

WHAT'S HAPPENING

Maryland Association for Family and Community Education, Inc. Newsletter

DECEMBER

- 1 State Dues and Membership Forms due to NAFCE
- 5 10:00 AM MDAFCE Board Meeting, Montgomery County Extension Office
- 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**

JANUARY

- All Month Complete and Mail All Annual Reports
- 9 10:00 AM MDAFCE Board Meeting, Extension Office TBA
- 31 End of County 2016 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
Start county judging of Essay and Artwork Contest
- 6 10:00 AM MDAFCE Board Meeting, Extension Office TBA
- 20 Send county winner of Essay and Artwork Contest to state president

MARCH

- All Month Women’s History Month
- 1 Heart of FCE & Spirit of FCL Award entries due State President
- 6 10:00 AM MDAFCE Board Meeting, Extension Office TBA
- 8 International Women’s Day
- 31 Essay and Artwork Contest ends

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CHARACTER COUNTS!® Contest

Send your CHARACTER COUNTS!® contest winning entry to Libby Wade, MDAFCE President by February 20, 2017.

MDAFCE Web Site is www.mdafce.org

Send newsletters, calendars and information to Libby Wade at dunade@aol.com. Check you county web site for accuracy.

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

What a conference! I had a great time. I hope everyone who came thought that the lessons, reports and entertainment were good.

We had a surprise visitor in JoEllen Almond who is the new USA Area President for ACWW. She gave a great update on what was happening at the National and International levels.



The programs started with Jeanne Purich giving the Heart Fire lesson on "Human Trafficking" followed by CES educator from Frederick County, Debbie Rhoades speaking about Obesity. Hopefully our business meeting was not too long and everyone learned something about what our officers, committees, and other counties have been doing.

I will put a plug in again for volunteers for the offices of President-elect, VP for Public Policy, and VP for Programs. We did elect Elizabeth Heagy as our Treasurer. Thanks, Elizabeth! There was a great interactive program on Native Peoples. The last program of the day was "Dig Up Your Ancestors Online". We were also very pleased to have our Essay and Artwork winner read her essay to us. Not only did she win at the State level, but she won 3rd place at the National level.

The entertainment after dinner was the Brethren Sisters singing group who not only sang some great songs but we were included in a Sing-a-Long which had one of my favorites, "This Land is Your Land!"

The second day had Marie Moeller speaking on "Grandparents Raising Grandchildren" and Alicia Rausch giving us programs on "Beekeeping" and "CPR". The last program was about our Flag when Jeanne Purich gave the lesson on "Stars and Stripes Forever!" We also had more entertainment with Sue Van Slyke singing "Hello Young Lovers" and Kathy Mack leading us in the FCE Song "Onward Ever Onward".

I hope that those who could not make it this year are able to come next year and those who did come had such a great time that they cannot stay away. If you have any suggestions for the program for next year, please let us know.

Have a great Thanksgiving!

Libby Wade, President
dunade@aol.com

301-831-8661

NEWS FROM THE VICE PRESIDENT FOR PUBLIC POLICY

Here are some things to give thought to and decide what your position is on them.

Governor Hogan in trying to reduce the state budget gap of \$250 million is considering cutting \$18.2 million from the University System. This would cause the University to cut 41 jobs.

He also proposes to cut \$3.4 million from homeowner's tax-credit program, \$9.1 million from juvenile services and \$3.7 million from Temporary Cash Assistance payments.

These proposals must be approved by the state Board of Public Works which is composed of the governor, the state Treasurer and the state Comptroller.

Why is the DEA slowing opioid action? Since 2013, DEA lawyers started to delay and block enforcement efforts against large opioid distributors and others requiring investigators to meet a higher burden of proof before they can take action.

The verdict of a judge to not charge the group that occupied a federal wildlife refuge in Oregon is reigniting the controversy over the government's authority and its land use policies in the West. Do we want armed disagreeers forcing change that is protecting the land in the West?

Marilyn Simonds, VP for Public Policy

mjsimonds@verizon.net

301-871-1609

TREASURER'S REPORT

Copies of the treasury report are available from Elizabeth Heagy, Treasurer momheagy@yahoo.com or 410-857-3388.



Bulletin Board

Speedy recovery to Helen Totura, Carroll County, who had a bad fall and broke some bones. She is now in rehab.

Our heartfelt sympathy to Judy Hughes, Montgomery County, on the loss of her husband, Bill.

IN AND AROUND MARYLAND

CARROLL COUNTY

ANNE ARUNDEL COUNTY

A Winter Banquet for Birds

What better time to observe backyard birds than in those months when the leaves are off the trees. Many of us have feeders to attract birds, but suet is a way of attracting woodpeckers including the small downy woodpeckers and the large colorful red-bellied woodpeckers and other birds, such as cute little nuthatches that can walk head first down a tree, as well. While suet cakes are readily found in stores, they are easy and inexpensive to make yourself.

Real suet is raw beef fat which can be found not only at butcher shops but at grocery stores for the asking. Raw suet needs to be melted down or "rendered." To do this chop the fat in small pieces, then heat the fat on low until completely melted. Next strain the melted suet twice through a layer of cheesecloth to remove any pieces that may contaminate the fat. This also ensures that the suet cakes stick together and do not crumble.

The suet may be served plain or may include a variety of other ingredients. This can include unsalted nuts, seeds, fruits and berries, peanut butter and cornmeal. Mix until consistency is stiff. After mixture cools, press into molds which could be cat food or tuna cans or in a shape of your choice and refrigerate. You may not get it just right the first time and have crumbly cakes if your ratio is off, but don't give up.

Do take note that some peanuts and corn may sometime foster bad bacteria. If using these refrigerate your suet mixture until ready for use. You may also use lard instead of rendered fat, but not bacon drippings as they have chemical preservatives that may be harmful to birds. Raw suet turns rancid in temperatures above 70 and may also stick to the birds feathers. Therefore, raw suet should only be served during the winter months. May your visiting birds enjoy a winter banquet and may you enjoy watching them during the cold months to come. Have a wonderful Thanksgiving. *Information for the above came from Birds and Blooms magazine, Sept. 2016.

As many of you know, the 2016 State Annual FCE meeting was held in Carroll County. Frederick County was the host and the meeting was a good one. On Tuesday, we learned about Human Trafficking, Obesity, Native American, genealogy and how to do research on your ancestors. We also made a neckless – I have not completed mine – but Joan Antonio has made 2 or 3 more!! Plus fourth grader, Emma Jillson came and read her winning paper from the CHARACTER COUNTS!® contest. Plus she and her mother had dinner with us.

On Wednesday we learned about bee keeping and honey and also about how and when to do CPR. After lunch, Jeanne Purich gave a wonderful talk about the flag.

Three of Carroll County members, who registered for the meeting were not able to come. Shirley Roelecke had been sick all week and was having trouble breathing. Debi Gibson had some kidney problems and Helen Totura had a terrible fall. Helen fell on Wednesday before the meeting and broke a bone in her neck, had 2 black eyes and large cut on her face that needed 7 stitches. She also broke her wrist and her foot/ankle. She is in a rehab in York, PA and we hope she will be home soon.

Carroll County's November 14th meeting was our pot luck meeting. Everyone will be bringing a dish to share for lunch. The program Popping Pills was presented and we also planned programs for next year's meetings. We also shared what we learned at the State Annual meeting.

In December, we will have our holiday party and everyone will bring party foods to share. This is the meeting when we turn in all our projects we have been working on all year – like making baby caps for Carroll County Hospital and collecting soda tabs for Ronald McDonald House. We also collect Box Tops for the schools, stamps for the veterans and small soaps and lotions for Shepard's Staff.

Elizabeth Heagy, Carroll County
momheagy@yahoo.com 410-857-3388

Judy Ammenheuser
jammenheuser13@verizon.net 410-761-7437

FREDERICK COUNTY

Fall/Winter Activities Report

Frederick County FCE Homemakers Clubs held their Fall Annual Meeting on September 13th at the 4-H Center on Basford Road, with 7 clubs and 35 members and guests in attendance. The first part of the meeting was a Board of Directors meeting. Susan Hanson then gave us a very interesting program on Frederick County's Gavel Roads and the Rural Roads Program. A potluck meal was shared by all those in attendance. We also had a Friendship Table, with many donated items for sale. Proceeds from the sale will be used to support our future educational activities.

All clubs have been extremely busy this year working on projects for the community. The Gathland club made 24 baby hats for FMH. They had a "Make a Difference Day" scheduled for October and made more projects. Mid-Valley – Joyce Gregory made 30 tote bags for homeless children. Mid-Valley donated canned goods to the Food Bank at Salem United Methodist Church each month. In October they made gift bags for a nursing home. On December 3rd they will be providing and serving refreshments at the Valley in Middletown. Pleasant Walk made 46 baby blankets for FMH, as well as 30 Christmas stockings and 8 Walker Caddies for Citizens. They also made 30 heart monitor holders for FMH and filled 25 bags with school supplies for flood victims. Gambrill Park donates monthly to the Food Bank.

The weather was good and the turnout at the Frederick County Fair the week of September 18th was great! Some clubs did craft demonstrations. The children's book give-away on Friday was a huge success as always.

Frederick County FCE Homemakers will celebrate the Holidays with a program at the Mount Pleasant Ruritan Club on December 6th. The theme for this year's event is "The Reason for the Season". There will be a display of Nativities. Guests are welcome. There will be food, entertainment, and caroling.

We have some interesting programs already in the works for next year. The listing is being finalized and will appear in next year's Program books. We have also started planning next year's spring and fall meetings.

Donna Bowles

donnabowles1@comcast.net

301-473-8452

MONTGOMERY COUNTY

After a two year cancellation, the October Harvest Festival was held but after enduring a drought in most of August and September, we had rain. That kept the crowds away but we did make approximately \$900 for our scholarship fund.

We will have a cookie exchange on December 13th, play some games and make a Christmas craft or two. All are invited; bring 4 dozen cookies and the recipe. Afterwards we will go to lunch.

This year, MCFCE made 1,293 children's blankets and 821 baby hats that were distributed to local hospitals. To support the troops, we made 65,406 cookies, 576 helmet liners, 194 ditty bags, 804 Christmas stockings and wrote many notes.

Jeanne Purich

Jcpurich@cs.com

301-384-2805

PRINCE GEORGE'S COUNTY

Prince George's County sent 4 representatives to the 2016 MAFCE State Conference. Marie Moeller, Sue Van Slyke, Barbara Marsh, and Debbie Rausch all had a nice time, going up the night before the conference began. We had good and very informative programs presented. Marie gave a program on "Grandparents Raising Grand Kids", which gave great insight to the legal difficulties they go through to be able to do anything medical or legal for their grand child. Great program, Marie! The Native American program, "In Right Relationship with Indigenous Peoples", was outstanding and received very positive reviews. We should thank Sue for suggesting it as a program, as she was impressed with it when it was given at her church as a workshop. The content and the facilitators presenting the workshop were excellent. Sue entertained us at lunch by singing the song, "Hello Young Lovers" that she sang at Open Mic night at the ACWW Triennial at Warwick University in Coventry, England in August.

The meals were good and the Fall weather was lovely to travel to and from Westminster, where the conference was held. The theme baskets were very nice and ours had a movie theme with a ton of snacks! Thank you, Frederick County, for hosting the conference and Anne Arundel County

for the delicious table favors. Marie's ACWW t-shirts sold for \$13 each and she has only a few left for sale. Contact Prince George's County if you would like one. This project is to raise funds for ACWW.

We will have our Christmas Luncheon on Dec. 6th, at 11:00 a.m., at the Clinton 4-H Extension Office, on Groveton Ave. Looking forward to see how many will come, as we have had many health issues causing slim attendance the past 4 or more meetings. We hope the coming year will be better for all of us.

The election is done, our country is praying for change and relief from all the negative politicking of the past year, and we are looking forward to seeing our representatives start to do the work we sent them to Washington for, in the first place! They, after all, work for US, the American people! Thanksgiving is upon us and the rest of the Holidays right after that. God Bless us and bring us a peaceful, kinder nation.

Debra Rausch and Sue Van Slyke
Debra Rausch, PCGFCE Treasurer
rauschda@gmail.com 301-498-8806

MEMBERSHIP

Thanks to all the county treasurers who sent their membership forms, checks and information in on time this year. During November, I updated our information and forwarded it to the National Association for Family and Community Education headquarters. It is always possible to join MDAFCE at any time of the year. This year we are challenging each current member to invite a new member to join their club. Remember, each new member qualifies you to receive a gold star pin from National FCE. Just send the forms and checks to your county treasurer as soon as you get them. We want to see many new faces among the many great members we already have.

Martha Moser, Membership Chairman
500 Pearson Circle #2007
Frederick, MD 21702
mcatmoser@aol.com 301-371-6132

Native American Workshop

If you found the Native American Workshop to be a moving experience and would like to present it to another group in which you are involved, write to Paula Palmer the director of the "Toward Right Relationship" project in Boulder, Colorado. Her e-mail address is paularpalmer@gmail.com. There is no charge for the workshop, but certain requirements must be met and a donation or free will offering is suggested.

ACWW Project

For the 2016 State FCE meeting, we had a National Officer-Jo Ellen Almond from Indiana come and Speak to us about a Country Women's Council (CWC) project that was adopted by the member clubs of CWC. The project needs \$5,235.00 for full funding and to date has raised about \$2,000.

The project is to enable Marginal Women Farmers to grow Rice and Vegetables so they will not need to migrate into towns. The project is located in India. Country Women's Council USA-ACWW Project in Common Number: #1007. I would like to start a fund to help raise some of the money needed for this project. I was interested in the project as she spoke at our conference – but when my daughter took her to the airport she left her a “tip” which Vivian refused. So I am starting this fund with that money and a donation I am making.

What I would like from you is to consider giving a dollar or two to this fund. We have about 160 members so with the “start money” and some donations from you we could raise \$200 or more. It is not the \$3,000 needed but it is a start in the right direction. And it makes a tremendous difference to these women.

For more information on this project, Please look on the CWC website at: www.cwcusa.org.

Elizabeth Heagy, Carroll County
momheagy@yahoo.com 410-857-3388

28th ACWW Triennial Conference
Warwick Conference Park
University of Warwick, Coventry, England
August 17th - 23rd 2016

ACWW Triennial Report

In addition to the usual excellent programs, resolutions and recommendations, the 28th Triennial Conference had a few new features. A service of Thanksgiving on Friday morning was led by a choir of volunteer conference attendees. Two Americans participated in it: Jo Almond, the new USA Area President, and myself. There were a few snafus. Some of the ladies forgot to bring their music; some changes to the selections were made at the last minute and not everyone received the music. I ended up singing with the words but no music to one piece, and a lady from Australia very kindly made me a copy of the piece I did not receive at all. Still, somehow it all worked out and I think the choir sang splendidly during the Thanksgiving service.

Another new feature was the open mic night labeled "The World Entertains". There was great diversity in the talents, with an amazing dancer, a poetry reader, a group which performed an hilarious version of "Cinderella", and two singers from Latvia, among the many acts which performed. I sang Rodgers and Hammerstein's "Hello Young Lovers" from "The King and I". The music director at my church had recorded the accompaniment on a USB stick, and when my name was called, I went up on the stage and waited for the music to begin...and waited...and waited! Finally, after several minutes of staring at the audience with a blank expression, I said, "Well, while we're waiting, maybe a little soft shoe" and shuffled my feet around – I used to be able to tap dance. Finally, the music started and I sang my song. I never did find out what happened – I was told a "technical glitch". It was a rather harrowing experience but, like the snafus with the choir, it all turned out well in the end, and I am glad I did it. (Editor's note; Sue started doing a soft shoe dance while we were waiting for the music. She is a woman of many talents.)

The rest of the conference was much more relaxing.
Sue Van Slyke

WIND CHILL TEMPERATURE INDEX

What is Wind Chill Temperature?

It is the temperature it "feels like" outside and is based on the rate of heat loss from exposed skin caused by the effects of wind and cold. As the wind increases, the body is cooled at a faster rate causing the skin temperature to drop. Wind Chill does not impact inanimate objects like car radiators and exposed water pipes, because these objects cannot cool below the actual air temperature.

What does this mean to me? The National Weather Service will inform you when Wind Chill conditions reach critical thresholds. A Wind Chill Warning is issued when wind chill temperatures are life threatening. A Wind Chill Advisory is issued when wind chill temperatures are potentially hazardous.

What is Hypothermia?

Hypothermia is abnormally low body temperature (below 95 degrees Fahrenheit). Warning signs include uncontrollable shivering, memory loss, disorientation, incoherence, slurred speech, drowsiness, and apparent exhaustion. Medical attention is needed immediately. If it is not available, begin warming the body SLOWLY.

Tips on how to dress during cold weather.

Wear layers of loose-fitting, lightweight, warm clothing. Trapped air between the layers will insulate you. Outer garments should be tightly woven, water repellent, and hooded. Wear a hat, because 40% of your body heat can be lost from your head. Cover your mouth to protect your lungs from extreme cold. Mittens, snug at the wrist, are better than gloves. Try to stay dry and out of the wind.

For more Information on cold-related health problems and outdoor safety visit the web site from the Centers for Disease Control and Prevention (CDC) at:
<http://emergency.cdc.gov/disasters/winter/guide.asp>

Visit the National Weather Service Wind Chill web page at: <http://www.nws.noaa.gov/om/windchill/>

SURPRISING USES FOR HONEY



Honey is a sweet food made by bees foraging nectar from flowers. The variety produced by honey bees is the one most common, as it is the type of honey collected by most beekeepers and consumed by people. Honey is also produced by bumblebees, stingless bees, and other hymenopteran insects such as honey wasps, though the quantity is generally lower and they have slightly different properties compared with honey from the genus *Apis*. Honey bees convert nectar into honey by a process of regurgitation and evaporation: they store it as a primary food source in wax honeycombs inside the beehive.

Health

- 1. Relieve Hangovers.** Had a little *too* much fun last night? A few tablespoons of honey, which is packed with fructose, will help speed up your body's metabolism of alcohol.
- 2. Heal Wounds, Cuts, Scrapes & Burns.** Don't reach for the Neosporin the next time you cut or burn yourself — simply apply honey to the affected area. Honey works as a natural antiseptic.
- 3. Soothe Sore Throats and Coughs.** Combine honey with the juice of one lemon and drink. It works like a wonder!
- 4. Remove Parasites.** Hopefully you'll never have to use this trick, but if you do, combine equal parts honey, vinegar and water and drink. The combination of these three ingredients is the perfect parasite killer.

Beauty

5. Moisturize Dry Skin. Honey is fantastic moisturizer, especially on dry patches, like your elbows or hands — even your lips! Rub onto your dry, patchy skin and let it sit for about 30 minutes before washing off.

6. Condition Damaged Hair. Honey is a great natural conditioner. You can simply add a teaspoon of the stuff to your regular shampoo to smooth your damaged locks. You can also combine it with olive oil for a deeper conditioning. Let it soak for 20 minutes with your hair wrapped in a towel before shampooing as usual.

7. Have an Amazing Bath. Relax your body and soak your skin in a soothing bath. Add 2 tablespoons of honey to 1 cup of hot water and let it dissolve for about 10 minutes. Add 2 or 3 drops of lavender essential oil and add it to your bath.

8. Remove Acne. Stubborn acne can really benefit from a small daily dab of honey. Place a Band-Aid over the pimple, and take it off 30 minutes later.

9. Give Yourself a Facial. Combine 2 teaspoons of milk with 2 tablespoons of honey. Cover your face with the mixture and let it sit for 10 minutes before washing off.

Food

- 10. Boost Your Energy.** Quit turning to coffee for your daily energy boost! Replace your cup of Joe with a cup of tea. Mix in a tablespoon or so of honey.
- 11. Substitute Honey for Sugar in Baking.** For every cup of sugar a recipe calls for, replace it with 3/4 cup of honey. For best results, add 1/4 teaspoon of baking soda and reduce another liquid in your recipe by 1/4 cup. Also, reduce the oven temperature by 25 degrees.

Nutrition summary:

| Calories | Fat | Carbs | Protein |
|----------|-----|-------|---------|
| 64 | 0g | 17.3g | 0.06g |

There are **64 calories** in 1 tablespoon of Honey. Calorie breakdown: **0% fat**, 100% carbs, 0% protein.

Honey Dijon Chicken with Whole Grain Brown Rice

Ready In 35 minutes

Recipe By: UNCLE
BEN'S®

"Moist chicken breast
with Whole Grain Brown Rice and vegetables
glazed with a sweet and tangy honey Dijon sauce."



Ingredients

- 3 cups UNCLE BEN'S Natural Whole Grain
Brown Rice (30-minute cook)
- 1/2 teaspoon salt
- Nonstick cooking spray
- 1 clove garlic, minced
- 1 pound boneless chicken breast
- 1 tablespoon honey
- 3 tablespoons Dijon mustard
- 1 tablespoon balsamic vinegar
- 1 teaspoon tarragon
- 2 cups mushrooms, chopped
- 3 cups broccoli, chopped
- 1 medium onion, chopped

Directions

1. Cook rice according to package instructions.
2. Heat large skillet with cooking spray over medium high heat and then add chicken.
3. Cook chicken 3-5 minutes or until brown and partially cooked.
4. Add broccoli, mushrooms, onion and garlic cook 4-5 minutes or until vegetables are tender yet still crisp.
5. Stir in rice, mustard, honey, vinegar, tarragon, salt and pepper.
6. Cook 2-3 minutes or until well-blended.

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**Maryland Association for
Family & Community Education**
15500 Gallaudet Avenue
Silver Spring, MD 20905

