

# WHAT'S HAPPENING

Maryland Association for Family and Community Education, Inc. Newsletter

## JUNE

- All Nominees for State Officers, Group II
- 5 10:00AM Executive Committee Meeting,  
Anne Arundel Extension Office
- 14 Flag Day

## JULY

- 3 10:00AM Executive Committee Meeting,  
Anne Arundel Extension Office
- 4 Happy Birthday America
- 21-23 NAFCE Annual Conference,  
Nashville, Tennessee

## AUGUST

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

## SEPTEMBER

- All Character Counts Essay and Artwork  
Contest starts  
Collect 2007 Dues-Membership Drive  
National Literacy Month
- 1 **Early Bird Deadline MDAFCE  
Conference**
- 1 **All County Associations' List of  
Officers and Committees for 2007  
should be sent to State President**
- 11 10:00 AM Executive & Education  
Committee Meeting,  
Anne Arundel Extension Office
- 20 Deadline for MDFCE Conference
- 27-30 ACWW Area Meeting hosted by CWC,  
Fort Wayne, Indiana

### **MDFCE Web Site is [www.mdafce.org](http://www.mdafce.org)**

Continue to update your web page. Send newsletters, calendars and information to Marie Moeller. E-mail [mariemoeller@yahoo.com](mailto:mariemoeller@yahoo.com)

## Inside.....

From The President	2
Observations from the President-Elect	2
News from the VP for Program	2
Public Policy Notes	3
ACWW News	3
Driving More Efficiently	4
Use of Wireless Communication Devices and the Risk of Brain Cancer	4
In and Around Maryland	5
After the Prom is Over	6
MDFCE Annual Conference	7
Directions to the conference	8

## MDFCE ANNUAL CONFERENCE



Don't forget to register for the Maryland FCE Annual Conference by September 1<sup>st</sup> to get the early bird discount. The meeting will be held in October at the Best Western Inn Westminster, MD on Oct 17<sup>th</sup> and 18<sup>th</sup>. Contact Helen Totura (410-848-6517 or [htotura@qis.net](mailto:htotura@qis.net)) or see page 7 for registration information.

### **Character Counts Essay WINNER!**

Caroline Butler of Elmer Wolfe Elementary School, Carroll County placed first in Maryland in the National FCE Character Counts Essay and Artwork Contest. Caroline received a \$100.00 savings bond from MDAFCE.

### **Newsletter Deadline: August 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. Please email me at [jcpurich@cs.com](mailto:jcpurich@cs.com) with your information.

## **FROM THE PRESIDENT**

Be "Cool" in the Summer Months

Kids, especially teens, tell us what is "cool" and what is not. "Cool" of course means what is good or accepted. While those of us who are no longer in our youth seldom use the "cool" term, we still like to do good and/or accepted things. This summer when sometimes our clubs are not as active is a good time to be "cool" and find "cool" ways to talk to friends and acquaintances about the value and fun of being an FCE member.

The biggest advantage of being an FCE member is the opportunity for lifelong learning. Failing to engage in lifelong learning sets one up for the possibility of financial loss, unhealthy life styles, and less quality of life to name a few. Our programs in the past year have helped our members save money by knowing more about the Medicare Prescription program. We learned about the new dietary and exercise guidelines developed by our nation's top scientists. We learned how to identify scams and criminal gangs in order to protect ourselves. We found out how to stretch our food dollars and prepare safe and healthy foods. We learned about safely using and disposing of household products and chemicals. We saw how to maintain lawns and gardens while protecting the Chesapeake Bay (okay, it's really an estuary!). We even learned how to beautify our homes and gardens with container gardening. And some of us were able to make our clothes and outfits we already own look better and feel more comfortable! And, WOW, did we have fun!

So while you are out and about with folks you know and those you will meet SHARE some of the experiences and opportunities YOU had, as a member of FCE--be COOL. Invite others to your club's summer picnic or to the first fall meeting. Going to the beach for a vacation? Or maybe going to the mountains? You'll probably meet some new friends with which to share the FCE news. Even if they are from a different county or state there is a good chance there is an FCE group in their area.

As for me, I expect to be "cool" and seek out some new members. I need to earn some more stars just to keep up with our past-president,

Jeanne Purich! Also I expect to keep "cool" by spending more time in the mountains.

Looking forward to seeing you at the Annual Meeting in Carroll County.

Judy Pugh, President

P.S. Please share this newsletter with your friends who are former Homemaker members.

## **OBSERVATIONS FROM THE PRESIDENT-ELECT**

On April 6, 2006, I was privileged to attend the FCE Region I Meeting in Cumberland, Maryland.

In the morning we participated in a board game based on the National FCE Hearth Fire Series "Someone's in the USA Court(ing) the Judicial System". This turned out to be a fun and educational experience. Prizes were awarded to the winners. Everyone received a copy of the Hearth Fire pamphlet and an FCL certificate.

Derrick Bender from the Extension office talked about Spring Gardening. He gave us much information about grasses, plants, fertilizers, and protecting the Bay, etc.

A delicious buffet lunch was served.

The afternoon speaker was Dick Pfefferkorn from the Department of Natural Resources who talked about the progress of the Cumberland Canal Place Projects. This project is apparently geared to attract tourists and will feature a park, shops, museums, art galleries, etc. It should be quite an advantage for Cumberland and the surrounding area.

Approximately 38 members attended. Thanks to Allegany County for hosting this excellent meeting.

Evelyn M. Ziegler, President Elect  
410-465-3587

## **NEWS FROM THE VICE PRESIDENT FOR PROGRAM**

Over sixty (60) enthusiastic people participated in the Regional II meeting on April 20<sup>th</sup> hosted by Howard County FCE. The NAFCE program "Someone's in the USA Court(ing) the Judicial System" was featured with a mixture of county

members working on this special game board. Each county has received this program and it is available at the state level. A fun way to learn about our lawmaking process!

Seventeen members on record for decades of FCE participation were recognized and honored with certificates. Kathryn Frock, Carroll County "tipped the charts" at sixty years of membership.

The garden came indoors when Patricia Greenwald, Howard County Master Gardener, displayed "Pot of Posies", gardening in containers, as porch, pathway, and patio accents of variety, color, and beauty of leaf and flowering plants.

"Help Yourself to a Healthy Home" was brought to the members by Madeleine Greene, CFCS, AFC. "Fact Finder" home safety checklist for older adults from the US Consumer Product Safety Commission was distributed.

A day that was well spent and enjoyed.

Marie Gardiner, Vice-Pres. For Programs  
301-475-3270

## **PUBLIC POLICY NOTES**

By the end of the 2006 General Assembly session, the State legislature and Gov. Robert L. Ehrlich completed several major initiatives that will affect the lives of most Marylanders.

Approved were stricter air pollution laws, more generous pensions for teachers, a freeze in tuition at public universities and financial backing for stem cell research.

A boost to the capital budget brought millions more for school projects across the state. Twenty-five million (\$25 million) was released for local road projects.

The minimum wage in the state was raised to \$6.15 an hour. Legislators passed a measure to expand retirement benefits to public school teachers and state employees.

At the April 2006 MDFCE Regional Meetings, a training session was done on *Hearth Fire Series #37 Someone's in the USA-Court(ing) the Judicial System*. Evelyn Ziegler and Jean Purich led the training session.

A Judicial game of Monopoly was played by MDFCE members. It was fun and educational. We were grouped at tables, received

tokens for correct answers on questions on the Courts, Constitution, Laws, Judicial Proceedings, etc. Prizes were given for the highest scores. A Certificate of Completion for 1 hour FCL training in Public Policy was given to each participant.

Marie Moeller, Vice-Pres. For Public Policy  
301-292-2365

## **ACWW NEWS Friends Await in Finland**



"A friendly welcome to enjoy Finland from the hostess Finnish societies. Visit the land of the midnight suns and thousands of lakes and islands," said Johanna Packalen, Finnish ACWW coordinator.

The theme of the conference (June 2-10, 2007) is "Winning the Way for Women." Finnish women have made their way to the top in several fronts. Political equality has been a reality since 1906, when Finland became the first country in Europe to grant women the right both to suffrage and to be electoral candidates.

The country is led by the first women president of the republic, Tarja Halonen, and eight of the 18 ministers in the current government are women. Elisabeth Rehn, who will be one of the keynote speakers at the conference, was the first female Minister of Defense and reported to the United Nations on human rights.

Turku can be easily reached by air, boat bus, or train. SAS (Scandinavian Airlines) is proud to be appointed as the official airline for ACWW's conference and offers special flexible, favorable fares to Finland. To obtain SAS conference fares, kindly contact your nearest SAS office and quote the reference number: FL0702.

During the excursion day, participants can enjoy the Finnish countryside, with its farms and rural enterprises offering their exclusive handicrafts and taste the specialties of Finnish cuisine – not forgetting historical and cultural delights.

More information can be found at  
[www.acwwfinland2007.com](http://www.acwwfinland2007.com)

## DRIVING MORE EFFICIENTLY

### Drive Sensibly

Aggressive driving (speeding, rapid acceleration and braking) wastes gas and can lower your gas mileage by 33 percent at highway speeds and by 5 percent around town. Sensible driving is also safer for you and others, so you may save more than gas money.

<b>Fuel Economy Benefit:</b>	<b>5-33%</b>
<b>Equivalent Gasoline Savings:</b>	<b>\$0.15- \$0.96/gallon</b>

### Observe the Speed Limit

While each vehicle reaches its optimal fuel economy at a different speed (or range of speeds), gas mileage usually decreases rapidly at speeds above 60 mph.

As a rule of thumb, you can assume that each 5 mph you drive over 60 mph is like paying an additional \$0.20 per gallon for gas.

Observing the speed limit is also safer.

<b>Fuel Economy Benefit:</b>	<b>7-23%</b>
<b>Equivalent Gasoline Savings:</b>	<b>\$0.20- \$0.67/gallon</b>

### Remove Excess Weight

Avoid keeping unnecessary items in your vehicle, especially heavy ones. An extra 100 pounds in your vehicle could reduce your MPG by up to 2%. The reduction is based on the percentage of extra weight relative to the vehicle's weight and affects smaller vehicles more than larger ones.

<b>Fuel Economy Benefit:</b>	<b>1-2%/100 lbs</b>
<b>Equivalent Gasoline Savings:</b>	<b>\$0.03- \$0.06/gallon</b>

### Avoid Excessive Idling

Idling gets 0 miles per gallon. Cars with larger engines typically waste more gas at idle than do cars with smaller engines.

### Use Cruise Control

Using cruise control on the highway helps you maintain a constant speed and, in most cases, will save gas.

### Use Overdrive Gears

When you use overdrive gearing, your car's engine speed goes down. This saves gas and reduces engine wear.

From [www.fueleconomy.gov](http://www.fueleconomy.gov)

## USE OF WIRELESS COMMUNICATION DEVICES AND THE RISK OF BRAIN CANCER

The FDA received numerous media inquiries about a recently published paper (*Pooled analysis of two case-control studies on use of cellular and cordless telephones and the risk for malignant brain tumors diagnosed in 1997-2003 by Hardell et al.*) reporting increased risk of malignant brain tumors associated with long term use (>10 years) of cell phones and cordless phones. This is not a new study but is an analysis of two studies previously published in 2003 and 2005. Both studies were population based case control studies. Cases were recruited based on histopathological diagnoses submitted to regional cancer registries in Uppsala/Örebro and Linköping regions of Sweden. Control subjects were taken from a population registry covering the whole population in Sweden.

Several studies have been recently published on the risk of long term cell phone use (> 10 years) and brain cancer. The results reported by Hardell *et al.* are not in agreement with results obtained in other long-term studies. Also, the use of mailed questionnaires for exposure assessment and lack of adjustments for possible confounding factors makes the Hardell *et al.* study design significantly different from other studies. These facts along with the lack of an established mechanism of action and absence of supporting animal data make it difficult to interpret Hardell *et al.* findings.

The FDA continues to monitor studies looking at possible health effects resulting from exposure to radio frequency energy. FDA plans to convene a meeting in the near future to evaluate all completed, ongoing and planned research looking at health effects associated with the use of wireless communication devices and identify knowledge gaps that may warrant additional research.

<sup>1</sup> <http://www.fda.gov/cellphones/wireless-crada.html>

# IN AND AROUND MARYLAND

## ALLEGHENY COUNTY

Allegheny County had their International Luncheon on Wednesday May 10<sup>th</sup> at the Cresaptown Methodist Church. The local Salvation Army leader spoke about her time in New Orleans after hurricane Katrina.

Our next board meeting will be on Friday, August 11, 2006 at the LaVale Library - 10 am to 2 pm.

Plans have been made for our Fall Luncheon to be held at Penn Alps on Wednesday, October 25, 2006. The Penn Alps' demonstration buildings will be open until 5 pm. that evening.

## ANNE ARUNDEL COUNTY

David Meyers, Extension Educator spoke at our June meeting about his trip to Russia. We also honored our Extension Office staff that day with a buffet luncheon. Thanks for all the work you do!

## CARROLL COUNTY

"Making Music Together" was the theme of the annual May Day Luncheon for the Carroll County FCE members. We celebrated with good fellowship, food, song and dance.

On June 12<sup>th</sup> the meeting will feature the programs of "Medicine – Use Them Wisely" and "Calendar Girls". Books and school supplies will be collected for a community literacy project on August 14<sup>th</sup> at our annual FCE Picnic.

Carroll County FCE invites all FCE members to the Annual Conference to be held in Westminster on October 17 & 18. It will be held at the Best Western on Route 40, just west of town. Plans are being made to add to your comfort and excitement while attending the conference. Mark your calendar now and experience our special hospitality just for you.

## FREDERICK COUNTY

On April 19, 2006, the Frederick County FCE joined with the Frederick County Homemakers for their Annual Spring Meeting and Luncheon. The theme was "Let's Get Organized". Madeleine Greene from Howard County Extension Service spoke on "Stash It or

Trash It". She had many great ideas and suggestions to help organize or get rid of all those things people tend to collect. Also each club created a table centerpiece relating to the theme and explained how it demonstrated good organization. In an effort to motivate each group to get their memorabilia organized, there was a scrapbook contest with scrap booking supplies for prizes. Hopefully, Frederick County will now be more organized in the future.

## MONTGOMERY COUNTY

Sixty-four (64) FCE members and guests attended our Spring Luncheon entitled "Weddings Then and Now". Barbara Perry, her daughter Brenda Peters and Barbara's granddaughter, Whitney Kendall presented a lovely fashion show of bridal gowns made by Barbara. Madeleine Greene, Extension Educator, lead a discussion on wedding traditions and the changing wedding styles. Several vintage wedding dresses were on display.

Two of our Montgomery County college scholarship recipients were present and told us how the scholarship has helped them in obtaining their goals of higher education. One will be going to Tulane and the other to Towson in the fall.

Upcoming program for June is "Barefoot at the Beach."

Our Linus program continues to grow and grow. We now are making baby hats as well as blankets. The women enjoy finding and sharing new patterns with each other. We have produce almost 900 blankets this year. We can use any extra acrylic yarn you might have. Please bring it to the annual conference or send it with a state officer to the Executive meeting. And thank you, MCFCE appreciates it very much.

## PRINCE GEORGE'S COUNTY

Recent county programs from the Hearth Fire Series include skin cancer, exercise, and memory loss/Alzheimer's. Eight FCE members attended the Regional II meeting and 6 plan to attend the national meeting in Nashville, Tennessee.

The Annual Spring Luncheon was held on June 1, 2006 at Corkran Memorial Methodist Church, Temple Hills, MD.

## AFTER THE PROM IS OVER

### Removing after-prom or anytime stains



When Cinderella's beautiful ball gown disappeared at the stroke of midnight, the makeup stains on her dress magically vanished, too.

In the real world, there's no fairy godmother to banish those after-prom stains, but fortunately Nancy Bock, Vice President, Consumer Education at the The Soap and Detergent Association, has some advice. Before you begin, check the fabric care labels. Some items, such as shawls, pocket-handkerchiefs or dress shirts may be washable, but tuxedos and most prom dresses are dry clean only.

**Deodorant:** Check to see if the stain has changed the color of the fabric. If so, apply ammonia to fresh stains; white vinegar to old ones. Then, rinse. The next step (or the first step, if there's been no color change) is to use a prewash stain remover. Launder using the hottest water that is safe for the fabric. Stubborn stains may also respond to oxygen bleach in the hottest water that is safe for the fabric.

**Makeup:** Pretreat with a prewash stain remover or liquid laundry detergent. Launder in the hottest water that's safe for the fabric.

**Lip balm and lipstick:** Pretreat the stain with a prewash stain remover or liquid laundry detergent, and then wash in warm water. Line or air dry. If the stain remains, repeat the procedure. Use chlorine bleach in the wash, if it's safe for the fabric.

**Perfume:** Pretreat with a prewash stain remover or liquid laundry detergent. Launder in the hottest water that's safe for the fabric.

The trouble with not doing anything is that you don't know when you are finished!! Think about it. What are you doing for FCE?

## GRILLED CHICKEN SALAD

### Ingredients:

- 4 boneless skinless chicken halves
- 2 tablespoon low-sodium soy sauce
- 2 tablespoon dark sesame oil
- 2 tablespoon lemon juice
- 2 teaspoons sugar
- 1/2 cup slivered almonds
- 1 large ripe mango
- 1 can sliced water chestnuts - rinsed and drained
- 6 cups torn leaf lettuce

### Instructions:

1. Prepare grill and ignite charcoal or preheat broiler; preheat oven to 350 °F. Trim all fat from chicken breasts and cut lengthwise into 1/2" wide strips; set aside.
2. In small bowl whisk together soy sauce, sesame oil, lemon juice and sugar; divide in half. Toss half the soy sauce mixture with the chicken strips and reserve half for the salad dressing.
3. Thread chicken on skewers and grill over medium coals about 4 minutes per side or until done.
4. Meanwhile, toast almonds on a dry cookie sheet at 350 °F for five minutes or just until lightly browned.
5. Peel and cut up mango; drain, rinse and drain water chestnuts. Wash and tear lettuce into bite-size pieces. Combine almonds, mango and lettuce in large bowl.
6. When chicken is cooked, add to salad and toss with remaining soy sauce mixture.

## Bulletin Board

Rita Bastek moved to Riderwood (PGC side) at the end of May.

We wish a speedy recovery to Jean Emminger, Vi Culler and Hester Lehnert who recently had surgery and Marcie Burroughs who was in a auto accident.

# Maryland FCE Annual Conference 2006

Tuesday, October 17<sup>th</sup> – Wednesday, October 18<sup>th</sup>, 2006

Best Western, Westminster, MD 21158

Please print or type (complete form for each person attending).

Name: \_\_\_\_\_

Classification (check all that apply)

Address: \_\_\_\_\_

\_\_\_\_\_ FCE Member

\_\_\_\_\_ Educator/Advisor

\_\_\_\_\_ Past State President

County: \_\_\_\_\_

\_\_\_\_\_ State Officer

Phone: \_\_\_\_\_

\_\_\_\_\_ County Officer

Roommate(s): \_\_\_\_\_

\_\_\_\_\_ 1<sup>st</sup> Time Attendee

\_\_\_\_\_ Guest

\_\_\_\_\_ Check here if arriving on Monday

\_\_\_\_\_ E-mail Address

**Full Conference Fee Includes:** Educational materials/speakers, 1 night lodging (10/17), 2 lunches (10/17, 10/18), 2 breakfasts (10/17, 10/18), 1 dinner (10/17).

(check here) <b>POSTMARKED BY:</b>	<b>September 1</b>	<b>September 2-20</b>
_____ Single Room	\$148.00	\$158.00
_____ Double	110.00	120.00
_____ Triple	100.00	110.00
_____ Quad	95.00	105.00

## Commuter Registration:

\_\_\_\_\_ **2-day Commuter** [2 lunches (10/17, 10/18), 2 breakfasts (10/17, 10/18), 1 dinner (10/19), Educational materials/speakers] \$ 65.00 \$ 75.00

\_\_\_\_\_ **Tuesday only** 10/17 (1 breakfast, 1 lunch, 1 dinner, Educational materials/speakers) \$ 45.00 55.00

\_\_\_\_\_ **Wednesday only** 10/18 (1 breakfast, 1 lunch, Educational materials/speakers) \$ 25.00 35.00

Make your check to – **Maryland FCE, Inc**

Mail your check and form to:

Helen Totura 410-848-6517

1323 Bachmans Valley Road

Westminster, MD 21158-3105

If you are staying Monday night (10/16), the hotel stay will cost \$73.50 (includes tax etc.) per room for single/double or \$79.80 (includes tax) per room for triple/quad. You **MUST** make your own hotel reservations for Monday, October 16. Mention the fact that you are attending the MDAFCE Conference on Tuesday, October 17<sup>th</sup> – 18<sup>th</sup>, 2006. The deadline for the extra room reservation is October 1, 2006.

**Contact:** Best Western Catering & Conference Center, 451 WMC Drive, 140 West, Westminster, MD 21158.

Phone – 410-857-1900

Fax – 410-857-9584

**NO REFUNDS OF ANY MONEY.**

**YOU MUST FIND YOUR OWN REPLACEMENT IF YOU CANNOT ATTEND.**

## DIRECTIONS TO THE CONFERENCE

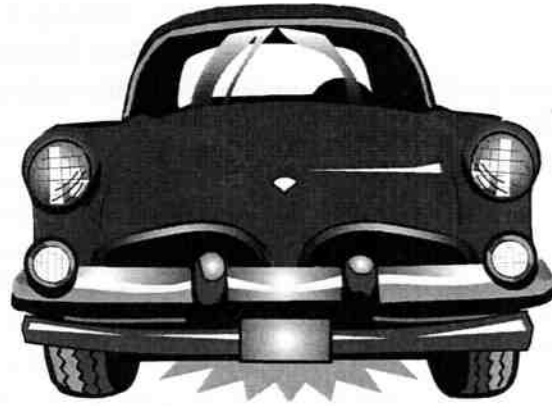
Directions to Westminster Catering and Conference Center

451 WMC Drive, 140 West, Westminster, MD 21158. 410-857-1900

From Baltimore Beltway (695). Turn on Exit 19 to 795 to Route 140 west to the Best Western.

From Route 97 – Turn left onto Route 140 West to Best Western.

From Frederick via Taneytown. - Turn right onto Route 140 East to the Best Western.



Maryland Family & Community Education, Inc  
15500 Gallaudet Avenue  
Silver Spring Maryland 20905-4176