally the county supports 3 scholarships totaling \$2,250 and 2 scholarships to members totaling \$400.

Prince George's County FCE president is Glenna Burgess. She reported on a project called "Give a Sick Child a Smile!" making pillowcases for young cancer patients. They contributed 50 pillowcases this year. Hearth Fire Series programs presented this year included "Bone Breaking Facts", "Healthy Snacks", "Household Records" to keep along with managing finances, "Making Concoctions", "The Cyberhighway-Friend or Foe", "Books, the Other Channel" and "Basic Cooking Techniques/Mind Your Manners" in preparation for Thanksgiving. This county hosted a regional meeting and members learned more than they ever knew about outhouses! These busy women contributed 3,142 hours for FCE Activities.

You can tell Maryland FCE members are educated and active. They have contributed HOURS of time, lots of money, tons of energy to FCE and other programs and activities. For certain--the state is a better place because of our members! Thank you--all of you.

Judy Pugh, Vice President for Program
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ACWW NEWS

Pennies for Friendship Could Thrive on the Price of a Loaf Of Bread

Real Care Imposes Real Costs

Treasurer Anphia Grobler works alongside the monetary roller coaster that governs the activities of organizations like ACWW.

The financial insecurity of the world right now has an influence on everyone reading this, on each of our member organizations and, of course, on ACWW itself. Although this makes all of us insecure, it is nothing new. History proves that even ACWW has gone through tough times.

Mrs. Godfrey Drage launched the Pennies for Friendship plan in 1936. She was a founder member from Whales and chairman of the finance committee at the time. The idea was that every member in every ACWW society would give the smallest coin of her county once a year in addition to her society dues. Today we know that the value of the smallest coin of even the strongest current is

eroded, but we can still make a similar plan work for us!

Before we look into implementing this in a changed world, we have to ask: Why do we need the Pennies for Friendship Fund?

As a charity, we receive money for projects from societies and members ACWW is very proud of what has been achieved over almost eight decades. Money for projects needs to be "mobile". ACWW is like a big ship loaded with goods to be taken abroad-but there is not enough fuel to run the engines.

The need for additional income to administer ACWW is as essential as donations towards projects.

How can we bring Pennies for Friendship in line with current times? The use of the word "pennies" is symbolic. Today, in most countries, a penny or other smallest coin will not buy anything and, of course, there is no standard cost of living across the world. What costs a few pennies in one place may cost many more in another.

A few years ago it was suggested that each member donate the price of a loaf of bread toward ACWW's Pennies for Friendship fund. Is it too much to ask this again? Each country would have a goal relating to its own cost of living.

This is an opportunity to give hope to someone out there who might never have the pleasure of running water, access to a vegetable garden, a business to provide financial security, or maybe the opportunity for their children to go to school.

I urge you: encourage all members to donate the cost of a loaf of bread in their own currency towards the Pennies for Friendship fund of ACWW and help us make a success of the projects we finance. By being involved in this way, there is the reassurance that money given for projects is not without a structure to administer it effectively.

Looking at the history of ACWW, Pennies for Friendship can be seen as a tradition with a worthy outcome. If you are not yet an individual member, why not sign up and be directly involved in this charity? Receive *The Countywoman* personally and be informed about projects, the progress of "Pennies" and the other work of ACWW.

Reprinted from *The Countrywoman*
April - June, 2009

Sewing to Finance ACWW Conference

April 21-28, 2010 the United States will host the Associated Country Women of the World (ACWW) 26th Triennial Meeting in Hot Springs, Arkansas. Hosting a conference of this magnitude is challenging and very expensive. Thus, all of the U.S. societies have been asked to contribute to the cause.

Maryland FCE has donated \$1.00 per member (\$250). Also, a suggested sponsorship list for components of the meeting may be found on www.cwcusa.org.

There will be a country store at our U.S. Country Women's Council meeting in September and at the ACWW triennial in April. Nice, light-weight and well made easy to pack items are needed to stock the shelves. All revenue will be used for the conference.

At our Maryland FCE Regional Meetings in April each county president was given patterns and directions to make three different items – a bread-basket liner, a decorative collar, and a pocketed jewelry bag. Each item uses ½ yard of material. Our goal is to make and sell as many of these items as we can. If you have a market for them, or anything else, in your county please sell them and send the money to our Maryland FCE Treasurer, Louise Ediger, 10521 Old Frederick Road, Frederick, MD 21701. We suggest \$6.00 for the jewelry bag, \$5.00 for the collar and \$4.00 for the bread-basket liner. We will make arrangements to get any items not sold in the counties and take them to the meetings in September and April. Thanks.

Maryland is a small state and our membership isn't very large but most of us can cut and stitch fabric. Let's add this project to our summer schedules and see how generous we can be!
Barbara Perry
barbaraperry19@atlanticbb.net or 401-827-6716

National FCE in Portland, Oregon

If you haven't registered for the NAFCE Conference at Holiday Inn on July 17 – 19, it is not too late. If you're not sure where to vacation this year; think about Oregon. You'll have fun, see some very interesting things and maybe even learn a thing or two. Complete registration material is located in your Spring FCE TODAY or on the web (www.nafce.org).

IN AND AROUND MARYLAND

MONTGOMERY COUNTY

Fifty-three (53) FCE members and guests attended our Spring Luncheon entitled "Ties that Bind" a wonderful program presented by the Derwood Club.

A Yard Sale will be held June 19th & 20st at 15500 Gallaudet Avenue, Silver Spring to support the scholarship fund. Items can be dropped off at any time.

In seven months we have completed over 1000 blankets and over 800 hats for our Linus project. These blankets go to sick and traumatized children in local hospitals and shelters. We are always in need of acrylic yarn. If you have any to donate we would be happy to have it.

PRINCE GEORGE'S COUNTY

We are still the few, the proud, the PGCAFCE and going strong with just 13 of us. February was a very exciting meeting. Dr. Leon Brooks of the 4-H extension office awarded each member of PGCFCE with a beautiful pen and pencil set for our continued support with the 4-H Project Day.

Marie Moeller did our first, very informative and requested program on training within FCE. It was well received and very educational. Please don't forget the newbie's within your organization so they hopefully don't feel as lost as we did as newbie's. The second program had an advance warning sent out, to bring your sweet tooth and we passed insulin out at the door for those in need. The program started out with a lecture on "The Health Benefits of Chocolate: Can Chocolate Benefit Your Health?" and followed with dipping into chocolate anything Margie and Sharon could think of and the Clinton police department allowed [giggle, giggle]. We received magnets that said, "God sends no stress...that chocolate and prayer can't handle" and we were shown how to make kissy fish from various size foam hearts for our valentines, picture frames that held our sweetheart's picture from the small conversation heart boxes and computer generated magnets. My personal favorite "Got my coffee, Got my cigarettes, Got my computer, and took my Prozac, it's going to be a GREAT day!"

Our March meeting had a rather long business meeting discussing how we are financially going to afford all the community projects we are involved in, even with our very generous members. Our financial responsibilities now include: monthly collections of pennies for friendship to assist the ACWW- Associated Country Women of the World of which we are members. It helps to fund educational and self help programs for rural and developing women in the world.

Nickels for leadership helps to pay for NAFCE leadership training programs presented at FCL-Family Community Leadership seminars that are held regionally.

Our Ethel Regan scholarship fund was established to honor Ethel Regan from the Chevy Chase Homemakers Club, now a social club. Ethel Regan was one of the first ladies to establish the home demonstration clubs that became Homemakers clubs in Maryland. We give out 2 scholarships a year to college students in any educational discipline. Applications are being sent to 25 local high schools, screened in committee, and sent to the school of choice to be used for books and tuition. Our Sue Van Slyke belongs to the Capitol Hill Presbyterian Church at 4th and Independence St SE in DC. She, Sharon Adamoyurka, Alicia Rausch and Debbie Rausch all learned a great deal about sewing while helping Sue with her project. Sue had 15 dresses - 13 hand sewn and 2 store bought, and 1 little boy's outfit, store bought. The outfits go to the Capitol Hill Group Ministry and are given to little girls in their homeless program. She had 3 little girls model for the Fashion Show on Palm Sunday - one did not show up - and had 1 little boy for the purchased boys outfit. All the dresses were modeled, even though the models had to wear 3 or 4 dresses each and in a couple of cases the dresses were really too big for the models. But everyone seemed to have a good time and the mothers and fathers of our models seemed to be very proud of having their little ones wearing such pretty dresses. Anyone interested in helping next year is more than welcome in partaking in such a worthy project.

We are still working on our on-going project, "A Case for Smiles" benefiting Conkerr Cancer Center. We are always interested in helpers, material or donations for material and want to thank those that already have supported us with this worthwhile project. We have several members of

the St. John Seniors in our group and have formally requested their assistance for the above and welcomed anyone who was interested to come join our group and it should be quite promising.

Another on-going project of collecting tin cans with proceeds benefiting the Baden Food Pantry can always use help from anyone that wants to **save for** us and donations of food and money is collected at each meeting.

And lastly, everyone is crocheting various 12 x 12 blocks for crazy afghans to be given to our veterans through the Knights of Columbus via Debbie Rausch. We also have given out the information for Montgomery County's "Linus Project" for anyone who wants to help with their wonderfully successful project.

Participating in all these worthy projects leaves us with an unexplainable feeling in our hearts. We ended the meeting with sewing pillowcases, dresses and making Leprechauns that held large shamrocks for verses to be printed with well wishes.

April was another exciting month for us as we had a program on the history of Easter Egg Decorating and then we all gave it a try using various techniques. Our usual snack table was all decked out in its Easter regalia with plenty of goodies to share. It was also very interesting to find out how to freeze eggs. We then acted like little children again with baskets in hand for a good old fashioned Easter Egg Hunt. We all went home with prizes of candy in every egg and 4 bonus gifts for the "special" eggs. Pillowcases were also sewn.

We finished off this reporting period with a fabulous Regional II Meeting hosted by Anne Arundel County. The programs were very interesting and very educational. The luncheon was delicious and returning to Snyder's is a must. My personal favorite though was the bake sale, some mighty fine bakers up there also. A good time was had by all of us. Thank you very much.



Fort McHenry Two field pieces in front of the fort with the Garrison Flag flying.

Ham and Sweet Potato Salad

Ingredients:

1 bag (5 oz) baby spinach
1 lb sweet potatoes, peeled, halved lengthwise, then cut crosswise in 1/4-in.-thick slices
8 oz green beans, ends trimmed, beans cut in half (2 1/3 cups)
2 tsp vegetable oil
8 oz thick-sliced Canadian bacon, cut in strips
1 red onion - cut in thin wedges
1/3 cup honey-Dijon dressing

Directions:

1. Line a serving platter with spinach.
2. Bring 1 cup lightly salted water to a boil in a large nonstick skillet. Add potatoes and beans, cover and cook 5 to 7 minutes just until potatoes are fork-tender (be careful not to overcook or potatoes will fall apart). Drain potatoes and beans.
3. In same skillet, heat oil over medium heat. Add bacon and onion; sauté 5 minutes or until lightly browned and onion is tender. Spoon over spinach along with the drained potatoes and beans.

4. Remove skillet from heat; reduce heat to low. Pour dressing into skillet, return to heat and stir until hot. Spoon over salad.

Nutrition Facts

- Yield 5 servings
Amount per Serving
- Calories 175
- Total Fat 5g
- Saturated Fat 1g
- Cholesterol 24mg
- Sodium 838mg
- Total Carbohydrates 24g
- Dietary Fiber 5g
- Protein 11g

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