

# WHAT'S HAPPENING

Maryland Association for Family and Community Education, Inc. Newsletter

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## JUNE

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



## JULY

- 4 Happy Birthday America
- 24-26 NAFCE Annual Conference, Kansas City Missouri

## AUGUST

- All **All County Associations' List of Officers and Committees for 2016 should be sent to State President**
- 1 **LOOK WHAT'S HAPPENING** deadline for items to Editor
- 3 10:00 AM MAFCE Board Meeting, Prince George's County Extension Office

## SEPTEMBER

- All CHARACTER COUNTS!® Essay and Artwork Contest starts  
Collect 2016 Dues-Membership Drive  
National Literacy Month
- 14 10:00 AM MAFCE Board Meeting, Anne Arundel County Extension Office
- 20-22 CWC USA Meeting  
Hyatt Regency Hotel,  
Tulsa OK



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## CHARACTER COUNTS!® Contest

Margaret Burch from Prince George's County was the First Place winner for Maryland in the National FCE CHARACTER COUNTS!® Essay and Artwork Contest on Responsibility. She received \$50 from MDAFCE. Her contest papers were sent to National FCE for competition with other state's winners.

## On the WEB with MDAFCE [www.mdafce.org](http://www.mdafce.org)

Continue to send information and calendar updates for your web page. Send newsletters, calendars and information to Libby Wade at [dunade@aol.com](mailto: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](mailto:jcpurich@cs.com) with your information.



## FROM THE PRESIDENT

### The Wizarding World of FCE

Hi All! This month I have just a jumble of thoughts running around in my head. First, I need to invite all to the MDAFCE Annual Conference on October 13 - 14 at the Comfort Inn, Bowie, MD. I hope everyone will come even if you can't make it for both days, consider coming for one. I am pleased to see that we have gained new members this year but over the past few years we have declined. Let me know if you have any suggestions on growing our membership.

We need to keep helping our families. My days are filled with transporting grand kids to their sports, helping my mom with her needs, and being a mate to my husband. Sometimes even the smallest thing can make a huge difference in their lives as well as your own.

I have updated the web site for the 2015 officers and calendars. Please be sure to look over the pages, especially for your county. If you have any suggestions for changes or additions, let me know.

The approach of summer is one I really look forward to. The warmer weather means lots of outdoor activities. Swimming, picnicking, and sports are great ways to enjoy family and friends.

Libby Wade, President  
dunade@aol.com

301-831-8661



## PUBLIC POLICY NOTES

Bills awaiting Governor Hogan's signature

### 1. Artificial Insemination

Gives female couples the same benefits for artificial insemination as heterosexual couples.

### 2. Augustine Commission

These bills were meant to improve the state's business climate. One bill would examine how public universities could make money by selling the findings of their research. Another would require some state employees to take customer-service training.

### 3. Body Cameras

Exempts the wiretap rule that allows police departments in the state to wear body cameras. Regulations for county and cities are developed.

### 4. Voting rights for ex-felons

Voting rights provided for about 40,000 ex-felons on parole or probation. The district and 13 other states presently allow ex-felons to vote after they are released from prison.

### 5. Hotel Tax

Online travel services that offer discounted hotel room prices will have to pay the same amount of state sales tax which is 6 %.

### 6. Marijuana

One bill repeals the mandatory minimum sentences for non-violent drug offenders who have committed a second offense. Another bill decriminalizes the possession of paraphernalia such as bongs and pipes.

### 7. Second Chance Act

People with certain non-violent misdemeanor records will be able to have their records blocked from public view after 3 years under specific conditions. This is to make it easier for those with criminal pasts to get jobs.

### 8. Speed Limit

Bill will allow state transportation officials the authority to raise speed limit from 65 mph to 70 mph.

### 9. Transgender birth certificates

This bill requires the state's health officials to issue new birth certificates for transgender and intersex individuals after documented sex change.

### 10. Uber

This bill makes share-riding booking services legal in Maryland after the District and Virginia approve frameworks for the app-based car services.

Marilyn Simonds, VP for Public Policy

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## Bulletin Board

Speedy recovery and prayers for:

Joan Castellon and Karen Tang, Montgomery County, who recently had surgery.

Ellen Taylor, Carroll County broke her hip and leg, but is on the mend.

## NEWS FROM THE VICE PRESIDENT FOR PROGRAM

Your FCE State Board is busy preparing for our annual State Conference in October. There will be many interesting educational programs and new Hearth Fires. One new Hearth Fire "Advance Directives – Do I Want/Need Them?" contains information that we should all be aware of. Everyone will receive a copy. Please plan to attend this conference. Details are elsewhere in this newsletter. This is your opportunity to learn, visit with old friends, find out what programs are successful in other counties and just relax and enjoy yourself. In the meantime, have a great summer and appreciate nature's bounty.

Evelyn M. Ziegler Vice President for Program  
zieglers@comcast.net 410-465-3587

## MARYLAND FCE CONFERENCE

The Annual MDAFCE Conference will be held at the Comfort Inn, 4500 Crain Highway, Bowie, MD 20716. Prince George's County will be the host. The dates are Tuesday 10/13 (registration starts at 8 AM, meeting at 9AM) and Wednesday 10/14. This award winning hotel located in Central Maryland is convenient to Annapolis, Baltimore and Washington, D.C. It is at the Route 301 and 50 interchange.



Our meeting will be in the Patuxent banquet room. Overnight rooms are reserved at the hotel. There are elevators, handicap parking and bathrooms. Enjoy a free full hot breakfast buffet if you chose to stay overnight.

This will be an educational and fun conference. One of our speakers will be Joyce I Nohowel, speaking about downsizing and knowing what to keep and what to get rid of. Hear about the new programs and updates from the National FCE July Conference.

Attend and experience the magic and fun of FCE! Meet new, former and current members.

Marie Moeller 443-964-8315  
mariemoeller@yahoo.com

## IN AND AROUND MARYLAND

### ANNE ARUNDEL COUNTY

The Anne Arundel ladies are busy welcoming spring with thoughts of flowers and pretty gardens. To help us with our garden thoughts, at our last meeting we enjoyed the class by our AA Extension Educator extraordinaire, Mike Ensor, who is also the originator of the Master Gardener program in Maryland. He talked about sustainable gardening and using plants, such as marigolds, as alternatives to pesticides and information for novices, as well as, seasoned gardeners.

We then took a walk around the outside county office which has been planted and maintained by Anne Arundel County Master Gardeners. There were various small gardens which included native species of flowers and herbs. There was also a small children's labyrinth garden and a small but very productive vegetable garden with peas climbing a fence and potatoes planted in a garden fabric lined clothes basket (now that's homemaker ingenuity). There was also the lettuce, tomatoes, radishes, carrots, squash, etc. It is amazing to see how much can be put together in a small space. Lots of good ideas!

Last month we were treated to a class by the artist member of our group, Carolyn Councill who is also a member of the Baltimore Water Color Society. Her lovely class consisted of painting a sky or seascape using simple techniques. One was using plastic wrap for creating an interesting design texture. Carolyn will be having a showing of her water color art in Annapolis, which we plan to see.

As an update on the grant money we received from the Live Maryland casino, we have been busy putting it in all the different places including happily being able to give \$1,120.00 for the 4-H summer camp program.

A happy summer to all.  
Judith Ammenheuser

410-761-7437

### CARROLL COUNTY

Our January 2015 meeting and snow date were canceled due to snow. So our 1<sup>st</sup> meeting in 2015 was in March. Joan Antonio did January's program on Chronic Pain. The program scheduled for March was moved to August. Joan used the Hearth Fire series as a guide and also information from the internet. It was a very nice program and included a lot of information.

At our March meeting we also gave out our membership booklets for 2015. Joan went over any changes that needed to be made to the booklets.

Ellen Taylor, one of our members, was not at the March meeting due to breaking her hip and leg. She was in Loren, a nursing home in Taneytown. Unfortunately, a couple of weeks later her husband died. Nancy went to see her and took her a card from all of us. We understand her bones are healing nicely and we hope she will be home soon. Ellen was at our May Day and she looks great and is now at Westminster Ridge.

Our next meeting will be June 14. Before then we will celebrate May Day on May 7<sup>th</sup> at the Elks in Westminster. Mikele Stillman will come as "Alice Roosevelt Longworth" as our entertainment for the luncheon.

The finalist for CHARACTER COUNTS<sup>®</sup> Essay winner was due to the State Board by February 20 so on February 4<sup>th</sup> some of us met to read the students papers and look at their drawings. We had 100 papers from 3 different schools. We picked Mya Darby as our winner and we submitted her entry to the State Board – hoping she would also win at State level. She gets a cash award from us, a certificate, a bookmark and a stuffed animal. All the students who enter get a certificate and a book mark. First, 2<sup>nd</sup> and 3<sup>rd</sup> place winners also get a cash award and FCE Character stuffed toy.

On April 27<sup>th</sup>, six of us met to read 40 essays submitted by high school students in Carroll County who were competing for the two \$750 scholarships we give to college bond graduating seniors in Carroll County. They are to write a paper about themselves and why they need to money for college. Mayson Lawyer and Steven Priester were chosen as the winners. They just happen to be from the same High School, Manchester Valley. This is the first time that both of our winners have been from the same High School.

July 2<sup>nd</sup> we are planning a bus trip to Dutch Apple Dinner Theatre to see "Oklahoma." The money we make from the bus trip is how we support our Scholarships. The cost of the bus trip is \$75 a person – which includes the bus, the show, a wonderful buffet lunch and the bus driver's tip!! If you would like to join us, contact Elizabeth Heagy.

Elizabeth Heagy  
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410-857-3388

## MONTGOMERY COUNTY

Forty-four FCE members and guests attended our Spring Luncheon entitled "It's Moo-licious". Attendees were treated to a program about the Dairy Museum and we celebrated Martha Breslin's (formerly of PGCFCFCE) 100<sup>th</sup> birthday.

We continue to send boxes of love and goodies to the Troops. Here is a list of snacks and other items needed for Treat the Troops:

Powdered Drinks	Microwave Popcorn
Beef Jerky	Slim Jims
Dried Fruit Snacks	Blank Note Cards
Hard Wrapped Candy	

Cheese and Peanut Butter Crackers

Individual Packages of Nuts or Trail Mix

Crossword and Sudoku puzzles

LOTS AND LOTS OF CARDS AND LETTERS OF GRATITUDE AND ENCOURAGEMENT FOR OUR TROOPS.

**MONETARY DONATIONS** are needed to help offset high postage costs and supplies for the 35+ boxes we ship each month to our troops and service persons. The postage costs alone are running over \$700.00 per month. For more information contact:

Maddi Klein 301-774-8088 maddik@comcast.net

In May, we went on a bus trip to Harrisburg and Hershey PA. We visited the PA state capitol, the fire museum, Hershey Hotel for lunch and a Hershey garden tour. It was a great and long day.

## FREDERICK COUNTY

On April 22<sup>nd</sup>, the Frederick County Clubs held their annual spring meeting. The theme, "Southern Belles Mystery Tea Party" was highlighted by great centerpieces and Civil war clothing worn by the Mid-Valley Club, whose members hosted the event. All present were encouraged to wear Tea Party attire, including hats of all kinds and styles. After the business meeting, the Mid-Valley club performed the Southern Belles Mystery Tea Party Play. Prizes were given to those that guessed the correct "who done it" character. A buffet luncheon of tea party fare followed. County clubs had worked hard on their scrapbooks to highlight their efforts this past year. Club table centerpieces focused on various tea party and Civil war themes. Two guests from the Frederick County Extension office judged both the scrapbooks and centerpieces and awarded 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> prize certificates. We also held a used book sale, to include

cookbooks as well as books on gardening, crafts and decorating.

April's lesson at the Extension office was on Zentangle, an abstract drawing technique created using repetitive patterns. The session was well attended and all who came learned an easy way to create a new form of art that was both fun and relaxing. May's lesson focused on "Scams" and gangs in Frederick. A representative from the Frederick City Police Department was the instructor.

Since most clubs take the summer off from regular monthly meetings, our next focus will be demonstrating various crafts at the Great Frederick Fair in September.

Donna Bowles  
donnabowles1@comcast.net

301-473-8452

### PRINCE GEORGE'S COUNTY

Sharon has always loved the month of May. After the chilly winds of April, in some places May is the beginning of warm weather, but even if not, spring is in the air, flowers are blooming and summer is just around the corner, or at least we hope so. The month begins with May Day, and as a child she can remember gathering little sprigs of lily of the valley (one of her favorite flowers) from her grandmother's garden and bringing them in and dyeing them different colors, (by inserting in colored water), then sharing them with members of the family or friends, which is said to bring good luck.

The other major holiday in May is Mother's Day, which has always been one of her favorite holidays, though it can have a sensitive side to it too. For those whose mothers are no longer around or for those who wish they had been mothers and aren't, for whatever reason, it can bring up bittersweet memories.

Let us not leave out Cinco de Mayo on the 5th of May and the day we chose to have our spring luncheon at the Rod and Reel in Chesapeake Beach, Maryland. The weather was gorgeous, the food delicious and the view spectacular. It was extra special for Brigitta Young and Sharon's grandson, Erik Doyle, who celebrated their birthdays. Fourteen of our ladies attended and were joined by 5 guests.

Marge George and Sharon Adamoyurka had a great time wearing their sombreros and were ready to serenade anyone who would listen with their imaginary castanets (good thing neither of them

drink). After arriving home they definitely were ready for a siesta.

The Chesapeake Train Station Museum is right next door to the Rod and Reel Restaurant. Several of our ladies visited it and were given a short walk back in time to the tools, bathing suit fashions, and pictures of the old Chesapeake Beach Resort at the turn of the century. Then, tourists came by the train to the resort and park. We recommend visiting this well put-together museum.

Plans are slowly coming together for the State Conference in October. Marie Moeller does a wonderful job "herding cats" as they say in South Dakota, trying to keep all the scattered details concerning this event, hosted by Prince George's County FCE, moving forward and completing the tasks. We are at the beginning of getting down to work making table favors. The summer months will be our workshops. Looking forward to seeing everyone there!

The CHARACTER COUNTS!® Essay and Art Contest for 4th grade school children went well this year. We had 6 applicants with Margaret Burch winning First Place for our county and also the state, and Wesley James winning Second Place. Hopefully, we will have even more entrants next year.

The making of Easter Dresses for the Capitol Hill Group Ministry was a success this year, in spite of an early Easter. A total of 13 dresses were made. Our ladies helped cut out 7 of the dresses, sew 4 of them, and Sue Van Slyke made 6 - the rest were made by members of Sue's church. She has participated in this project for 35 years. The finished items are "modeled" at Palm Sunday service at Capitol Hill Presbyterian Church and given to children in homeless shelters at Easter by the Capitol Hill Group Ministry.

Here's hoping summer weather will be as nice as spring has started to be and that we truly enjoy the fellowship of our family and friends this season. Time together is a very rare and precious gift.

Sharon Adamoyurka and Debbie Rausch

### **Nominating Committee**

The positions up for election are President-elect, Vice President for Program and Secretary. If you would like to run for a position, please contact me.

Libby Wade

301-831-8661

## MEMBERSHIP

### Welcome to Our New Members

Karen Egerter and Cindy Fuss-Ruwet

### Congratulations to Our Recruiters

Judy Armitage, Barbara Bower, Laura Gracia,  
Elizabeth K. Heagy, Martha Moser, Jean Purich,  
Ellen Robinson, Marilyn Simonds, Jean Weinel

Thanks to the above recruiters for inviting 10 new members to join MDAFCE this year. Their names have been sent to National FCE to receive a "Star" for each new member they asked to join. The "Stars" should be in your mailboxes soon. I encourage all FCE members to continue to invite friends and acquaintances to come to our meetings and to join MDAFCE.

Martha C. Moser, Chairman

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## DID YOU KNOW THAT TYLENOL CAN DAMAGE YOUR LIVER?

ACETAMINOPHEN, the drug that is the ingredient in Tylenol, is also present in over 600 over-the-counter (OTC) and prescription medications. Liver damage in most cases occurs because of overdosing accidentally or by design. Problems can arise if a person (1) drinks alcohol while taking this drug, (2) uses it while pregnant, (3) uses more than one product containing acetaminophen, thus exceeding daily recommended dosage, or (4) takes it in combination with other drugs that brings about dangerous interaction. **THIS IS WHY YOUR DOCTORS NEED TO KNOW ALL MEDICATIONS YOU ARE TAKING.**

Liver damage has become so common that it leads to over 100,000 phone calls to poison control centers, over 60,000 ER visits and many deaths each year. Damage to the liver due to improper use of Tylenol is now the leading cause for liver transplants in the U. S. and abroad. Liver damage or failure because of acetaminophen poisoning should not be taken lightly.

However, Tylenol (or acetaminophen) is safe if used responsibly. Continued long term use of this drug should be under the guidance of your health care professional.

## ACWW News

### Safe Water and Safe Health



This project has been implemented by the volunteers and staff of the Mother Theresa Rural Development Society (MTRDS). Throughout the duration of their project titled 'Safe Water and Safe Health' the following was carried out:

- MTRDS organized awareness camps in the target villages, at which beneficiaries were identified and selected, after which MTRDS conducted group meetings in the target villages, where the need for awareness training of sanitation and the use of de-fluoridation water filters was identified.
- MTRDS set up self-help groups (SHGs) where members of these were encouraged to pay in 50 Rs each per month into a microcredit savings account. Once this account is built up, they can then apply for a loan in order to start an income-generating activity, such as sheep or goat rearing or a ladies clothes shop etc.
- 66 women took part in results-based management training. They learned how to visualize results, process documentation and facilitate meetings. They are using these in their community activities including savings and credit programs.
- 16 beneficiaries received a grant for the construction of a household toilet.
- De-fluoridation water filters were installed in two villages. These plants are being maintained by the women's SHGs'. One woman has been employed to be in charge of each plant. The entire population of the two villages is benefitting from the safe water produced as a result of these plants.

Organization: Mother Teresa Rural Development Society (MTRDS). Supported by: Zurich Financial Services; Guernsey FWI, England



## **Direction to Annual Conference Comfort Inn & Conference Center**

Form the North, take Route 70 East, to 32 East, to 495 towards Annapolis. (Or take Route 70 east to @29 South, to 100 East to Route 97 Crain Highway and follow the rest of the directions) Exit on Route 50 East to 13A exit Crain Highway South. Make first right onto Harbor Way, then first right into developed parking area. From Montgomery County, take 198 East to 197 South to left on Mitchellville Road and then right on Harbour way and right into developed area. Hotel is at the intersection of Route 50 and Crain Highway (Route 301).



**Maryland Association for  
Family and Community Education  
15500 Gallaudet Avenue  
Silver Spring Maryland 20905**

