

WHAT'S HAPPENING

Maryland Association for Family and Community Education, Inc. Newsletter

MARCH

- All Women's History Month
- 5 10:00AM Executive Committee Meeting, Anne Arundel Extension Office
- 31 Heart of FCE, Spirit of FCL and Outstanding Family Award due

APRIL

- All Celebrate Earth Day
- 1 **Deadline for Region I & II Meetings**
- 14 **9:30 AM Region II Meeting, Extension Office, Derwood, MD**
- 15 All State reports due to NAFCE
- 24 **9:30 AM Region I Meeting, Extension Office, Westminster, MD**

MAY

- 1 LOOK WHAT'S HAPPENING deadline for items to Editor
- 7 10:00AM Executive Committee Meeting, Anne Arundel Extension Office

JUNE

- All Nominees for State Officers, Group I
- 2-10 ACWW Meeting Turku, Finland
- 4 10:00AM Executive & Education Committee Meeting, Anne Arundel Extension Office

Inside.....

- From The President 2
- News from the VP for Program 2
- Public Policy Notes 3
- FCL Certification 3
- Book, Books and More Books 3
- Directions to Regional Meetings 4
- In and Around Maryland 4
- ACWW News 5
- The Banana 6
- Interesting Facts! 7
- Chicken, Tomato and Bean Soup 8

REGIONAL MEETINGS

Have you registered for the Regional meetings? Carroll County will host Region I on April 24, 2007 at the Carroll County Extension Office in Westminster. Region II will be hosted by Montgomery County on April 17, 2007 at the Montgomery County Extension Office, Derwood. Directions on page 4.

FIFTEEN CENTS EVERYDAY



Are you saving Fifteen Cents Everyday to cover your dues and dues for a friend in 2008? That's all it takes to double our membership.

MDFCE Web Site is www.mdafce.org

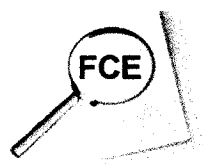
THIS NEWSLETTER IS ON THE WEB!!!! Click on the "Look What's Happening" button on the left, the newsletter will appear. There you have it, it's that easy!

Continue to update your web page. Send newsletters, calendars and information to Marie Moeller. E-mail mariemoeller@yahoo.com

Newsletter Deadline: May 1

Send all articles, Bulletin Board items, recipes, address changes and trivia for the newsletter to: Jean Purich, 15500 Gallaudet Ave, Silver Spring, MD 20905-4196 or email me at jcpurich@cs.com with your information.

FROM THE PRESIDENT



FOCUSING ON THE FUTURE WITH FCE – 2007

We are ushering in a New Year for our Maryland FCE with creative educational programs, leadership opportunities, ideas for family oriented activities, retirement information and much more.

Our board is already hard at work preparing these programs. The officers and committee people from last year did an outstanding job and I want to thank them for all their enthusiasm and hard work.

I hope you have already entered the dates for our Regional Meetings and Annual Conference on your calendar. They are as follows:

April 17, 2007 – Region II meeting

April 24, 2007 – Region I meeting

October 16-17, 2007 – Annual Conference

Since our organization is very much in need of new members, I encourage you to invite friends to attend these meetings to see for themselves what interesting programs we provide.

Remember, February is Birthday Month and pennies should be sent to the State Treasurer. This is a once a year collection to help allay the cost of the newsletter.

There are still a few committee positions open on our board, particularly RDC. I know there is a lot of talent out in the counties. Think of all the benefits you have received from homemakers/FCE over the years. Could you possibly give of your time now to help continue these excellent programs? If you or anyone you know would be willing to help out, please contact any member of the executive board or myself.

I hope you are still collecting books for children and labeling them as gifts from FCE. This is an excellent opportunity to keep the FCE name in front of the public and the books are distributed in your own county.

I am looking forward to seeing many of you at our upcoming meetings. I know you will find them worthwhile.

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

NEWS FROM THE VICE PRESIDENT FOR PROGRAM

CAN YOU REALLY TEACH OLD DOGS NEW TRICKS?

Speaking for myself, this "old dog" is always looking for opportunities to learn "new tricks." I'm not up to speed with my computer but I know where to go to learn more about it. How about you--are you involved in lifelong learning? Whether you want to learn to send emails, improve your health, s-t-r-e-t-c-h your dollars, strengthen your faith or take up knitting where are lots possibilities to pursue.

FCE is front and center with many of those opportunities. Our Regional FCE meetings are perfect examples of those chances to learn some "new tricks." Madeleine Greene, Family and Consumer Science Educator-Howard County, will be at both regional meetings to give us the latest scoop on selecting retirement living alternatives. Joanne Hamilton, Family and Consumer Science Educator-Carroll County, will present "Everything Old is New Again" at the Region I meeting. Susan Morris, Family and Consumer Science Educator-Montgomery County, will present "Who Gets Grandma's Yellow Pie Plate" at the Region II meeting. Yours truly will be sharing some centerpiece ideas with "Ice Box Creations." Registration information was in the Winter 2006 "Look What's Happening" with Region I meeting on April 24 in Westminster and Region II meeting on April 17 in Derwood. If you have misplaced your winter newsletter give me a call at 410-398-4536 or fdjrpugh@aol.com. Also, let me know what programs you are interested in and/or some you are willing to teach.

Judy Pugh, Vice President for Programs
fdjrpugh@aol.com
410-398-4536

PUBLIC POLICY NOTES

Governor O'Malley's Legislative Agenda is focused on improving the quality of life in Maryland - education and healthcare, environment and the Bay and making government work again for Marylanders.

The Administration is working on a package of healthcare reform measures named "Health Care For All". Currently, 46 million Americans are without health insurance. There are 800,000 uninsured people in Maryland. The Maryland Initiative calls for \$1 tax increase on cigarettes. This would help pay for health insurance for 250,000 uninsured Marylanders; \$90 million would expand Medicaid to parents below the poverty level (< \$16,600 a year for a family of three.) The Children and Working Families Healthcare Act would use the tobacco money with millions leveraged from the federal government to enroll tens of thousands people.

Other Bills introduced are Protective Orders from 12 months to 24 months, making Sexual Abuse of a Child Under 13 a crime of violence, protecting a Victim's Right to Possession of Property and Safeguarding Crime Evidence by licensing and oversight of forensic Crime Laboratories.

Other initiatives include measures to change the way elections are run in Maryland and to allow for early voting.

The Senate voted to increase the federal minimum wage to \$7.25 an hour from \$5.15 over two years.

Senator Kelley (Baltimore) introduced and then withdrew a bill for mandatory vaccination of girls ages 10-13 against the human papillomavirus (HPV) which causes cervical cancer. Over 250,000 women die each year of cervical cancer. This is a major health issue.

Contact your representatives and let them know how you feel about these issues.

Maryland legislature had the highest percentage of women until this last election. We are now number 6.

Marie Moeller, Vice-Pres. for Public Policy
mariemoeller@yahoo.com
301-292-2365

FAMILY AND COMMUNITY LEADERSHIP (FCL)

CERTIFICATION or what do I do with all those pretty certificates I get?

FCE members can become certified as FCL Trainers when they complete 30 hours of FCL Training with 3 hours in each of the following categories (a total of 18 hours) plus 12 more hours in any combination of these categories: Leadership, Group Process, Issue Analysis and Resolution, Public Policy, Volunteerism and Teaching Techniques. (See back of certificate and/or National FCE Handbook). Fill out page SR 5b in your Maryland Standing rules (each county president has one or I would be happy to send you the info). Send the complete package to me and I will send it to National. You will receive your FCL Trainer name badge.

If you have received your FCL Certified Leader Badge since 1995 or if you lack hours in any category, let me know so that the MDAFCE Educational Committee can plan educational programs in those areas.

Marie Moeller
Chairperson of FCL

BOOK, BOOKS and MORE BOOKS!

Don't forget to keep collecting and giving books to children of all ages. Report the total number of books you have given from January through March 15 to Judy Pugh (410-398-4536 or fdjrpugh@aol.com by March 15th. We are preparing an Award report and display for National FCE with this information. Be sure to label each book with the MDAFCE website and your county.

Country Women's Council News

The 2007 Winter issue of the CWC newsletter, *News Sheet*, is now on the CWC web site www.cwcusa.org. Check it out.

Directions to Region I Meeting April 6



REGION I
APRIL 24, 2007
Westminster, Maryland

Deadline for the reservation is April 1, 2007.

Make check \$12.00 payable to Carroll County FCE and mail to:

Ruth Shipley, Treasurer
3304 Sykesville Road
Westminster, MD 21157
410-549-7955

Directions to Carroll County Extension Office (410-386-2760) Westminster, Maryland

From Baltimore Beltway 695, take 795 to 140 north towards Westminster. Follow 140 to left on Center Street (stay on Center Street straight across Westminster), after passing the Carroll Hospital Center entrance, turn right at stop sign onto Gist Road, go to next stop sign and turn right onto Smith Avenue. Smith Avenue dead-ends in the Extension Office parking lot.

From points east, take Route 32 west, (or Route 97 north to Route 32 west) turn left on Smith Avenue; Smith Avenue dead-ends in the Extension Office parking lot

From Western Maryland travel on 1-70 to the Mt Airy/Route 27 Exit. Proceed north towards Westminster on Route 27 for about 15 miles. Turn right onto Kate Wagner Road (traffic light). Follow Kate Wagner Road to left onto Gist Road for about 1/2 mile and turn left onto Smith Avenue. Smith Avenue dead-ends in the Extension parking lot.

Directions to Region II Meeting April 17

REGION II
APRIL 17, 2007
Derwood, Maryland

Deadline for the reservation is April 1, 2007.

Make checks for \$15.00 payable to Montgomery County FCE and mail to:

Marilyn Simonds, Treasurer
13708 Lionel Lane, Rockville, MD 20853
(301-871-1609) mjsimonds@verizon.net

Directions to Montgomery County Extension Office (301-590-9638), Derwood MD:

From the South – Take 95 north to Route 198 west. Route 198 changes numbers/name to Route 28-Norwood road. After crossing over Route 97-Georgia Avenue, turn right on Muncaster Mill Road. Approximately 5 miles turn right onto Muncaster Road. Turn left into The Agricultural History Farm Park. The Extension Office is located at the top of the hill.

From the West - Take Route 70 East. Exit at Route 97 Olney. Follow Route 97 south to intersection of Route 108, turn right onto 108 west. Continue approximately 5 miles to Muncaster Road, turn left, then proceed 2 miles, turn right into The Agricultural History Farm Park. The Extension Office is located at the top of the hill.



Bulletin Board

Remember in your prayers – Rita Bastek's daughter who is having knee surgery, Gene Van Pelt, heart tests, and Debra Rausch, medical problems.

Speedy recovery to Barbara Raab who had cataract surgery and Mary Helen McIntosh who is recovering from a broken leg.

It is with great sadness to report the deaths of 2 outstanding members of Maryland FCE. Jane Peele and Marian Carey both previous Montgomery County presidents passed away in January. They will be missed.

IN AND AROUND MARYLAND

ALLEGANY COUNTY

We are having our International Luncheon at the Cresap Methodist Church in Cresaptown, MD on Wednesday, May 16th from noon until 2 PM. The lunch will be baked chicken breast, mashed potatoes, gravy, rolls, string beans, coleslaw, coffee, tea, and cake. The price is \$7.50.

Carroll County FCE members invite all FCE members to attend the Region I meeting April 24. Registration starts at 9:30AM with meeting starting at 10 AM. Coffee and pastries at registration, lunch is \$12. Madeleine Greene will present "Retirement Housing Choices" and Joanne Hamilton will speak on the topic "Everything Old is New Again". See directions on page 4 for more information.

CECIL COUNTY

Cecil County FCE will meet in March to label our donated books, which will be given to children in our county's Domestic Violence Shelter. We continue to work monthly on our Kovers For Kids--blankets made for traumatized children. We always have a yummy covered dish luncheon at our meetings! We keep our members informed with the Hearth Fire programs.

MONTGOMERY COUNTY

Two members attended Women's Legislative Day. Donna Brazile, political strategist and former campaign manager for the Gore-Lieberman 2000 presidential campaign was the keynote speaker. New women and family oriented legislative bills were presented.

We are seeking donations of yarn for our blanket project. If you have any acrylic yarn or kids print material that you would like to donate to this cause, please bring it to the regional meetings in April.

PRINCE GEORGE'S COUNTY

A speaker from Southern Maryland Hospital presented information on the Female Heart as part of Hearth Fire #35 "Here's To A Healthy Heart".

Members continue to collect and distribute books for kids - "Books, the Other Channel" project. We've been invited to participate in Nutrition Training for 4-H Youth in March, Concoctions in the Kitchen, and Healthy Snacks for Kids Hearth Fire #41. Spanish Hearth Fire Booklets were distributed to the Spanish Community through the Library.

Millennium Development Goals Under the Microscope

Sharon Hatton, UN committee member compiled a report of the progress of the Millennium Development Goals adopted by the United Nations in 2000. This is an excerpt from that report.

Goal 1: Eradicate extreme poverty and hunger.

In Asia, reductions in poverty are dramatic. Those living on less than \$1 a day dropped nearly 250 million from 1990-2001. In more than 30 countries, hunger was reduced by 25% during the last decade. Fourteen of these countries are in sub-Saharan Africa. More than 800 million people remain hungry today.

Goal 2: Achieve universal primary education.

Sub-Saharan Africa has made progress but still more than one in three children are out of school. In five African countries, less than 50 percent of eligible children are enrolled. In South East Asia, Oceania and Western Asia enrollment is also lagging with about 20% of children out of school.

Goal 3: Promote gender equality and empower women.

More than 80 countries are taking action to guarantee women's political participation and have provisions that reserve parliamentary seats for them. In 17 Latin American and Caribbean countries, women's participation in parliament has risen to nearly 20% (compared to 16 percent worldwide).

Goal 4: Reduce child mortality.

Nearly every year 11 million children die before their fifth birthday. However, there is some progress. In 1960, one child in five in the developing regions died before five years of age. By 1990, the rate was down to one in 10. But these advancements have slowed in sub-Saharan Africa owing to weak health care systems, conflicts and AIDS.

Goal 5: Improve maternal health.

More than 500,000 women die each year during pregnancy and childbirth. Although one of the poorest countries, Bangladesh, reduced maternal mortality by focusing on skilled birth attendants, access to emergency care and family planning. In Egypt, maternal mortality was cut by 50% in eight years.

BANANAS for EVERYONE

Bananas contain three natural sugars - sucrose, fructose and glucose and combined with fiber, a banana gives an instant, sustained and substantial boost of energy. Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes. But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions:

Depression:

According to a recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.

PMS:

Forget the pills -- eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

Anemia:

High in iron, bananas can stimulate the production of hemoglobin in the blood and so helps in cases of anemia.

Blood Pressure:

This unique tropical fruit is extremely high in potassium yet low in salt, making it the perfect way to beat high blood pressure. So much so, the US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of high blood pressure and stroke.

Brain Power:

Research has shown that the potassium-packed fruit can assist learning by making people more alert.

Constipation:

High in fiber, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

Heartburn:

Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.

Morning Sickness:

Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness.

Mosquito Bites:

Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.

Nerves:

Bananas are high in B vitamins that help calm the nervous system.

Ulcers:

The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronicler cases. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.

Seasonal Affective Disorder (SAD):

Bananas can help SAD sufferers because they contain the natural mood enhancer tryptophan.

Smoking:

Bananas can also help people trying to give up smoking. The B6 and B12 they contain, as well as the potassium and magnesium found in them, help the body recover from the effects of nicotine withdrawal.

Stress:

Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates the body's water balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be rebalanced with the help of a high-potassium banana snack.

Strokes:

According to the "The New England Journal of Medicine," eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%!

When you compare it to an apple, it has four times the protein, twice the carbohydrates, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. It is also rich in potassium and is one of the best value foods around. So maybe its time to change that well known phrase so that we say, "A banana a day keeps the doctor away!"

INTERESTING FACTS!

Many years ago, in Scotland, a new game was invented. It was ruled "Gentlemen Only...Ladies Forbidden"...and thus the word GOLF entered into the English language.

The first couple to be shown in bed together on prime time TV were Fred and Wilma Flintstone.

Every day more money is printed for Monopoly than the US Treasury.

Men can read smaller print than women can; women can hear better.

Coca-Cola was originally green.

It is impossible to lick your elbow.

The State with the highest percentage of people who walk to work: Alaska

The percentage of Africa that is wilderness: 28%; (now get this) the percentage of North America that is wilderness: 38%

The cost of raising a medium-size dog to the age of eleven: \$6,400

The average number of people airborne over the US any given hour: 61,000

The first novel ever written on a typewriter: Tom Sawyer.

The San Francisco Cable cars are the only mobile National Monuments.

Each king in a deck of playing cards represents a great king from history:

Spades - King David

Hearts - Charlemagne

Clubs - Alexander, the Great

Diamonds - Julius Caesar

If a statue in the park of a person on a horse has both front legs in the air, the person died in battle. If the horse has one front leg in the air the person died as a result of wounds received in battle. If the horse has all four legs on the ground, the

person died of natural causes.

Only two people signed the Declaration of Independence on July 4th, John Hancock and Charles Thomson. Most of the rest signed on August 2, but the last signature wasn't added until 5 years later.

Q. Half of all Americans live within 50 miles of what?

A. Their birthplace

Q. If you were to spell out numbers, how far would you have to go until you would find the letter "A"?

A. One thousand

Q. What do bulletproof vests, fire escapes, windshield wipers, and laser printers all have in common?

A. All invented by women.

Q. What is the only food that doesn't spoil?

A. Honey

In Shakespeare's time, mattresses were secured on bed frames by ropes. When you pulled on the ropes the mattress tightened, making the bed firmer to sleep on. Hence the phrase..... "goodnight, sleep tight."

It was the accepted practice in Babylon 4,000 years ago that for a month after the wedding, the bride's father would supply his son-in-law with all the mead he could drink. Mead is a honey beer and because their calendar was lunar based, this period was called the honey month, which we know today as the honeymoon.

In English pubs ale is ordered by pints and quarts... So in old England, when customers got unruly, the bartender would yell at them "Mind your pints and quarts, and settle down." It's where we get the phrase "mind your P's and Q's"

Many years ago in England, pub frequenters had a whistle baked into the rim or handle of their ceramic cups. When they needed a refill, they used the whistle to get some service. "Wet your whistle" is the phrase inspired by this practice.

Chicken, Tomato and White Bean Soup

Even more vegetables make this version of our Chicken Soup recipe especially tasty and filling!

Yield: 6 servings

1 medium onion, finely chopped
4 celery stalks, finely chopped
3 carrots, peeled and finely chopped
1 tablespoon minced garlic
1/2 teaspoon kosher salt
1 teaspoon black pepper
2 pounds cooked chicken breast, cut into bite-sized pieces (about 4 cups)
2 tablespoons butter
3 14.5-ounce cans chicken broth
2 cubes chicken bouillon
1 14.5-ounce can diced tomatoes, drained
1 14.5-ounce can white beans, drained and rinsed
1/4 cup finely chopped fresh parsley
1/4 teaspoon Tabasco sauce (about 2 shakes)

Place the vegetables, garlic, salt, and pepper in the slow cooker crock. Top with the chicken pieces, butter, broth and bouillon cubes. Do NOT stir. Cover and cook on low for 7-1/2 hours. Stir in drained tomatoes and beans; continue to cook 1/2 hour more. Stir in parsley and Tabasco sauce before serving.

Approximate nutritional content:

Calories: 410 protein: 52g net carbs: 13g fat: 13g
cholesterol: 143mg sodium: 1,712mg

Source: The Everyday Low Carb Slow Cooker Cookbook by Kitty Broihier & Kimberly Mayone