

WHAT'S HAPPENING

Maryland Association for Family and Community Education, Inc. Newsletter

MARCH

- All Month Women's History Month**
1 **Heart of FCE, Spirit of FCL Award**
Entries due State President
3 10:00AM Executive Committee Meeting,
Anne Arundel Extension Office

APRIL

- 1 Deadline for Region I and Region II
Meetings
15 All State Reports due NAFCE
16 9:30 AM Region II Meeting,
Prince George's County hosts at
Knights of Columbus, College Park, MD
22 9:30 AM Region I Meeting,
Cecil County hosts at
Mt. Pleasant United Methodist
Church, Colora, MD
25 **Celebrate Earth Day**

MAY

- 1 **LOOK WHAT'S HAPPENING**
deadline for items to Editor
MAFCE Conference Info in this issue
5 10:00AM Executive Committee Meeting,
Anne Arundel Extension Office

JUNE

- All Month Nominees for State Officers,**
Group II
2 10:00AM Executive Committee Meeting,
Anne Arundel Extension Office

Inside.....

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REGIONAL MEETINGS

Have you registered for the Regional meetings? Prince George's County will host Region II on April 16, 2008 at the Knights of Columbus in College Park in Westminster. Region I will be hosted by Cecil County on April 22, 2008 at the Mt. Pleasant United Methodist Church, Colora, MD. Directions on page 4.

MDFCE Web Site is www.mdafce.org

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

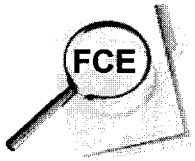
Continue to update your web page information by sending newsletters, calendars and information to Marie Moeller. E-mail mariemoeller@yahoo.com

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 – 2008

I hope you all had a very happy holiday season and that 2008 will be a healthy and successful year for you.

Your State Board is hard at work planning interesting, educational and fun programs for our upcoming regional meetings and our annual conference. We hope you have the dates on your calendar and plan to attend these events.

On the subject of fund raising, at the last annual conference several members who indicated they were tired of raffles approached me. This year we are trying something different. We are asking our members to donate jewelry that you are no longer wearing. We request that you bring it to the regional meetings. We will collect it, price it and package it. We will then have a jewelry sale at the annual conference at Sandy Cove in October 2008. They did this at the National Conference in Omaha last July and it was very successful. This will be a new and different form of fund raising and should be fun for everyone.

Your National Association is instituting two new awards for activities in 2008. There will be an Outstanding Unit Award and a Superior Unit Award. These will be presented to local clubs or units. The requirements and forms for these awards will be given out at the regional meetings. However, in the meantime you should be keeping close track of your activities. You have new program report forms for record keeping. They were included in the packets you received at last year's annual conference.

Remember our state board is here to serve you. If you have any questions, criticisms, or suggestions for programs, please contact any of us.

Keep Active!!!! We hope to see you at the upcoming meetings.

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

NEWS FROM THE VICE PRESIDENT FOR PROGRAM

HAPPY BIRTHDAY TO US!

A rose is still a rose by any other name. Likewise a member of FCE may still call herself a "Homemaker." No matter the name of our organization, we're going to be 70 YEARS OLD this year!

Here in Maryland we started out as members of "Home Demonstration Clubs." As a matter of fact some Cecil Countians still were calling me the "Home Demonstration Agent" when I retired! We became "Homemaker Clubs" and then "Extension Homemakers." Regardless of our name we're having a BIRTHDAY PARTY to celebrate our 70th.

When? Where? The **BIRTHDAY PARTY will be held during the Maryland FCE Annual Meeting**, October 13-15, 2008 at SANDY COVE. We tentatively have set Monday evening, October 13 for the celebration. Stay in touch for more information in your next newsletter. All FORMER, CURRENT, FUTURE members and friends are welcome!

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

PUBLIC POLICY NOTES

The 2008 Maryland Legislative Agenda for Women's Issues and Initiatives include:

1) Criminal Procedure – Bill No. HB181 creates a new crime for violation of the no contact condition of a pre-trial order and allows the arrest of a defendant who violates the no contact condition.

2) Family Law – Child Custody – this bill provides clear guidelines and standards for courts to use when making child custody determination by codifying existing case law and creates clear standards and guidelines to be used by courts making custody decisions.

3) Paternalism and Rape - bill will limit the parental rights of rapists when a child was conceived as a result of rape.

4) Cover All Kids – Health Care Reform – Legislation will eliminate the barriers to enrollment for some 90,000 Maryland children who are eligible for but not enrolled in either Medicaid or MCHIP, the state children’s health insurance program. Also, Maryland’s new legislation would require families to report proof of health insurance coverage for their children on their tax filings, and in three years, families with uninsured children would no longer qualify for the state’s child tax exemptions.

5) Pay Equity - This legislation would address the recommendations made by the Equal Pay Commission. These are wage gaps based on both gender and race in the state.

Sign on as a supporter of these initiatives at www.mdlegagenda4women.org or email: admin@mdlegagenda4women.org

National Election – study the candidates’ position on issues and make an informed decision on your choices.

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). Any of the board members would be delighted to help you with this, just ask. Send the complete package to me and I will forward 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

DIRECTIONS TO REGION MEETINGS



Directions to the REGION I Meeting APRIL 22 2008 Colora, MD

Cecil County will host the Region I meeting on Tuesday, April 22, 2008, 9:30 AM at Mt. Pleasant United Methodist Church in Colora, MD.

Cost--\$15.00 (includes lunch)

Deadline for reservations is April 1, 2008.

Make checks payable to CECIL COUNTY FCE and send to:
Ele Crossan
3315 Singerly Road
Elkton, MD 21921

Directions to Mt Pleasant United Methodist Church, Colora, MD:
Drive north on I-95. Take Exit 93 which is the first exit after crossing the Susquehanna River and just after the bridge toll. Proceed north toward Rising Sun. Bear right on 275 west. Turn right on 276 (traffic signal). From 276 turn left onto Liberty Grove Road (traffic signal). Proceed on Liberty Grove Road through Colora to the church. The church is about 4 miles from Rt. 276. From the I-95 exit the trip will be about 20 minutes.

Direction to the REGION II Meeting

APRIL 16, 2008

College Park, Maryland

Prince George's County FCE will host the Region II meeting on Wednesday, April 16, 2008 at the Knights of Columbus Hall, (Prince George's Council 2809) 9450 Cherry Hill Rd, College Park, MD 20740. Registration begins at 9:30 AM.

Cost - \$15.00 Buffet lunch.

Deadline for the reservation is April 1, 2008.

Make check payable to Prince George's County FCE & send to:

Alice Irwin
6112 Church Drive
Brandywine, MD 20613-9365
301-273-8562

Directions to Knight of Columbus Council No. 2809 Hall.

From the Baltimore Area - Take I-95 South to the Capital Beltway (I-495/95). Bear left onto the Beltway to the first exit, which will be Exit 25 (Baltimore Avenue/College Park). At the top of the ramp bear right to the first traffic light and turn right onto Cherry Hill Road. The Council Home will be on your left approximately 1/2 mile. Caution: Hidden entrance. If you cross a bridge, turn around -- you've missed it.

From the Washington Area - Take the Capital Beltway to Exit 25B (Baltimore Avenue/College Park). At the end of the ramp turn left, crossing I-495/95. Make a right at the first road on your right (Cherry Hill Road) at traffic light and go approximately 1/2 mile to Council Home on your left. Note caution as outlined above.

(Alternate way-Route 29 south to Cherry Hill; go left at the top of the ramp onto Cherry Hill West. Follow Cherry hill for about 3 miles, entrance to Knights of Columbus is on your right.)

Bulletin Board

Genie Van Pelt is still in Rehab after knee surgery in November. She is at Sligo Creek Nursing and Rehab Center. Floy Summers is at last feeling better.

Condolences to Jean Weinel on the loss of her husband.

Speedy recovery to Barbara Raab who is recovering from surgery.

IN AND AROUND MARYLAND

ALLEGANY COUNTY

The Allegany County FCE International Luncheon will be at the Cresaptown Untied Methodist Church from noon to 2 PM. on Wednesday, May 21, 2008. The deadline is Wednesday, May 14th for payment of \$7.50 for the Baked Chicken Breast meal with all the trimmings, drink and dessert. The Hong Kong PowerPoint program will start at 1 PM. I have 96 pictures. Please make check to: Allegany County FCE.

Mail to: Mrs. Bonnie Tipton (301-724-9269)
13514 Brice Hollow Road
Cumberland, MD 21502

June 11th or 13th, we are going to the Road Kill Restaurant for lunch, Alpine Pantry for shopping at an Amish store, shopping for vegetables at the hydroponics greenhouse and shopping at the Knot Hole Crafts store. All the stores etc. are in the Flintstone, MD area. The date will be confirmed later.

July 14th, we are having an indoor picnic at the Allegany County fairgrounds noon to 3 PM. Everyone is to bring a covered dish and their place setting. There will be a craft workshop after the meal.

August 11th, a salad covered dish with its recipe and bring your place setting. There will be a workshop after the meal to make the centerpieces for the Fall Luncheon.

Monday, October 13, 2008 will be our Fall Luncheon at Penn Alps from noon to 3 PM.

CARROLL COUNTY

Carroll County FCE members invite you to attend May Day on May 1st at 10 AM at the Elks Club in Westminster. The cost is \$16 and will include stuffed chicken breast, green beans, baked potato, applesauce, rolls, and ice cream sundae. The deadline for tickets is April 21st. Make check payable to CCFCE and send to Ruth Shipley 3304 Sykesville Road, Westminster, MD 21157 (410-549-7955).

CECIL COUNTY

Cecil County FCE members are busy preparing for the Region I Meeting to be held Tuesday, April 22 near Port Deposit. Members and friends are welcome regardless of where they live. In addition to the meeting we will have an opportunity to learn about Kilby Cream, an ice cream business unique in its business and flavors — YUM, YUM!

We continue to participate in BOOKS THE OTHER CHANNEL by collecting and distributing children's books. Cecil County FCE members and friends meet monthly to make blankets and quilts for local children needing extra TLC. Finished projects for "Kovers for Kids" are distributed through several county agencies.

MONTGOMERY COUNTY

You invited to our Spring Luncheon "Honoring Our Military – Past and Present" at 10:30 AM on May 3 at the Montgomery County Extension Office 18410 Muncaster Road Derwood, MD. Cost is \$15.00. Send check made out to MCAFCE to Marcie Burroughs 1510 Moffet Road Silver Spring, MD 20903 (301-434-4609).

Three members attended Women's Legislative Day. New legislative bills dealing with women and family issues were presented.

We are seeking donations of yarn for our Linus Blanket project. If you have any acrylic yarn or kids print fabric (poly-cotton, fleece, flannel) that you would like to donate to this cause, please bring it to the regional meetings in April.

PRINCE GEORGE'S COUNTY

We have a new member and 2 perspective members. *(Congratulations, editor)*

ACWW News

Devastated and Separated by Drought

Depression, family breakdown and suicide haunt farming communities in Australia as the nation remains gripped by severe drought, says Lesley Young in a report to ACWW's Agricultural Committee. In these edited extracts she looks at life in a troubled countryside:

With either the husband or wife having to find employment off the farm to support the family, some find it difficult to cope and this has led to them staying away to find a better life. Wives and children have also been left to manage while the husband works and lives from home.

Early in 2007 it was estimated that 69% of Australia agricultural land was affected by drought. More olive groves are being planted to challenge imports of olive oil and now are growing a quality product.

Rural settlements suffer as farmers have no money to spend in shops; businesses have been closing. Towns' people, too, are feeling the effects of drought. Water supplies have been depleted and use restricted. Food has become more expensive in some areas.

As part of Government support, the County Women's Association of Australia has been given money to distribute to families for emergency household expenses. Since December 2006, we they have paid over \$12 million to more than 5000 families.

Reprinted in "The Countywoman" from the November 2007 issue of "South Australian County Women"

What would happen in the USA if we had a severe drought? What could we do now to be prepared? What could FCE teach to prepare people for such an event? Maybe this could be an item of discussion in your meeting? (Editor)

SAVE WATER, MONEY, and ENERGY NOW!

TOP 5 ACTIONS



The average household spends as much as \$500 per year on its water and sewer bill. By making just a few simple changes to use water more efficiently, you

could save about \$170 per year. If all U.S. households installed water-efficient appliances, the country would save more than 3 trillion gallons of water and more than \$18 billion dollars per year! Also, when we use water more efficiently, we reduce the need for costly water supply infrastructure investments and new wastewater treatment facilities.

It takes a considerable amount of energy to deliver and treat the water you use everyday. American public water supply and treatment facilities consume about 56 billion kilowatt-hours (kWh) per year—enough electricity to power more than 5 million homes for an entire year. For example, letting your faucet run for five minutes uses about as much energy as letting a 60-watt light bulb run for 14 hours.

By reducing household water use you can not only help reduce the energy required to supply and treat public water supplies but also can help address climate change. In fact:

- If one out of every 100 American homes retrofitted with water-efficient fixtures, we could save about 100 million kWh of electricity per year—avoiding 80,000 tons of greenhouse gas emissions. That is equivalent to removing nearly 15,000 automobiles from the road for one year!
- If one percent of American homes replaced an older toilet with a high-efficiency toilet (HET), the country would save more than 38 million kWh of

electricity—enough to supply more than 43,000 households' electricity for one month.

With so many ways to save water, here are the highlights for 5 key actions to help you capture water savings around your home. Remember, every drop counts!

1. Stop Those Leaks!

Check your indoor water using appliances and devices for leaks. Many silent leaks allow water and your money to go down the drain. Studies have shown homes can waste more than 10% due to leaking, which costs both you and the environment.

Another large water waster can be leaks in your irrigation system. Fix irrigation system leaks quickly and check for water in the gutters or mud puddles. Inspect your sprinklers and drip sprayers regularly for leaks during the daytime since the optimal time to water is in the nighttime hours when you cannot observe leaks. If you have an older irrigation system, over 50% and even more than 75% of the water can be lost to leaks.

2. Replace your old Toilet, the largest water user inside your home.

If your home was built before 1992 and the toilet has never been replaced, then it is very likely that you do not have a water efficient 1.6 gallon per flush toilet. You can check the date stamped inside the toilet by lifting the lid and looking at the back of the toilet at the manufacturer's imprint of the make, model and date of manufacture.

3. Replace your Clothes Washer, the second largest water user in your home.

Energy Star™ rated washers that also have a Water Factor at or lower than 9.5, use 35-50% less water and 50% less energy per load. This saves you money on both water and energy bills. There is a current **qualifying products listing of water efficient clothes washer models** maintained by the Consortium for Energy Efficiency.

4. Plant the Right Plants with Proper Landscape Design & Irrigation

Whether you are putting in a new landscape or slowly changing the current landscaping at your home, select plants that are appropriate for your local climate conditions. Having yards with 100% lawn turf area in a dry desert climate uses significant amounts of water. Also consider the trend towards **Xeriscape™** (a combination of seven common-sense gardening principles that save water while creating a lush and colorful landscape) and a more natural landscape or wildscape.

5. Water Only What Your Plants Need

Most water is wasted in your garden by watering when you plants do not need the water or by not maintaining the irrigation system. Be attentive if you are manually watering by setting your oven timer or some other reminder to move the water promptly. Make sure your irrigation controller has a rain shutoff device and that it's appropriately scheduled. Most water is wasted in months prior to or just after the rainy season when intermittent rains occur. You can also consider installing a weather adjusting Evapotranspiration (ET) irrigation controller that automatically saves water by not watering when the plants don't need the water, check with your local water provider to inquire if ET controllers work in your area.

Be sure to call your local water provider for more information and potential incentives.

(Taken from the US Environmental Protection Agency and www.ourearth.org)

WHAT IS A GRANDPARENT?

From papers written by a class of 8-year-olds.

Grandparents are a lady and a man who have no little children of their own. They like other people's.

A grandfather is a man and a grandmother is a lady!

Grandparents don't have to do anything except be there when we come to see them. They are so old they shouldn't play hard or run. It is good if they drive us to the shops and give us money.

When they take us for walks, they slow down past things like pretty leaves and caterpillars.

They show us and talk to us about the color of the flowers and also why we shouldn't step on "cracks."

They don't say, "Hurry up."

Usually grandmothers are fat but not too fat to tie your shoes.

They wear glasses and funny underwear.

Grandparents don't have to be smart.

They have to answer questions like "Why isn't God married?" and "How come dogs chase cats?"

When they read to us, they don't skip. They don't mind if we ask for the same story over again.

Everybody should try to have a grandmother, especially if you don't have television because they are the only grown ups that like to spend time with us.

They know we should have snack-time before bedtime and they say prayers with us every time and kiss us even when we've acted badly.

A 6 year old was asked where his grandma lived. "Oh," he said, "She lives at the airport and when we want her we just go get her. Then when we're done having her visit, we take her back to the airport."

Grandpa is the smartest man on earth! He teaches me good things but I don't get to see him enough to get as smart AS HIM!

It's funny when they bend over, you hear gas leaks and they blame their dog."

Easy Brown Rice and Beans

4 tbsp brown rice
3/4 cup water
7 oz can stewed tomatoes
1/3 cup chopped celery (1 stalk)
1/3 cup chopped onions (1/2 medium onion)
1/2 cup chopped green pepper (1/2 medium)
7 oz can red kidney beans or (1/2 14 oz can)
Pinch of garlic powder
2 drops hot sauce
Dash of pepper.

Cook rice in water until water is absorbed. In skillet cook chopped celery, onion, and green peppers slowly over low heat about 10 minutes. Add drained canned beans, stewed tomatoes and seasoning. Bring to a boil, and then simmer uncovered about 10 minutes. Add cooked rice and mix. Makes 2-3 servings.

PROMOTING FCE

Are you ready to Market/Promote Maryland Family and Community Education initiatives to gain new members and to partner with PTA's, Preschools/Day Care centers and organizations similar to Rotary Clubs and Chambers of Commerce?

Choose information appropriate for the targeted group. In addition to Hearth Fire lessons include a letter introducing our organization, membership brochure, lists of material and Headquarters information.

It is not too early to begin collecting brochures, Hearth Fire booklets, a history of FCE, membership brochures and forms, and National and local contact information.

We will address this challenge at the regional Meetings in April. See you there.

Marie Gardiner, Marketing/ Promotion