

WHAT'S HAPPENING

Maryland Association for Family and Community Education, Inc. Newsletter

DECEMBER

- 1 **State Dues and Membership Forms to NAFCE**
- 6 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

- 3 10:00 AM Executive Committee Meeting, Anne Arundel County Extension Office
- 31 End of County 2011 Character Counts!sm Essay and Artwork Contest

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
- 7 10:00 AM Executive Committee Meeting, Anne Arundel County Extension Office
- 20 Send County Character Counts!sm Essay and Artwork Contest winners to State President

MARCH

All Month

Women's History Month

- 1 **Deadline for Heart of FCE, Spirit of FCL** entries due to State President
- 7 10:00 AM Executive Committee Meeting Anne Arundel County Extension Office

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Plan Now to Attend the Maryland FCE Annual Conference in September!

Your next newsletter will have detailed information.

Character Counts!sm Contest

Send your Character Counts!sm Contest winning entry to Martha Moser, MDFCE President by February 20, 2011.

MDFCE Web Site is www.mdafce.org

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

Newsletter Deadline:

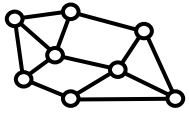
February 1

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.



FROM THE PRESIDENT



Networking For FCE – 2010

I wish to thank all who attended our Regional Meetings. We had a good turnout – 43 at Region II hosted by Montgomery County and 49 at Region I hosted by Allegany County. The host counties did a great job! There was good food, fellowship and excellent speakers.

Next year we look forward to the FCE State Conference which Frederick County will host. Our incoming State President, Martha Moser, is a member of Frederick FCE. Next year, Frederick County, it's your turn to shine! FCE Members support your new State President and all Officers and Committee Chairs at State and County levels. They volunteer their talents, time and efforts to keep our organization afloat, up and running to meet the changes of the 21st century.

Next year the National FCE Conference will be July 15–17, 2011 in Denver, Colorado. Start saving your money and plan to attend, shop, sight see, learn about new programs and have a wonderful time.

The 2011 FCE Directory and Standing Rules have been updated and given to your FCE County Presidents. It is also posted on our MDAFCE Website. Remember to send in your County FCE Presidents' and Program reports by 12/31/10. Let the hard work that each of you has done as FCE members shine for this past year.

I, as your MDAFCE President the last two years, appreciate your support and all that you do and have done for our organization. We continue to network and extend into our communities state wide to make ourselves known and meet the needs of children, adults, seniors, caregivers, and families. I asked National FCE to do a program or write a Hearst Fire on how to do FCE programs/projects with businesses, schools and/or other organizations or community groups with a similar mission as ours. The response was "we could work on something, but it would not be ready before the National Conference in 2012."

May you all have a Blessed and Happy Christmas Season!

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

FROM THE VICE-PRESIDENT FOR PROGRAM

We were very pleased with the turnout at our recent Regional Meetings. Since then, we have received several requests for copies of our "Start Your Engine" program. However, we have a few problems reproducing it because of copyright laws. We pulled information from various copyrighted sources. We are now in the process of trying to figure out a way to get the materials to you. We are pleased that you enjoyed our program and that you want to use it in your local areas. You will be hearing from us in the near future. Our thanks to all of you for your continued participation in FCE.

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

PUBLIC POLICY NOTES

Cannabis / Pot / Marijuana

During the war on drugs, marijuana went under ground 25 years ago. Skilled Mom-and-Pop growers have been developing many high performing cultured varieties using new techniques and technologies during the interval. Marijuana has never been more potent, more productive and more varied. As the supply has increased, the price has dropped. What cost \$5,000 a pound 15 years ago now sells for \$3,000 today. By 2002 as much as 10,000 metric tons were cultivated annually in the United States - valued at more than \$35 billion while the corn harvest was \$23 billion.

Fourteen years ago Californians approved medical marijuana and now they are considering "Proposition 19" which would allow people 21 or older to cultivate, possess and use small quantities of marijuana and let local governments' license commercial growers and retailers. In the past 10 years, Mexican drug organizations have increased their outdoor growing operation in the United States from the West coast to states such as Arkansas, Georgia and even Wisconsin. Many hobby growers use indoor gardens with the use of LED lighting to keep electricity bills lower so as not to alert authorities.

Washington, DC, as well as 13 other states are on their way to allowing the chronically sick to obtain marijuana even though there is a federal law against it. Those who advocate the DC law feel that it is so restrictive as to be impractical. It doesn't allow home cultivation and permits just 5 to 8 growing centers and dispensaries, limited to 95 plants each.

Federal sentencing mandates require 5 year prison terms for possession of 100 or more plants. Maryland judges can lower the fines for medical marijuana cases but one can still be arrested and convicted. Virginia has no medical marijuana law.

The potent part of marijuana giving the "high" is THC but the other aromatic essential oils affect the nature of the intoxication and the medical effects. Experts say the high potency has transformed marijuana into a drug that can cause psychosis and paranoia and increase addiction. Today the emergency centers are seeing an increase in admissions.

Information taken from an article written by Jack Higgins that appeared in the Washington Post Magazine on October 31, 2010.

Marilyn Simonds, VP for Public Policy
mjsimonds@verizon.net
301-871-1609

TREASURER'S REPORT

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

IN AND AROUND MARYLAND

ALLEGANY COUNTY

Our Christmas Tea will be on Friday, December 3, 2010 at the Allegany County fair grounds in the Multi-Purpose Building at noon. There will be several Christmas readings and entertainment will consist of The Lady Birds (a singing group) and a Christmas Carol sing-a-long. Cookies, breads, candies, sandwiches, and drinks will be served. The table centerpieces will be door prizes and any extras will be sold.

At our Monday, January 10, 2011 meeting at the fairgrounds at noon, each person will have a bag lunch. At 1 PM our meeting starts with news and business. Then we will have a program provided by our members.

On February 14th, we hope to have a talk about arthritis.

"Legal Needs of Seniors Citizens" will be addressed at the March 14th meeting, by someone from the Maryland Bar Association.

At the April 11th meeting, a Maryland Park Service person will speak about the programs and events offered by the park service this summer and fall and how the economy has affected the park service.

An International Luncheon will be held in May.

For our June meeting we will go to the Frostburg Library a tour and an update on what the library system has to offer. After the library tour, we hope to be able to go for a tour of a goat cheese making process.

Connie Yates

CARROLL COUNTY

The next upcoming event is our Holiday Luncheon on Monday, December 6 at 11am at the Carroll County Extension Office in Westminster. It will be a covered dish luncheon with various party type foods. Games will be provided by Joan Antonio and members will be bringing various items for our outreach programs. They are as follows: books for newborns to 6-year-olds, school supplies for Shepherd's Staff, baby caps, Linus blankets, donations for Springfield Hospital, soda tabs, and Campbell soup labels.

Carroll County will be participating in the Essay & Artwork contest this year with the emphasis on the fifth pillar of character which is Caring. Last year one of our students from Carroll County won first prize at the county level, first prize at the state level, and third prize at the national level. We congratulate Emily Silverman for a job well done!

Linda Payne

FREDERICK COUNTY

Members Learn Soap Making at Annual Board Meeting and Enjoy Presenting Demonstrations at the Great Frederick Fair



Congratulations to our new officers for the 2011-2012 term. They are President - Libby Wade, Vice-President - Starr Myklebust, Secretary - Michelle Close, and Treasurer - Joyce Gregory.

The program held at our annual board meeting was all about making soap at home and was presented by Mary Hudzinski. She explained the steps needed to make your own soap, gave tips to ensure safety, and everyone received a bar of soap to take home. She had bars of home made soap with different fragrances available for purchase. Following the program, the members enjoyed a potluck luncheon, prepared by some of the best cooks in Frederick County. The auction, which followed, added to the Club's treasury.

In late September, the Frederick County Homemakers and FCE members were a major presence in the Null (Household) Building during The Great Frederick Fair. From 9 AM till 3 PM, Monday through Friday of Fair Week, many Frederick County Clubs demonstrated crafts such as an Angel Duster, Embroidery, Bookmarks, Christmas crafts, or made snacks for visitors, all while encouraging local residents to consider joining their club. Friday, September 24 was a major success, as Members distributed boxes and boxes of donated children and chapter books to children and parents all afternoon.

Local clubs met for fellowship to start the new Fall season. Some held regular meetings, while others gathered during the annual Board meeting, or met at local restaurants for club celebrations. Lessons over the past two months included: the Frederick County Library System; "Questions to Ask Your Doctor"; "Older Adults and Depression, Suicide, and Anxiety"; "How do you save money on everyday essentials?"; Arthritis; and crafts such as wreaths, bows, and hand made Christmas ornaments. Club members continue to assist others in need. One club collected school supplies, which were then donated to Middletown Valley People Helping People. Another club is organizing a card drive for the Troops. One club

selected materials, cut, sewed, ironed, and assembled adult bibs for the hospital and baby blankets for the neonatal unit. Another gathered for the club's annual "seed counting", when members assisted in putting together the "Grow Your Own Pizza" kits to be distributed to county elementary schools during the Fair.

In December, members look forward to the Holiday Activity, "Christmas for Kids of all Ages" to be hosted by the Mt. Pleasant Club. In the Spring, the Lewistown and Gambrill Park Clubs will join forces to host the Spring Annual meeting at Homewood on April 27, 2011.

Libby Wade

MONTGOMERY COUNTY

Twelve members of Montgomery County FCE attended the Region II meeting in Montgomery County and four attended the Region I meeting in Allegany County. We learned "How to Start Your Engine", about "Immunizations for Seniors", and how to "Eat Well and Feel Well: Tips to Reduce Stress and Increase Energy". Everyone had a great time.

In September, we completed our ninth year of the Linus Project. A total of 1,501 blankets and 816 baby hats were completed this year with a nine-year total of 9,774 blankets and 3,654 baby hats.

An October Fall Festival was held at the Agricultural History Farm Park where crafts and baked goods were sold and kids' games were played. Money made will help support two scholarships at Montgomery College. We gave new books to children that attended the festival.

PRINCE GEORGE'S COUNTY

September was an exciting month as we added some much needed new members. Marie Moeller did our program on sexting (HF # 46) and it was a real eye opener for us computer enthusiasts. I think the computer sciences are now in the genes of the newer generations from birth. In this life, I've learned to high five, enjoyed many a sci-fi but I'm not sure I'm ready to handle wifi, wish me luck.

October has always been a favorite month for my family, as I've mentioned to you before! Halloween is a big event for us, and long after they've grown up, my kids get very excited about

planning their Halloween costumes and my grandchildren's. And we've had some doozies over the years. I hope you had a great month and got lots of Halloween candy! [I was a little disappointed that we didn't have anyone take us up on our costume challenge but want to thank my PGC friends for always sharing the spirit of Halloween with me].

Sue Van Slyke presented a program on Heifer International which included an educational video. Sure peaked our interest and we plan to use our Trash to Treasure money beginning in 2011 to support this worthwhile endeavor. Gosh, I've never bought a cow, goat or llama before. We also welcomed more new members...how terrific is that? Thanks to all our great recruiters.

We want to thank our Region II hosts for a very enjoyable meeting this year, even if the weather didn't cooperate, and I got my booties wet. The bake sale was just wonderful and we came home with many good recipes. The caterer for this event was spectacular and I hope we have the privilege of tasting goodies from them again in the future.

We really took advantage of the trip to Cumberland this year for the Region I meeting by making it a two day affair and although I didn't meet any of Maryland's finest [I got a ticket last year] it was a marvelous trip. We started and ended our trip at Cracker Barrel, of course, with Alice Irwin kicking and screaming all the way. The food was great and the things we spent our money on there brought us all a good laugh. By the way Marie, what happened to your whoopee cushion? We could have used it on Martha's chair to welcome her as the President elect. We then spent the afternoon at the Prime Outlet Malls where a good deal was found by all. [Especially at Dairy Queen, right Margie George?]. We then continued on with a beautiful drive through the mountains, as the trees were just starting to turn there and had a good nights sleep at the hotel. By the way, we found the name of the restaurant "The Crabby Pig" where we had dinner, quite interesting.

With all of us bright and fresh and a lot less frazzled than last year, we left for the Region I meeting. We only had to travel 3.5 miles but I think we all managed to get lost and make it a much longer ride. We also want to thank our hosts for an outstanding meeting. I purchased some very nice Christmas gifts while I was there and of course plan

on stealing, I mean appropriating, the ideas for duplication, especially the adorable noodle angel

pin. After obtaining some new knowledge, enjoying a delicious lunch [I'm still trying to get the country club's cranberry salad recipe] we started our trip home but not without a side trip to Flintstone for a visit to the Mennonite store. We can't wait to go there again.

November is the beginning of the holiday season, with all its bittersweet overtones—the holidays we hope to have, and wish for, but that don't always work out quite as we plan, joy on seeing and spending time with people we love, memories of those no longer here. We hope your Thanksgiving was beautiful this year. It is a wonderful time to embrace friends as well as family, and to reach out to those who are alone.

Have a wonderful Christmas! And please don't forget our military men and women that are away from their families this holiday season so we can enjoy the freedoms we have here in America, the greatest country in the world.

Sharon Adamoyurka

MEMBERSHIP

Thanks to all the county treasurers who got their membership forms and information in on time. No one missed the deadline. During November, I updated our information and forwarded it to National. It is still possible to join MDFCE. Just send the forms and checks to me as soon as you get them. We encourage new memberships at any time.

Martha C. Moser mcatmoser@aol.com
Membership Chair 310-371-6132
7436 Round Hill Road
Frederick, MD 21702

Maryland Quilt Book and FCE Cookbook

If you have one of these books and would like to sell them, another FCE member is looking for them.

Contact:
Helen Angel (410-761-1266)
AA3Fb@aol.com (Please title it as "I Have Books"
so I won't think the email is spam.) Thanks

ACWW News A STRONGER VOICE SPEAKS FOR WOMEN

A drive to advance the rights of women reached a new stage last summer when the United Nations General Assembly voted unanimously to create a dynamic new organization by merging four UN Offices focusing on gender equality.

“The newest member of the UN family has been born”, Secretary-General Ban Ki-moon declared to the assembly after it had agreed to set up an agency to be known as UN Women. “This is truly a watershed.”

Four former agencies have merged: the UN Development Fund for Women (UNIFEM), the Division for the Advancement of Women (DAW), the Office of the Special Advisor on Gender Issues, and the UN International Research and Training Institute for the Advancement of Women (UN-INSTRAW).

The Secretary-General said: “By bringing together four parts of the UN system dedicated to women’s issues, member states have created a much stronger voice for women and for gender equality at the global level. “It will now be much more difficult for the world to ignore the challenges facing women and girls-or to fail to take the necessary action.”

UN Women is the result of years of negotiation among member states and calls for action by the women’s movement. It will become operational in January and power the UN’s work to promote women’s rights.

It will have an annual budget of US \$500 million-double the combined resources of the four previous agencies.

Ban Ki-moon acknowledged that many countries face spending constraints because of the global economic downturn but expressed confidence that the new office will receive strong financial support.

“UN Women is recognition of a simple truth”, he later said in a statement. “Equality for women and girls is not only a basic human right; it is a social and economic imperative. Where women are educated and empowered, economies are more productive and strong. Where women are fully represented, societies are more peaceful and stable.”

One of the main goals of UN Women will be to support the Commission on the Status of Women and other inter-government bodies in

devising policies. It will also help states to implement standards, provide technical and financial support to countries which request it and forge partnerships with civil society.

Within the UN, it will hold the world body accountable for its own commitments on gender equality.

(Source the October-December 2010 issue of *The Countrywoman*)

Protect Yourself Against the Dangers of Cosmetics

- Never drive and put on make-up.

Not only does this make driving a danger, hitting a bump in the road and scratching your eyeball can cause serious eye injury.



- Never share make-up. Always use a new sponge when trying products at a store. Insist that salespersons clean container openings with alcohol before applying to your skin.
- Keep make-up containers closed tight.
- Keep make-up out of the sun and heat. Light and heat can kill the preservatives that help to fight bacteria. Don't keep cosmetics in a hot car for a long time.
- Don't use cosmetics if you have an eye infection, such as pinkeye. Throw away any make-up you were using when you found the problem.
- Never add liquid to a product unless the label tells you to do so.
- Throw away any make-up if the color changes or it starts to smell.
- Never use aerosol sprays near heat or while smoking, because they can catch on fire.
- Don't deeply inhale hairsprays or powders. This can cause lung damage.
- Avoid color additives that are not approved for use in the eye area, such as "permanent" eyelash tints and kohl (color additive that contains lead salts and is still used in eye cosmetics in other countries). Be sure to keep kohl away from children. It may cause lead poisoning.

Closing the Prescription Drug Coverage Gap

You Could Be Eligible For A \$250 Rebate This Year to Help with your Medicare Drug Costs



What's Next...Coming in 2011. If you reach the coverage gap in 2011, you will get a 50% discount on your brand name prescription drugs at the time you buy them, unless you are already getting Medicare Extra Help.

Help us spread the word about this important benefit and help stop scams against seniors. Pass this information along to your friends, neighbors and family so they know the facts about this important program. Remember—there are no forms to fill out to receive this benefit once you qualify for it. Medicare will automatically send a check that's made out to you. You **don't** need to provide any personal information like your Medicare, Social Security, or bank account numbers to get the rebate check.

Don't give your personal information to anyone who calls you about the \$250 rebate check. Call 1-800-MEDICARE (1-800-633-4227) to report anyone who does this. TTY users should call 1-877-486-2048.

Go to stopmedicarefraud.gov to learn more about how Medicare is working with law enforcement to stop scams against seniors.

Have other questions about the \$250 rebate check or the Affordable Care Act and Medicare? You can also visit www.medicare.gov or call 1-800-MEDICARE.

The Affordable Care Act passed by Congress and signed by President Obama this year contains some important benefits for Medicare recipients. If you have Medicare prescription drug coverage, and aren't already getting Medicare Extra Help, Medicare will automatically send you a tax free, one-time \$250 rebate check after you reach the coverage gap (also called the "donut hole") in 2010. This rebate is the first step toward closing the Medicare prescription drug coverage gap.

What is the coverage gap and how will I know if I've reached it? Most Medicare drug plans have a coverage gap. This means that after you and your plan have spent a certain amount of money for

covered drugs, you have to pay all costs out-of-pocket for your drugs (up to a limit). The Explanation of Benefits notice, which your drug plan mails to you each month when you fill a prescription, will tell you how much you've spent on covered drugs and whether you've entered the coverage gap.

Will I need to do anything to get this rebate check? No. There are no forms to fill out. Medicare will automatically send a check that's made out to you. You **don't** need to provide any personal information like your Medicare, Social Security, or bank account numbers to get the rebate check.

Don't give your personal information to anyone who calls you about the \$250 rebate check. Call 1-800-MEDICARE (1-800-633-4227) to report anyone who does this. TTY users should call 1-877-486-2048.

When will I get the rebate check? If you reach the coverage gap this year and enter the Part D "donut hole", you will receive a one-time \$250 rebate check if you are not already receiving Medicare Extra Help. These checks will begin to get mailed to beneficiaries starting in mid-June. Checks will be mailed monthly throughout the year as beneficiaries enter the coverage gap. However, this is a one-time benefit and if you qualify, you will only receive one check after you reach the coverage gap.

Will I have to pay taxes on rebate check? No. You don't have to pay taxes on your \$250 rebate check. It is tax free.

What if I don't get the rebate check when I should? If you hit the donut hole after the program has begun, you should expect to receive your check within 45 days. Your rebate may be delayed if Medicare doesn't have information from your Medicare drug plan showing that you reached the coverage gap in time to include you in the next mailing. You should call your Medicare drug plan to make sure all of your information has been sent to Medicare. If you don't get your rebate check, contact Medicare at 1-800-MEDICARE. Individuals receiving Medicare Extra Help will not receive a rebate check. You can also check to make sure Social Security has your correct home address. Call 1-800-772-1213 or your local Social Security office. TTY users should call 1-800-325-0778.

(Source Centers for Medicare & Medicaid Services
CMS Product No. 11464 May 2010)

Baked Apples with Sweet Potatoes

5 sweet potatoes
4 apples
½ cup brown sugar
½ teaspoon salt
¼ cup margarine
1 teaspoon nutmeg
¼ cup hot water
2 tablespoons honey

1. Boil sweet potatoes in 2 inches of water until almost tender. Cool potatoes, peel and slice.
2. Peel, core, and slice the apples.
3. Preheat the oven to 400°F. Grease the casserole dish with margarine.
4. Put a layer of sweet potatoes on the bottom of the dish.
5. Add a layer of apple slices.
6. Add some sugar, salt, and tiny pieces of margarine to the apple layer.
7. Repeat steps 4, 5, and 6 to make more layers.

8. On the top layer of apples, sprinkle the rest of the brown sugar, margarine pieces, and nutmeg.

9. Mix the hot water and honey together. Pour the mix over the top layer.

10. Bake for about 30 minutes, until apples are tender.

Makes 6 servings.

Nutrition facts per serving: 300 calories; 8 g total fat; 1.5 g saturated fat; 2 g trans fat; 0 mg cholesterol; 320 mg sodium; 59 g total carbohydrate, 2 g protein

Source: USDA Recipe

**Maryland Association for
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