

WHAT'S HAPPENING

Maryland Association for Family and Community Education, Inc. Newsletter

DECEMBER

- 1 State Dues and Membership Forms to NAFCE
- 7 10:00 AM Executive Committee Meeting, Anne Arundel County Extension Office
- 31 County's Annual reports due Vice President for Program; County Presidents' Reports due to President; Membership Appreciation Award due Vice President for Program

JANUARY

- 5 10:00 AM Executive Committee Meeting, Anne Arundel County Extension Office

FEBRUARY

All Month

Birthday Month, Collect (1 cent for each year of your age or just give a dollar so no one will know) & send to State FCE Treasurer

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

MARCH

All Month

Women's History Month

- 1 **Deadline for Heart of FCE, Spirit of FCL**
- 1 10:00 AM Executive Committee Meeting, Anne Arundel County Extension Office

Inside.....

Calendar	1
From The President	2
From The Vice-President for Program	2
Public Policy Notes	3
Networking in FCE	3
In and Around Maryland	4
2010 Census	5
News Release HHS Sec. Kathleen Sebelius	5
ACWW News	6
Fun Facts	6
H1N1 Questions	7
Broccoli and Cauliflower Casserole	8

REGIONAL MEETINGS HAVE BEEN CHANGED TO FALL (September and October). Your next newsletter will have full detailed information.

Character Counts Contest

The Character Counts Contest is now in progress. County winners should be sent to Marie Moeller by March 1, 2010.

MDFCE Web Site is www.mdafce.org

Send newsletters, calendars and information to Libby Wade at dunade@aol.com

Newsletter Deadline: February 1

Send all articles, Bulletin Board items, address changes and trivia for the newsletter to:

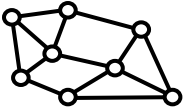
Jean Purich, 15500 Gallaudet Ave, Silver Spring, MD 20905-4196 or email to jcpurich@cs.com



Happy New Year!



FROM THE PRESIDENT



Networking For FCE – 2010

What a wonderful restful experience at Ocean City! It was soothing to hear the ocean surf from your private room. I'm sure all can agree that the food was delicious and plentiful. There were 61 in attendance. Of these we welcomed 11 first time attendees. They were: Devra Boesch – Frederick, Jean Keenan – Weld, Elizabeth Kraus – Wicomico, Nancy McAllister – Carroll, Pat Myers, Jean Emminger, Joan Castellon, Genevieve Ricketts – Montgomery, Linda Payne – Carroll, Sue Streeter - Anne Arundel, Helen Vaughan - Prince Georges', Sue Ziegler – Howard.

Prince George's County members who attended entertained us Monday evening with Halloween costumes. The hotel staff also enjoyed them. Anne Arundel did a superb job hosting the Conference. Some highlights were name tags with a light house clip art, a variety of homemade breads, centerpieces of a mirror under a bowl of seashells, small homemade tote bags with Xmas ornaments, etc. There were lots of items for sale at "you name the price" (what bargains). RDC Chair Michelle Close did a great job on selling books and auctioning purses. She showcased purses at Tuesday's entertainment. We were surprised when the Mayor of Ocean City appeared. Libby Wade was our technical equipment person and did a great job. The programs and presenters were excellent, including the many laughs we took home from our FCE Vice-President, Judy Pugh.

Don't forget the ACWW Triennial Meeting April 21-28, 2010 at Hot Springs, Arkansas. I have Registration forms for 1-3 days for which you are not required to be a ACWW member to attend. Contact me at mariemoeller@yahoo.com if interested.

Marie Moeller, MAFCE President
443-964-8315
mariemoeller@yahoo.com

FROM THE VICE-PRESIDENT FOR PROGRAM

BY THE SEA...

Ocean City was a great place for Maryland FCE's 2009 Annual Conference. We learned so much about the area with historian Robert Stevens' talk "OCBC" (Ocean City Before Condos). In addition to his vast knowledge, Mr. Stevens had wonderful pictures and drawings of the area from the time of its early development to the tourist attraction it is today.

Barbara Perry taught everyone to make beautiful paper beads. We made lovely necklaces to sell to benefit the ACWW meeting in the USA.

Singer Trudy Woomer and her husband entertained us with country music especially those songs made famous by Patsy Kline and other popular artists. With the holidays fast approaching, Ocean City Fire Department representative Ryan Whittington reminded us of fire hazards in our homes. He especially warned us about overloading extension cords and putting cords under rugs. And for those of you who deep fry your holiday turkey follow the directions explicitly to avoid fires and burns.

Madeleine Greene treated us with her approach to looking "Fit and Fabulous at ANY AGE." Her tips on being fit from the inside out made a lot of sense. No one can put clothes together quite like Madeleine and we were reminded of "no, no's" as well as advise to using the right lines and colors to complement our face and figures.

Karen Kansler of Good Samaritan Hospital enlightened us with her understanding of arthritis. "Arthritis on the Go" pretty much sums up the importance of exercise to keep our joints moving. Karen explained the importance of maintaining a healthy weight and healthy diet. We thought it was important for every one to leave with a smile on her face so together we practiced the Zygomaticus. That is an exercise to practice laughing--I mean REALLY LAUGHING. Laugh a lot folks; it is really good for you.

As we left Ocean City with smiles on our faces we had lots to remember and talk about from our brief visit "By the Sea."

Judy Pugh, Co-Vice President for Program
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PUBLIC POLICY NOTES

Many things have been and are happening in the field this year. The Health Reform Bill has certainly been in the forefront of the news and in people's thoughts. How it will affect us will become known soon as Congress finds a common agreement and finishes work on the bill. However it behooves us all to be watching and reading about the provisions.

More attention on the subject of domestic violence has produced some advance there as estranged couples who are suing for separation cannot carry guns while the case is proceeding. Longer learning time was legislated to help reduce the deaths of young drivers.

Cyberbullying is being recognized with more articles and advice for the victims being published. One school has an afternoon a week devoted to helping students understand bullying and that they have a responsibility to help protect the victim and stand up for themselves and others.

People are being made aware of "being green". Many companies are giving or selling cloth reusable bags and more people are carrying their groceries and other purchases home in them.

More research is being done on the effects of BPA or bisphenol A which is found in many types of plastic from dental sealants to canned food liners and has been detected in the urine of 93 percent of the US population. A new study shows it may be responsible for sexual problems in males.

One area in which we are not progressing very well is members are not getting their certificates together to send to National so that they can obtain their FCL certification. None have notified me of obtaining theirs this year. I hope to hear from some members in the coming year.

Marilyn Simonds, VP for Public Policy
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301-871-1609

TREASURER'S REPORT

Copies of the treasury report are available from Louise Ediger, Treasurer
rlrediger@yahoo.com or 301-898-9945.

NETWORKING IN FCE

Maryland FCE president, Marie Moeller, chose NETWORKING as the theme for her term. We did a networking exercise as part of the officer installation at the 2009 Annual Conference. As I was preparing for this part of the program it occurred to me some of us could use some help with the process. "How to Network?" from WikiHow proved to have some good advice for new and experienced networkers. Here are some selected ideas worthy of considering:

Networking involves letting people know about what you can offer and finding people who have resources and abilities you need. Successful networking is always giving and receiving. This takes time and effort. It's an investment and the benefits outweigh the costs.

Learn to build your social network--SMILE--and take a genuine interest in other people's lives. Get in touch with people you have known for a long time. Phone calls or e-mails are a good start. Invite people out for coffee or lunch in order to catch up on what they are doing as well as letting them know what you've been doing. Think of ways you can help others and develop good listening skills. Follow up on those calls, e-mails and visits. Let people know what your needs are. Don't apologize for asking for help. Use the Internet as a resource--I just did!

If you have never networked, it will be difficult at first but practice does help. Be careful about people who only TAKE and not GIVE--they never help you in return. Be polite but drop them from your network.

WikiHow says, "In today's interconnected society...your talents, abilities and experience will never take you anywhere if nobody knows you exist. In order to get what you want out of life, you need to be resourceful. Your fellow human beings are a vast resource." Networking is a win-win activity!

Judy Pugh
Co-Vice President for Program



IN AND AROUND MARYLAND

ALLEGANY COUNTY

Allegheny County is having their Christmas Tea on Friday December 4th at the fairgrounds at noon. We will be having cookies, candy, breads, etc. and punch; there will be some entertainment and singing of Christmas carols.

On Friday, December 11th at noon, we will be having our Christmas luncheon at "The Hangar" in Frostburg.

MONTGOMERY COUNTY

Fifteen members of Montgomery County FCE went to the Annual Conference in Ocean City Maryland. We learned of new programs and had a great time. MC had 2 first timers attend.

In September, we completed our eighth year of the Linus Project. A total of 1,729 blankets and 1,545 baby hats were completed this year with a eight-year total of 8,273 blankets.

A two-day Fall Festival was held at the Extension Office where crafts and baked goods were sold and kids games were played. Money made will help support 2 scholarships at Montgomery College. We gave over 450 new books to children that attended the festival.

PRINCE GEORGE'S COUNTY

Our November meeting was spent planning for the new year and going over everything we've accomplished so far this year. As of October, 27 pillowcases have been made, \$32.54 in pennies contributed to ACWW, \$22.28 in nickels for leadership, \$55.25 for Ethel Regan Scholarship Fund and \$44 cash not to mention \$72 from the cans collected plus all the actual food donations to our pantry bank..

This is a thank you from the Knights of Columbus: The Lap Robe Program for the wounded Soldiers, Sailors, Airmen, and Marines is a Maryland State Council Knights of Columbus ladies program being administered through the end of the current State Deputy's tenure. The lap robes should be approximately 40 inches by 60 inches and can be either purchased or hand knitted/crocheted and delivered to the local Council. The Knights would like to thank all of the volunteers who have so willingly volunteered their time, talents and treasures to contribute lap robes to the program.

MEMBERSHIP

Thanks to all the county treasurers who sent their membership information and dues in on time this year. Since I'm just learning this position, this has been very helpful to me as the new membership chairman. I encourage you to continue inviting people to join FCE throughout the year. Just fill out the membership form and send it and payment to your county treasurer who will forward it to me. Be sure to put recruited by on the bottom of the new member form with your name and address so you can be a "Star". New members are always welcome.

Martha Moser
310-371-6132

mcatmoser@aol.com

SAVE ON TELEPHONE SERVICE

Once a year, review your phone bills for the previous three months to see what local, local toll, long distance, and international calls you normally make. Call several phone companies which provide service in your area (including wireless and cable), to find the cheapest calling plan that meets your needs. Consider a bundled package that offers local, local toll and long distance, and possibly other services, if you heavily use all the services in the bundle.

Check your phone bill to see if you have optional calling features or additional services, such as inside wire maintenance, that you don't need. Each option you drop could save you \$40 or more each year.

If you use a cell phone, make sure your calling plan matches the pattern of calls you typically make. Understand peak calling periods, area coverage, roaming, and termination charges. Contracts offered by most carriers will provide you with a trial period of 14 days or more. Use that time to make sure the service provides coverage in all the places you will be using the phone (home, work, etc.). Prepaid wireless plans tend to have higher per minute rates and fees but may be a better option if you use the phone only occasionally.

Before making calls when away from home, compare per minute rates and surcharges for cell phones, prepaid phone cards, and calling card plans to find how to save the most money.

2010 CENSUS CAUTIONS FROM THE BETTER BUSINESS BUREAU

Be Cautious About Giving Info to Census
Workers by Susan Johnson

With the U.S. Census process beginning, the Better Business Bureau (BBB) advises people to be cooperative, but cautious, so as not to become a victim of fraud or identity theft. The first phase of the 2010 U.S. Census is under way as workers have begun verifying the addresses of households across the country. Eventually, more than 140,000 U.S. Census workers will count every person in the United States and will gather information about every person living at each address including name, age, gender, race, and other relevant data.

The big question is, "How do you tell the difference between a U.S. Census worker and a con artist?" BBB offers the following advice:

If a U.S. Census worker knocks on your door, they will have a badge, a handheld device, a Census Bureau canvas bag, and a confidentiality notice. Ask to see their identification and their badge before answering their questions. However, you should never invite anyone you don't know into your home.

Census workers are currently only knocking on doors to verify address information. Do not give your Social Security number, credit card or banking information to anyone, even if they claim they need it for the U.S. Census.

REMEMBER, NO MATTER WHAT THEY ASK, YOU REALLY ONLY NEED TO TELL THEM HOW MANY PEOPLE LIVE AT YOUR ADDRESS.

While the Census Bureau might ask for basic financial information, such as a salary range, **YOU DON'T HAVE TO ANSWER ANYTHING ABOUT YOUR FINANCIAL SITUATION.** The Census Bureau will not ask for Social Security, bank account or credit card numbers, nor will employees solicit donations. Any one asking for that information is **NOT** with the Census Bureau.

The census bureau has decided not to work with ACORN on gathering this information. No ACORN worker should approach you saying he/she is with the Census Bureau.

Eventually, Census workers may contact you by telephone, mail, or in person at home. However, **the Census Bureau will not contact you by Email**, so be on the lookout for Email scams impersonating the Census. Never click on a link or open any attachments in an Email that are supposedly from the U.S. Census Bureau.

For more advice on avoiding identity theft and fraud, visit <http://www.bbb.org/>

Wednesday, November 18, 2009

Secretary Sebelius Statement on New Breast Cancer Recommendations

HHS Secretary Kathleen Sebelius issued the following statement on new breast cancer screening recommendations from the U.S.

Preventive Services Task Force:

"There is no question that the U.S. Preventive Services Task Force Recommendations have caused a great deal of confusion and worry among women and their families across this country. I want to address that confusion head on."

"The U.S. Preventive Task Force is an outside independent panel of doctors and scientists who make recommendations. They do not set federal policy and they don't determine what services are covered by the federal government."

"There has been debate in this country for years about the age at which routine screening mammograms should begin, and how often they should be given. The Task Force has presented some new evidence for consideration but our policies remain unchanged. Indeed, I would be very surprised if any private insurance company changed its mammography coverage decisions as a result of this action."

"What is clear is that there is a great need for more evidence, more research and more scientific innovation to help women prevent, detect, and fight breast cancer, the second leading cause of cancer deaths among women."

"My message to women is simple. Mammograms have always been an important

life-saving tool in the fight against breast cancer and they still are today. Keep doing what you have been doing for years -- talk to your doctor about your individual history, ask questions, and make the decision that is right for you.”

Contact: HHS Press Office
(202) 690-6343

ACWW News

THE SOURCE OF LIFE IS DWINDLING

The 5th World Water Forum was held over seven days earlier this year on the historic Golden Horn in Istanbul, Turkey, and mounted a massive scale befitting future use of an element upon which all humanity depends. Joanna Koch, Geneva UN Representative was there for ACWW. She writes in this edited article:

I went to the forum titled Bridging Divides. I left the forum with a clear understanding: water is a hot issue, a political tool, a source of conflict, corruption, mismanagement and above all its availability is dwindling.

Greed and power are hastening the process but in the end effects of climate change will be the biggest source of danger.

ACWW could play an important role in the 6th World Water Forum to be held in Mexico in 2012.

The organization is uniquely well placed to speak for those who have no voice-the rural poor, women and children-to demand that they retain a continuing right to water. I think it would be of the greatest value if ACWW was to join up with Dutch Gender and water Alliance and work towards this goal. In partnership, we and they would gain in strength.

Controversy surrounded the forum as we heard how the world's water woes multiply. Headings included mismanagement, the privatization of water, and the clash between fresh water supplies and the requirements of sanitation.

The need for sanitation grows bigger, but water is a compelling issue and attracts support and funding.

Many governments have supported the private sector's involvement in water

management because municipal systems imparts of the developing world are highly bureaucratic and hindered by corruption and nepotism.

But at the latest meeting of the forum, in Mexico three years ago, the United Nations reported that privatization had not solved water problems as companies delivered water to less than one per cent of the world's poorest. Privatization could only work if water was guaranteed to low income groups.

As Professor Oktay Tabasaran, Secretary General of the World Water Forum, said the management of supplies required political will: its importance should be etched into the minds of decision makers. The politics surrounding rivers whose courses crossed national boundaries is a problem.

The last session I attended, Mountains of the World-Water Towers of the 21st Century had the objective of demonstrating that mountain water resources are coming under increasing pressure and that the mountains and glaciers are threatened by climate changes.

FUN FACTS

There are only four words in the English language which end in 'dous': tremendous, horrendous, stupendous, and hazardous.

There are two words in the English language that have all five vowels in order: 'abstemious' and 'facetious.' (add ly and you have 6 vowels)
'Dreamt' is the only English word that ends in the letters 'mt'. ?

A cat has 32 muscles in each ear.

A goldfish has a memory span of three seconds.

A 'jiffy' is an actual unit of time for 1/100th of a second.

A shark is the only fish that can blink with both eyes.

A snail can sleep for three years.

Almonds are a member of the peach family.

An ostrich's eye is bigger than its brain.

Babies are born without kneecaps. They don't appear until the child reaches 2 to 6 years of age.

February 1865 is the only month in recorded history not to have a full moon.

Our eyes are always the same size from birth, but our nose and ears never stop growing.

General Questions and Answers on 2009 H1N1 Influenza Vaccine Safety

Will the 2009 H1N1 influenza vaccines be safe?

The 2009 H1N1 influenza vaccine to have a similar safety profile as seasonal flu vaccines, which have a very good safety track record. Over the years, hundreds of millions of Americans have received seasonal flu vaccines. The most common side effects following flu vaccinations are mild, such as soreness, redness, tenderness or swelling where the shot was given. The Centers for Disease Control and Prevention (CDC) and the Food and Drug Administration (FDA) will be closely monitoring for any signs that the vaccine is causing unexpected adverse events and we will work with state and local health officials to investigate any unusual events.

Are there any side effects to the 2009 H1N1 influenza vaccine?

CDC expects that any side effects following vaccination with the 2009 H1N1 influenza vaccine would be rare. If side effects occur, they will likely be similar to those experienced following seasonal influenza vaccine. Mild problems that may be experienced include soreness, redness, or swelling where the shot was given, fainting (mainly adolescents), headache, muscle aches, fever, and nausea. If these problems occur, they usually begin soon after the shot and last 1-2 days. Life-threatening allergic reactions to vaccines are very rare. If they do occur, it is usually within a few minutes to a few hours after the shot is given.

The flu shot: The viruses in the flu shot are killed (inactivated), so you cannot get the flu from a flu shot. Some minor side effects that could occur are:

- soreness, redness, or swelling where the shot was given, fever (low grade), aches, and nausea. If these problems occur, they begin soon after the shot and usually last 1 to 2 days. Almost all people who receive influenza vaccine have no serious problems from it. However, on rare occasions, flu vaccination can cause serious problems, such as severe allergic reactions..

The nasal spray (also called LAIV): The viruses in the nasal-spray vaccine are weakened and do not cause severe symptoms often associated with

influenza illness. (In clinical studies, transmission of vaccine viruses to close contacts has occurred only rarely.)

In children, side effects from LAIV can include:

- runny nose, wheezing, headache, vomiting, muscle aches, and fever

In adults, side effects from LAIV can include

- runny nose, headache, sore throat and cough

Are there some people who should not receive this vaccine?

People who have a severe (life-threatening) allergy to chicken eggs or to any other substance in the vaccine should not be vaccinated.

Steps to Lessen the Spread of Flu in the Home

When providing care to a household member who is sick with influenza, the most important ways to protect yourself and others who are not sick are to:

- keep the sick person away from other people as much as possible especially others who are at high risk for complications from influenza
- remind the sick person to cover their coughs, and clean their hands with soap and water often. If soap and water are not available, they should use an alcohol-based hand rub, especially after coughing and/or sneezing
- have everyone in the household clean their hands often, using soap and water (or an alcohol-based hand rub)
- ask your health care provider if household contacts of the sick person—particularly those contacts who may be pregnant or have chronic health conditions should take antiviral medications such as oseltamivir (Tamiflu®) or zanamivir (Relenza®) to prevent the flu

- If you are in a high risk group for complications from influenza, you should attempt to avoid close contact (within 6 feet) with household members who are sick with influenza. If close contact with a sick individual is unavoidable, consider wearing a face mask or respirator. Infants should not be cared for by sick family members.

From the Centers for Disease Control and Prevention

<http://www.cdc.gov/h1n1flu/guidance>

Broccoli and Cauliflower Casserole

Ingredients

1/2 cup uncooked white rice
10 ounces broccoli florets
10 ounces cauliflower florets
1/2 cup butter
1 onion, chopped
1 pound processed cheese food, cubed
1 (10.75 ounce) can condensed cream of chicken soup
5 3/8 fluid ounces milk
1 1/2 cups crushed buttery round crackers



Directions

1. In a saucepan bring water to a boil. Add rice and stir. Reduce heat, cover and simmer for 20 minutes. Drain and set aside.
2. Simmer broccoli and cauliflower florets in water for 10 minutes, or until crunchy. Meanwhile, preheat oven to 350° F (175° C).
3. In a large saucepan, melt butter and sauté onion. Stir cauliflower, broccoli and rice into the saucepan. Once the vegetables and rice are coated, stir in the cheese, chicken soup and milk. Transfer the entire mixture to a 9x13 inch baking dish and sprinkle the crackers on top.
4. Bake in preheated oven for 30 minutes.

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