

WHAT'S HAPPENING

Maryland Association for Family and Community Education, Inc. Newsletter

DECEMBER

1	State Dues and Membership Forms due to NAFCE	From The President	2
3	10:00 AM MDAFCE Board Meeting, Anne Arundel County Extension Office	From The Vice-President for Program	2
31	Counties Annual reports due Vice President for Program; County's Presidents' Reports due to State President; Membership Appreciation Award due to Vice President for Program	In and Around Maryland	2
		ACWW News	4
		CWC Report	5
		Membership	6
		Eraser Cleaning Blocks	6
		The Universe	7
		Ham and Split Pea Soup	8

JANUARY

All Month Complete and Mail All Annual Reports

- 7 10:00 AM MDAFCE Board Meeting, Anne Arundel County Extension Office
- 31 End of County 2012 Essay and Artwork Contest

FEBRUARY

All Month Birthday Month – Collect & send pennies to State FCE Treasurer

- 1 “Look What’s Happening” deadline for items to Editor
- 1 Start county judging of Essay and Artwork Contest
- 4 10:00 AM MDAFCE Board Meeting, Anne Arundel County Extension Office
- 20 Send county winner of Essay and Artwork Contest to state VP of Program

MARCH

All Month Women’s History Month

- 1 Heart of FCE & Spirit of FCL Award entries due State President
- 4 10:00 AM MDAFCE Board Meeting, Anne Arundel County Extension Office
- 8 International Women’s Day
- 31 Essay and Artwork Contest ends

Inside.....

Plan Now to Attend the Maryland FCE Annual Conference in November 2013!

Your next newsletter will have detailed information.

CHARACTER COUNTS!sm Contest

Send your CHARACTER COUNTS!sm Contest winning entry to Libby Wade, MDFCE President by February 20, 2013.

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



My two years as Maryland's FCE President is soon ending. It has been a magical, challenging, and enriching time for me. I appreciate your support and all that you do and have done for FCE.

I want to thank all who attended our Regional Meetings. Carroll County and Prince George's County did a wonderful job providing a magical time for everyone. There was good food, great fellowship, and excellent speakers. We even took care of a little business.

The Annual Maryland FCE Board Meeting was held November 5 at the Montgomery County Extension Office. Marilyn Simonds and Louise Ediger were reelected to their positions of Vice President for Public Policy and Treasurer respectively. Barbara Perry conducted the installation of all the officers and committee members for 2013. Libby Wade will be taking over as President in January and will do a fine job leading our group.

The 2013 FCE Directory and Standing Rules have been updated and given to your FCE County Presidents. Don't forget to check the MDAFCE website for the 2013 changes. Also, remember to get your county FCE Presidents' and Program reports in on time.

Finally, congratulations to all loyal MDAFCE members who have supported their club and have been willing to lend a hand to others. I hope everyone has a wonderful magical holiday season. Merry Christmas.

Martha C. Moser, President
mcatmoser@aol.com

301-371-6132

FROM THE VICE-PRESIDENT FOR PROGRAM

Our FCE year is coming to a close and we have just completed two very successful Regional Meetings. We hope you will utilize the programs we presented and the new Hearth Fire programs in your counties. We thank Carroll and Prince George's Counties for hosting these affairs.

We also need to update the procedure for obtaining membership certificates from National FCE. To be eligible for the 50, 55, 60, 65 or 70 year member certificate, a person must be a current member, and have been a member in good standing for a total of 50, 55, 60, 65, or 70 years. To obtain the member certificate, a member must apply through his/her club/county by sending his/her name, address and year joined to the state president, who will then send a list to the National FCE headquarters 60 days before the certificate is needed. Therefore, we are requesting that you send us the names for 2013 certificates prior to January 31, 2013.

Hope you have a joyous Christmas and a Happy and Healthy New Year.

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

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

ANNE ARUNDEL COUNTY

Harman's Homemakers Celebrates Fifty Years

Fifty years is a long time, but not to Anne Arundel County's Harman's members. Many of the women in the Harman's Club have been members for most of those fifty years. It is a unique club in a rather close-knit neighborhood. The "Homemakers" Club began at a time when most mothers did not have full time jobs outside the home. Many still hung their laundry outside on the line to dry, allowing a few minutes to talk over the fence to a neighbor doing the same thing. There were other opportunities for short visits during coffee after the kids went to school or when at the Post Office to pick up the mail before we finally got home delivery. These opportunities to get together also allowed for inviting new members to join so

that many in the neighborhood became members.

Not only has Homemakers (now FCE) kept us in touch with one another, it has been a means to continue to learn through Extension programs. But beyond that, the group is constantly engaged in rewarding support activities either by our own handcrafting projects or by supplying food or other items to those in need.

However, there is always time for fun. In addition, being "50" was a "golden" reason to take a day to celebrate. We did just that by going to tour the historic Hampton Mansion, which is complete with most of the original family furniture and quite an interesting place to visit. No celebration is ever complete without food, so it was off the picturesque Friendly Farms restaurant and a delightful meal. It was indeed a lovely day with even the weather cooperating.

Judy Ammenheuser
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CARROLL COUNTY

We welcomed our new Carroll County Extension Agent, Dr. Virginia Brown at our August 20th meeting. She gave us a program called "Healthy Body and Mind". We were reminded of the benefits of a healthy lifestyle. After our meeting, we had our August picnic lunch.

We gathered on September 17th to create the decorations and complete plans for the Region I meeting. Workshops are always fun. Of course we finished up in record time and did what we do best – ate lunch together!

On October 17th, it was our pleasure to host the state Region I meeting at our local Elks Club. We learned facts related to Autism. Bingo was a big hit; everyone enjoys winning prizes. There were lovely plants for sale to brighten our homes. Our afternoon speaker was Melinda Bogley Peters, the first woman Administrator of the Maryland State Highway Administration. She shared a history of the Maryland road system. We all received a comprehensive book and CD on the development of our local roads and those of the country. The book explains how many of our roads got their names. We enjoyed seeing all of you and hope you will come back and visit our local sights.

The Carroll County Farm Museum will host a 12 day open house in honor of "The Twelve Days

of Christmas" starting on December 5th. The rooms at the farmhouse will be decorated to represent the gifts from the song. This is the first time the event has been held for 12 days! The admission charge is very reasonable and there will be sandwiches for sale.

Barbara Greaves, Carroll County FCE Vice President for Program

FREDERICK COUNTY

Fall Activities Report

Frederick County FCE/Homemakers held their Fall Annual Meeting at the 4-H Center with 10 of the 13 clubs present. Guests from Allegany County and our University of Maryland Extension Office were present. Our annual Auction was great fun and made money to support our future educational activities. The Holiday activity will be held in Mt. Pleasant in December. Clubs will be presenting skits and all will bring a favorite Holiday dish. New officers will be installed.

Turn out at the Great Frederick Fair was great! The highlight was the Children's Book Giveaway on Friday. Over 1,500 books were distributed. The children also enjoyed making their own bookmarks.

We were excited to learn of the lessons that have been planned for 2013. Some of the lessons include: "Who takes What-Decluttering"; Frederick County Planning; FCE Hearth Fire on Autism; and crafts. We have also planned next year's Spring and Fall meetings.

Libby Wade, Frederick County FCE President

MONTGOMERY COUNTY

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

In November, we learned about Belgium and Luxembourg with discussion about the countries and we tasted delicious food. It is fun learn about other countries and cultures.

MCFCE continues to make blankets for sick children and to support the troops with cookies, letters, helmet liners, ditty bags and Christmas stockings.

PRINCE GEORGE'S COUNTY

Prince George's county had a busy schedule this fall. The weather has been both glorious- (leaves, temps, and gardens) and destructive- (hurricane Sandy's impact on New Jersey and New York) this season.

We have survived another presidential election. The hope will be that our executive and legislative branches will put politics aside and work on common ground to keep the recovery moving forward. As Americans, we always attack problems and their solutions better when we pull together. So many forces are out there trying to bring down the unity that defines our strength as a people and a country. "Compromise" must be looked upon as good and not a 'dirty' word.

Switching from `worldly` topics to local ones, our county hosted the Region II meeting on October 25, 2012, in College Park, Maryland. There, the state board introduced 3 new Hearth Fires - "How Do We Talk About Autism?"; "The Men In Your Life...Understanding How To Keep Them Healthy"; and "Take it to the Street...The Media Street". After a continental breakfast and working lunch of salads, soup, and sandwich, our speaker, Emily Fanning, a Riverdale, Maryland, woman business owner spoke on "Dolls" - antique, modern, repairing and making them, and her doll repair hospital. She connected her interest in this area with her volunteer work teaching children to make 'bedpost' dolls, wooden peg dolls made from recycled pieces of furniture - i.e. wood knobs as heads and stick pieces as bodies. Her experiences traveling to the elephant conservancy center in Lampang, Thailand to be a caregiver for an elephant for 3 days (bathing, feeding, and dealing with them) inspired the `elephant gallery` in her store. Audience questions about some of the cultural observations she made about her travels encouraged further comments about her European travels. Overall, her displays of repairing and costuming dolls, children making dolls, and her overall enthusiasm, make this lady a role model for women. We had Environmental Bingo by the state board and a fantastic craft table with baked goods, jewelry,

white elephant items, and embroidered towels, and crocheted turkeys by our members. Having to plan this event has really pulled our very small group together and will inspire us to do more in our local community. Great job, ladies!

FCE's encouragement of networking with and being a part of women's organizations both here and abroad is brought to life in our connection to the Country Women's Council USA and the Associated Country Women of the World. Two of our members went to the area meeting of both organizations held in Manchester, New Hampshire, September 23-25, 2012. Marie Moeller and Sue van Slyke were truly impressed by how many areas these groups cover in working with women both here and abroad. I think more articles in our state and national newsletters about these two groups and what they do would be great to see.

For December, we plan a Christmas dinner (at lunch) at the Clinton Extension Office, from 10:00 am-2:30 pm on December 4, 2012. Everyone is invited - call Debbie Rausch, 301-498-8806 to R.S.V.P. We are making Christmas stockings for the troops as a quick project this month.

Prayers are needed for our fantastic member Jean Bilsky and her family with the passing of her husband of 54 years, John F. Bilsky, Jr., in October. There are people you know and there are people you esteem. No better example of two people who became one in marriage, cannot be imagined. Prayers also for Margie George and her husband, as he recovers from being ill.

We wish everyone of our FCE family a blessed holiday.

Debra Rausch, PCGFCE Treasurer

Bulletin Board

We were sad to hear of the passing of John Bilsky from Prince George's County and Mary Hacken from Montgomery County.

Speedy recovery and prayers for Jean Emminger and Ruth Jarmen, Montgomery County, both having heart surgery.

ACWW News

Feeling the Effects of Hunger

Joanna Koch, one of our UN representatives in Geneva wrote: They sit at the roadside, sifting through the gravel trying to find bits of grain dropped by the passing Lorries. They build anthills to capture the tiny amount of grain the ants collect. These women suffer from chronic, aching hunger. Their families and their communities are hungry. They happen to be in Chad, but it could be anywhere in Sub-Saharan Africa, and hunger is not just in the developing countries, it is universal. When I attended the International Conference on Nutrition back in 1992, organized by the UN Agencies, Food and Agriculture (FAO) and World Health Organization (WHO), I heard how governments pledged to reduce malnutrition by 2015.

Today there are still 925 million people suffering from hunger and malnutrition. How is it possible that, in spite of the pledges and promises, the numbers instead have increased? One in seven persons do not have enough to eat – 20% of them are in the developed world. One in three children suffers from hunger – 25,000 people die every day of hunger related problems and yet there are a huge number of UN organizations and NGOs who are involved in food and nutrition. Apart from the FAO and the WHO, there is IFAD (International Fund for Agricultural Development), the UN World Food Program – which delivers food aid to starving populations and the SCN (a coalition of UN Agencies related to food). Even the World Food Bank has a special department devoted to supporting and funding agriculture and rural development.

There are countless NGOs - The Hunger Campaign, World Vision and FIAN - Food First (the Right to Food) IBFAN, which monitor the Breast Milk Substitutes, Brot for Bruder - the list is endless.

Still malnutrition and hunger remains a worldwide scourge, but why? There are many reasons: the world population is constantly increasing, climate change causes environmental degradation and impoverished soil; harvests fail because of unexpected droughts or floods, farmers' fields are confiscated through land grabbing;

farmers are forced to grow cash crops instead of subsistence crops and, of course, globalization. My Ethiopian friend Berhane tells me that her country coped for centuries with the seven years of plenty and the seven years of lean. They developed their own traditional methods of storage and conservation but globalization sent this local knowledge out the window, making Ethiopia dependent of food aid. Then there are wars and conflicts and the farming community is uprooted, leaving fields neglected.

The figure of 925 million hungry and malnourished has not changed much since those pledges made in 1992. Currently the poorest cannot afford to buy food and the rich waste too much (FIAN says that 250 kg [562 pounds] of food are thrown away per person, per year), so that there is an unequal distribution of income and lack of productive resources by the poor.

ACWW is helping the cause with multiple projects, which help women to help themselves, by bringing hope to vulnerable, poverty-stricken families. It is not about offering huge amounts of funding, but about teaching, sharing knowledge, giving women a little bit to startup money to enable them to buy one essential tool, showing them how to harvest wisely, store their products carefully and if near a market, how to sell and better still, how to save their money. But there is still a paradox – our planet is capable of producing enough food for us all yet millions suffer from chronic hunger and malnutrition.

MEMBERSHIP

Thanks to all the county treasurers who sent 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.



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**The 73rd Meeting of
Country Women's Council
USA and USA Area Meeting
of the Associated Country
Women of the World**



The meeting began with a Punch Bowl Reception on Sunday evening September 23, 2012. This was a way to meet new people and to be reacquainted with friends.

Monday's meeting was called to order by Chairman, Marian Brown and began with the Presentation of Colors by the Merrimack County Sheriff's Honor Guard, the Pledge of Allegiance, welcomes by Mayor Theodore Gatsas and New Hampshire Circle of Home and Family President Constance Ouellette. Next, Jo Almond, ACWW Secretary and Bev Earnhart, USA Area President presented information about ACWW. Dues notices will no longer be mailed from ACWW. You will need to check your label on *The Country Women* magazine to know when your membership expires. Bev stated that she would try to email us about two months before the dues are due. Individual dues can be paid on line using a credit card. In order to reduce bank charges, send society dues to the CWC treasurer and she will mail one check to London. It was noted that ACWW started in 1929 by Lady Aberdeen, May Watt and Elsie Zimmer from Canada.

CWC received a quilt square from Malaysia. In return CWC was to send a quilt square back. It was decided that the square would be placed in the silent auction. The Malaysian square constitutes a sunflower pattern with 10 petals on top representing the months of pregnancy and the lower petals representing life years. The USA square consisted of the outline of the United States in red, white and blue.

Three major societies make up CWC; National Master Farm Homemakers Guild (active in 5 states), National Volunteer Outreach Network, Inc (made up of 8 organizations or societies) and The Affiliates (made up of 15 organizations or societies).

The 2013 Triennial will be held in Chennai, India on September 26 to October 2. The dress code for USA attendees will be a white jacket, red or blue slacks and a red or blue blouse with a red, white and blue scarf. It was decided to use the scarves we have from previous Triennials. The

main hotels will be Royal La Meridian, Hilton, Radisson and Trident. Jo Almond will be traveling to London next week and will have information about hotel costs after that. Arrival in Chennai is around midnight. The airport is called Anna International. One will need a Visa and it is recommended to have tetanus, polio and typhoid shots before traveling to Chennai. Cell phones that have a SIMS card will work after purchasing a SIMS card in India or a disposal phone can be obtained. An adaptor will be needed for electrical items. Post tours will be available and information on how to contact them was given. Post tours may require additional vaccines if they involve country and smaller cities than Chennai. There will be a reusable bag competition and attendees are encouraged to bring school supplies for donation.

The next program was "How is ACWW like a Piece of Broken Pottery?" This dealt with the many aspects of ACWW such as goals and the six areas of focus for ACWW. They include: **Projects** including Water for All, Women Feed the World, practical support for members that includes small businesses, educational opportunities, scholarships, raising the standard of living and relief of property. In 2011, the USA donated \$11,333, which included \$1,771.50 for Water for All, \$75.67 for nutrition and education and \$7,074.32 for Pennies for Friendship. About 40% of donations go to operational expenses.

Finance deals with legacies and bequests, donations, dues and special fundraisers. Women Walk the World brought in \$5,592.47 to date.

Agriculture supports research and sponsors Rural Women's Day on October 15th and World Food Day on October 16th each year. We were encouraged to plant a tree, take a picture and send it to Bev Earnhart. We were also encouraged to reduce the use of plastic bags. These were two of the recommendations from the last triennial.

Triennial is the international meeting. Resolutions and recommendations are presented and adopted at this meeting. It is up to the societies to implement these resolutions and recommendations and to report on the progress at the next triennial. Elections are held and Jo Almond of the USA will be running for World President.

Publications and Promotions includes *The Country Women* magazine, which now accepts advertising and ACWW brochures. There is a web

site (www.acww.org.uk), facebook and twitter connections. April 29th is ACWW Day.

UN-NGO Status. ACWW has a seat on the UN board.

The business meeting was held on Tuesday September 25th. There were 23 delegates present. The CWC general rules were read, the agenda and program were adopted with corrections. The minutes of the 2011 meeting were read and approved. Action of the board included to accept and record email motions of the board, Malaysia quilt square to go to the silent auction, include wording in the Ruth B. Sayres scholarship to include home schooled children, to use the “most” economical means of travel and to accept a 2013 and 2014 budget. The audit committee met and reviewed the financial records. Finding no discrepancies, the report of the audit committee was accepted. Four Ruth B. Sayres scholarships were awarded; one in Wisconsin and three in Iowa. It was reminded that the application must be signed by the president or chairman of the state society through which the scholarship is made. Winners will be posted on the website. Notifications to non-winners will not be mailed. To save money, the newsletter will now come folded. The next issue will be in December/January. It was noted that more Letter Friends are needed. Societies then gave an overview of their work and projects for 2011. There will not be a CWC meeting in 2013 due to the ACWW Triennial. The 2014 CWC meeting will be held in Wisconsin. A call for the 2015 meeting was voiced and Oklahoma answered the call.

In the afternoon “CWC-The Big Picture” was presented by Marian Brown. Marian explained the officer rotation for CWC and that The Affiliates will need to pick a Chairman for 2015 and a secretary for 2016. At The Affiliates’ meeting that followed it was decided to put out a call for nominations to all Affiliate societies with response by January 2014. Then a ballot will be presented. There are no individual memberships in CWC, only society members. The name CWC was adopted in 1946 and in 2002, CWC became a member of ACWW. The work of CWC includes scholarships (there have been 86 to date), funneling funds to ACWW and to institute resolutions and recommendations of ACWW. The goal of CWC is to promote the work of ACWW.

Jean C. Purich, MDFCE delegate

Eraser cleaning blocks aren't just for taking marks off of walls.

From Mr. Clean's original "magic eraser" to the generic options, eraser cleaning blocks have made cleaning easier, less messy and dare we say...even *fun*! Sure, these foam blocks can get the gunk off walls (sometimes even upholstery if you are careful) and other household surfaces, but there are *so* many more uses for these little blocks of heaven. Here are 20 unusual uses for an eraser block to make the most of your spring-cleaning time:

Quick Tip: Cut up one eraser block into four little blocks. It will make your purchase last longer, and, it will make it easier for you to get into smaller nooks and crannies.

1. Outdoor Furniture and Toys

Take grungy white resin or white painted furniture by lightly scrubbing with an eraser-cleaning block. The eraser gets into crevices and cracks while leaving paint finishes intact. The same principle applies to outdoor plastic toys.

2. Pool Liners

Pool owners, this will make your life easier: A gentle scrubbing on your liner will get rid of the water mark better than any other product.

3. Vinyl

Take an eraser to scuffs on just about anything made from vinyl: siding, boat seats, shoes, etc.

4. Car Interiors

Clean the car seats with an eraser block: Go lightly on leather, but it's okay on fabric and vinyl, lightly scrub the car steering wheel. Eraser blocks get rid of grease streaks left inside after the car has been to the shop, too.

5. Hubcaps

Clean your car's hubcaps with an eraser for a water-free car wash.

6. Refrigerator

Get rid of last year's drippings that are pooled in the back of the fridge. It will take a whole eraser block, but it gets the job done. The seals that have gotten a bit black and moldy will also respond well to an eraser.

7. Dishwasher Interior

What are those colors inside your dishwasher from time to time? Lime, mold, etc. Just take an eraser to them and the stains will banish.

LOOK FOR MORE IDEAS IN THE NEXT NEWSLETTER

HAM AND SPLIT PEA SOUP



Ingredients

- 1 pound dried split peas
- 1 ham hock
- 3 tablespoons unsalted butter
- 1 cup finely chopped yellow onions
- 1/2 cup finely chopped celery
- 1/2 cup finely chopped carrots
- 2 teaspoons minced garlic
- 1 pound Smithfield ham, chopped
- 1 teaspoon salt
- 3/4 teaspoon freshly ground black pepper
- 1/4 teaspoon crushed red pepper flakes
- 8 cups water
- 1 bay leaf
- 2 teaspoons fresh thyme

Directions

Place the peas in a large pot or bowl, cover with water by 2 inches and soak 8 hours or overnight. Drain the peas and set aside.

Score the ham hock. Place in a pot, cover with water and bring to a boil. Reduce heat and let simmer for 1 hour. Drain and set aside.

In a large pot, melt the butter over medium-high heat. Add the onions and cook, stirring, for 2 minutes. Add the celery and carrots and cook, stirring, until just soft, about 3 minutes. Add the garlic and cook, stirring, for 30 seconds.

Add the ham hock and ham and cook, stirring, until beginning to brown. Add the drained peas, salt, pepper, and pepper flakes, and cook, stirring for 2 minutes. Add 8 cups of water, the bay leaf and thyme, and cook, stirring occasionally, until the peas are tender, about 1 hour. (Add more water as needed, if the soup becomes too thick or dry.)

Remove the bay leaf and discard. Adjust the seasoning to taste and serve immediately.

**Maryland Association for
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