

# LOOK

SUMMER 2008

# WHAT'S HAPPENING

Maryland Association for Family and Community Education, Inc. Newsletter

## JUNE

- All Nominees for State Officers, Group II
- 2 10:00AM Executive Committee Meeting,  
Howard County Extension Office
- 14 Flag Day

## JULY

- 4 Happy Birthday America
- 7 10:00AM Executive Committee Meeting,  
Anne Arundel Extension Office
- 16 FCL Leadership Day
- 18-21 NAFCE Annual Conference,  
Burlington, Vermont

## AUGUST

- 1 **LOOK WHAT'S HAPPENING** deadline  
for items to Editor
- 4 10:00 AM Executive, Education & Finance  
Committee Meeting, Anne Arundel  
Extension Office
- 15 **Early Bird Deadline MDAFCE  
Conference**

## SEPTEMBER

- All Character Counts Essay and Artwork  
Contest starts  
Collect 2009 Dues-Membership Drive  
National Literacy Month
- 1 **All County Associations' List of Officers  
and Committees for 2009 should be sent  
to State President**
- 8 10:00 AM Executive & Education  
Committee Meeting,  
Anne Arundel Extension Office
- 15 Deadline for MDAFCE Conference
- 25-27 ACWW Area Meeting hosted by CWC,  
Hot Springs, Arkansas

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## MDAFCE ANNUAL CONFERENCE



Don't forget to register for the Maryland FCE Annual Conference by August 15<sup>th</sup> to get the early bird discount. The meeting will be held at Sandy Cove, North East MD on Oct 13<sup>th</sup>, 14<sup>th</sup> and 15<sup>th</sup>. Contact Judy Pugh at 410-398-4536 and see page 7 for registration information.

## Character Counts Essay WINNER!

Nicole Hallikas from Anne Arundel County placed first in Maryland in the National FCE Character Counts Essay and Artwork Contest. Nicole received a \$100.00 savings bond from MDAFCE.

## MDAFCE 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)

## 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



### FOCUSING ON THE FUTURE WITH FCE – 2008

Our Maryland State Board Members were very pleased with the turnout at our recent regional meetings. We hope you had a pleasant day visiting with old friends, learning about the cyberhighway, volunteering and mentoring, and many other topics. It is our hope that you will take home the information you received and share it with your clubs, counties, and other organizations.

I want to express my sincere thanks to the members of the State Board for planning these programs, the presenters for sharing their knowledge, Prince George's and Cecil Counties for hosting these meetings, and all of you who continue to support our organization.

Don't forget to mark your calendar for our Maryland Annual Conference in Sandy Cove, October 13, 14, 15, 2008. Your registration fee will include a 2-night stay! It is a beautiful and relaxing location and the fall colors should be just about at their peak. We will be celebrating FCE's 70th Birthday. We will have a memorabilia table so be thinking about what interesting items from your clubs and counties you might want to display. Our fundraiser this year will be a used jewelry sale. There will be no raffles. We are asking you to go through your jewelry boxes; pull out the items that are still good that you no longer use and donate them to our sale. They can be given to any member of the board prior to the conference. There are more details about the conference on page 7 in this newsletter.

Your National and State Boards continue to work hard to plan programs that we hope are of use to you.

If you have any suggestions for programs or need any help, please call on us. We are here to serve you.

Relax, enjoy your summer and appreciate the beauties of nature.

Evelyn M. Ziegler - President  
[zieglers@comcast.net](mailto:zieglers@comcast.net)  
410-465-3587

## PUBLIC POLICY NOTES

### Help on MD Foreclosures

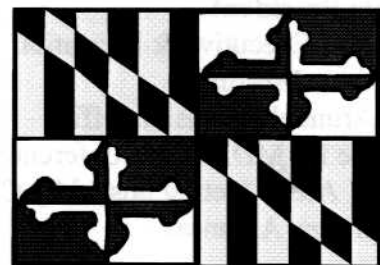
Passage of an ambitious package of mortgage lending changes was among the highlights for Gov. O'Malley in the recently concluded legislative session. Bills signed by O'Malley make mortgage schemes subject to criminal prosecution, extend the foreclosure timetable from 15 to 150 days, and prohibit prepayment penalties and transactions in which home-owners are tricked into signing over their houses to third parties. \$400,000 is budgeted for a public ad campaign to tell MD homeowners at risk of foreclosure about the resources available to help them.

### Communities Come Together for Change

In the months leading up to the election this fall, AARP is hosting events in communities throughout the state to listen to Marylanders and talk with local leaders about the Divided We Fail initiative.

In churches and libraries, bowling alleys and high schools across the state, Marylanders are speaking out and taking action, coming together as communities looking for solutions to the health care and financial security crises facing our country. Waiting is no longer an option. "From the Eastern Shore to Western Maryland, from Southern Maryland to the Pennsylvania line, people are concerned about these issues and they want answers from our elected leaders at the local, state and federal levels," said AARP Maryland State Director Joe DeMattos. Stay tuned and visit [www.aarp.org/md](http://www.aarp.org/md) for more about community conversations near you.

Marie Moeller, Vice-Pres. for Public Policy  
[mariemoeller@yahoo.com](mailto:mariemoeller@yahoo.com)  
443-964-8315



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

### **The Exciting Adventures of Frances Cynthia Edwards**

#### **THE RESULTS!**

Thanks to the efforts of the "Not Quite Ready for Prime Time Players" and the FCE members attending the Spring Regional Meetings. Maryland results were tallied in response to several issues:

#### **Reasons to be a Volunteer in FCE**

- to reach goals
- to learn and to stimulate the mind
- for career development
- to mentor
- for giving back
- to make friends
- to save money for an organization
- to grow
- to feel important
- to help others
- to fulfill a need
- to share talents
- to benefit the community
- for personal satisfaction/enjoyment
- to develop skills
- to develop creativity

#### **What Would You Like to Learn About?**

- FCE history
- proper dress and manners
- water and energy conservation
- money management
- genealogy
- recycling
- making meals ahead
- quality family time and meals together
- CPR and d-fib
- parenting and grandparenting
- operating electronic equipment
- medication disposal
- gardening
- furniture refinishing
- new energy sources
- TV conversion
- homemaking skills

- cell phone usage
- quilting, sewing, crocheting, tatting
- crafts
- computer skills
- increasing membership and attendance
- time management
- food preservation
- digital photography
- elder law
- communication skills with children
- reading financial reports
- health issues

#### **What Could You do to Improve Families and Communities?**

- join FCE!
- volunteer at schools
- teach classes
- serve Meals on Wheels
- lead youth groups
- adopt a highway
- take people to the polls
- be a good neighbor
- help neighbors
- practice kindness and respect
- volunteer at pregnancy centers
- practice civility
- promote clean and neat homes and communities
- tutor kids and adults
- recycle
- SMILE!
- save the Chesapeake bay

Thank you for your input. Maryland FCE will be busy for a long time!

Judy Pugh, Vice President for Program  
[fdjrpugh@aol.com](mailto:fdjrpugh@aol.com)  
410-398-4536

#### **THANK YOU COUNTY PRESIDENTS**

Thank you county and club presidents for your informative and interesting annual reports. They were read and reread and summarized for our state report to National FCE. PLEASE make copies of the report form for your club presidents so we can all be on the same page.

Judy Pugh  
Vice President for Program

## ACWW NEWS

### Let's All Land in Hot Water

#### CONFERENCE THEME: WOMEN WORLDWIDE THE VOICE OF TODAY

**Margaret Cadzow, chairman, tells of the first steps that have been taken towards the next ACWW's next World Conference:**

Welcome to this introduction to our next Triennial Conference venue, Hot Springs, Arkansas, the only national park located within a US city is named after its 47 outlets from which thermal waters flow at 147 °F. Bathhouse row, a main thoroughfare, is evidence of Hot Springs' status as a spa. American Indian tribes referred to this area as the Valley of the Vapors and used it as a place of peace where they discussed their differences. Hopefully, a good omen for our conference.

Tourists have been visiting since 1807 and today the city offers 210 acres of natural beauty and 4.5 miles of shoreline on Lake Hamilton.

Other need to know facts: Hot Springs has the largest botanical woodland in the United States and is noted as the boyhood home of former President Bill Clinton. Alan Ladd, another resident, became a film star in Hollywood's golden era and the city had the world's only public diamond bearing sire. Twenty-four thousand diamonds have been found since 1972.

## Bulletin Board

### National FCE Award

Rita E. Bastek - Maryland's  
Nominee for Extraordinary  
Women of FCE

An FCE member for over 50 years, Rita has many accomplishments. We recognize you for serving at many positions at both county and state levels and for your work as a political and community activist. Your selfless contributions have inspired us as MDAFCE members to follow your leadership. Congratulations Rita, we are proud of your many achievements!



## CWC/USA Hosts ACWW Triennial

The Country Women's Council (CWC) is privileged to be hosting the Associated Country Women of the World (ACWW) Triennial Conference in Hot Springs, AR in 2010. Hosting an international conference is exciting, a lot of work, and **EXPENSIVE**.

At the September 2007 CWC Meeting in Illinois the cost of the conference and how to raise funds were addressed. Past records showed that donations from the various societies of CWC rendered the most revenue. The national societies are American Farm Bureau Women's Leadership Committee, National Master Farm Homemaker's Guild, National Volunteer Outreach Network, Inc, Women's National Farm and Garden Association, Inc. and affiliates of Family and Community Education. This gives a total of 42 individual components of these organizations – Maryland Family and Community Education is one. It was suggested that each member of each society give \$1.00 toward meeting the impending expenses.

Meeting in May 2008, Maryland FCE Board members agreed to add \$1.00 to the state membership fee this year. Thus, the 2009 FCE membership forms will list \$4.00 for state dues. The state will keep \$3.00 (as it has been doing for many years) and donate \$1.00.

Individuals are encouraged to consider giving personal donations also. They may be made payable to CWC Triennial Fund and sent to Judy Bender, N 1440 Spring Lake Drive, Dalton, WI 53926.

### National FCE in Burlington, Vermont

If you haven't registered for the NAFCE Conference at The Inn at Essex on July 18 – 20, it is not too late. **Until June 15<sup>th</sup>, you can still get the early bird conference fee.** That's right, you will not have to pay the late registration fee. If you're not sure where to vacation this year; think about Vermont. You'll have fun, see some very interesting things and maybe even learn a thing or two. Complete registration material is located in your Spring **FCE TODAY** or on the web ([www.nafce.org](http://www.nafce.org)).

## **IN AND AROUND MARYLAND**

### ALLEGANY COUNTY

We are having our "Road Tour" on Wednesday, June 11th. We are starting at the Alpine Amish Store in Flintstone at 9:30 a.m., then to the hydroponic vegetable market, Road Kill Restaurant, and Knot Hole Craft Shop.

### CARROLL COUNTY

The June 9<sup>th</sup> program will be on "Scrap booking" – a hands on class presented by Nancy McAllister and the August 25 meeting program will be "Pedestrian Safety".

The Carroll County Fair will be held July 26 to Aug 1.

### FREDERICK COUNTY NEWS

Frederick County members enjoyed a wonderful Spring Meeting with the theme "Here Comes the Brides". Bridal gowns and wedding pictures of members were on display. Decorations were in the wedding theme and table centerpieces showed a variety of wedding themes. The centerpieces were judged as well as the clubs scrapbooks and certificates were given. Certificates of membership years were given to club members and clubs for their long time memberships. Music, corsages for everyone and a talk on wedding gowns over the years made the program complete. A wedding reception dinner complete with wedding cake was an additional highlight of the day. Mt. Pleasant and Johnsville clubs were the hostesses for the event.

### GARRETT COUNTY NEWS

Garrett County held their annual Achievement Day May 15 at Deer Park. Certificates were given, reports of the clubs in the county, a craft display and flower exchange were enjoyed. After a delicious luncheon the speakers were representatives from CVS in Oakland speaking on "How Drugs Affect the Body". Lovely and very useful favors were given to all in attendance. Garrett County members continue to volunteer and serve in many areas in the county.

### MONTGOMERY COUNTY

Seventy-two (72) FCE members and guests attended our Spring Luncheon entitled "Honoring the Military – Past and Present". There were

several current military personnel and seven former military (five are currently FCE members).

A Yard Sale will be held June 20<sup>th</sup> & 21<sup>st</sup> at 15500 Gallaudet Avenue, Silver Spring to support the scholarship fund. Items can be dropped off at any time.

Upcoming program for June 10<sup>th</sup> is "Pampering You". The speaker will be from a local beauty school discussing hair care.

### PRINCE GEORGE'S COUNTY

Forty-three FCE members attended the April Regional II Meeting. The Adelphi Club was honored for 50 years of FCE service.

PGCFCE members will help with 4-H Project Day at the Extension Office on June 28<sup>th</sup>. They will assist the 4-H staff with arts and crafts, making terrariums and serving food.

We are planning a potluck lunch and auction, September 2nd at 10 AM at the Clinton Extension Office. Everyone is invited. Let Sharon at 301-751-6093 know you will attend.

## **EATING WELL AS YOU GET OLDER**

Eating well means choosing a mix of healthy foods that give your body the nutrients it needs. Eating well also means consuming the right number of calories for your age, gender, and level of physical activity. To eat well, it's best to choose a mix of nutrient-dense foods every day. Nutrient-dense foods are foods that are high in nutrients but low in calories. Look for foods that contain vitamins, minerals, complex carbohydrates, lean protein, and healthy fats.

Plan your meals and snacks to include

- plenty of fruits and vegetables
- plenty of grains, especially whole grains
- low-fat or fat-free milk and milk products
- lean meats, poultry, fish, beans, eggs, nuts
- limited amounts of fats (saturated and *trans* fats should be as low as possible),
- cholesterol, salt (sodium), and added sugars.
- Fruits, vegetables, and grains offer important

vitamins and minerals to keep your body healthy. Most of these foods have little fat. They also have no cholesterol. Fruits, vegetables and grains are also a source of fiber, and eating more fiber may help

with digestion and constipation and may lower cholesterol and blood sugar.

Fruits, vegetables, and grains and beans also give your body phytochemicals. Phytochemicals are natural compounds such as beta-carotene, lutein and lycopene. Like vitamins, minerals, and fiber, phytochemicals may promote good health and reduce the risk of heart disease, diabetes, and some cancers. Research is underway to learn more about these natural compounds. Eat a variety of fresh, frozen, canned, or dried fruits every day. To make sure you get the benefit of the natural fiber in fruits, you should eat most of your fruits whole rather than as juices.

Also, eat a variety of colors and types of vegetables every day. Broccoli, spinach, turnip and collard greens, and other dark leafy greens are good choices. You might also choose orange vegetables, such as carrots, sweet potatoes, pumpkin, or winter squash. Vegetables may be purchased raw or cooked, frozen, canned, or dried/dehydrated. They may be eaten whole, cut-up, or mashed.

Foods made from grains are a major source of energy and fiber. Include grains in your diet every day. Grains fall into two main categories: whole and refined. When choosing grain foods, try to make half your grains whole. In other words, at least half of the cereals, breads, crackers, and pastas you eat should be made from whole grains. Whole grains are better sources of fiber and nutrients than refined grains, such as white flour or white rice. Refined grains have had both the bran and germ removed and don't have as much fiber or as many nutrients as whole grains.

Whole-grain foods, such as whole-wheat bread, are made with the entire seed of a plant, including the bran, the germ, and the endosperm. Together, they provide lots of vitamins, minerals, antioxidants, healthy fat, carbohydrates, and fiber. Try whole-wheat pasta instead of regular pasta or use brown rice in a casserole in place of white rice. Look for "whole wheat" or "whole oats" rather than just "wheat" or "oats" on the ingredients list of packaged goods to make sure you're getting whole grains.

Low-fat or fat-free milk and milk products should be among the foods you choose every day, too and provide calcium and vitamin D to help maintain strong bones. They also provide protein, potassium, vitamin A, and magnesium. Low-fat or fat-free milk, cheese, and yogurt are good options.

If you don't drink milk, be sure to have other products that contain the nutrients that milk provides. Some cereals and juices are fortified with extra calcium and vitamin D. Salmon, sardines and mackerel are good sources of vitamin D.

Other sources of calcium include foods such as hard cheese, yogurt, bony canned fish like salmon or sardines, and calcium-fortified tofu or soy beverages.

Protein helps build and maintain muscle, bones, and skin, and you should include some protein in your diet every day. Meats and poultry are sources of protein, B vitamins, iron, and zinc. When buying meats and poultry, choose lean cuts or low-fat products. They provide less total fat, less saturated fat, and fewer calories than products with more fat. For instance, 3 ounces of cooked, regular ground beef (70% lean) has 6.1 grams of saturated fat and 236 calories. Three ounces of cooked, extra-lean ground beef (95% lean) contains 2.6 grams of saturated fat and 148 calories.

Try replacing meats and poultry with fish or with bean, tofu, or pea dishes. These foods tend to be low or lower in saturated fats, and beans provide fiber. Pinto beans, kidney beans, black beans, chickpeas, split peas, and lentils are all healthy options. Look for ways to add nuts and seeds to your meals and snacks too, but keep amounts small since these foods can contain high amounts of fat. Fats are a source of energy and help maintain healthy organs, skin and hair. Fats also help your body absorb vitamins A, D, E, and K. It's okay to include some oils and fats in the foods you eat, but be aware that fat contains more than twice as many calories as protein or carbohydrates. Try to choose foods that are low in fat or fat free.

Some fats are better for you than others. Choose polyunsaturated and monounsaturated fats when possible. Sources of better fats include vegetable oils such as soybean, corn, canola, olive, safflower, and sunflower oils. Polyunsaturated fat is also in nuts, seeds, and fatty fish. Walnuts, flaxseed and salmon are examples of foods with polyunsaturated fat.

All food labels contain a list of ingredients and nutrition information. Ingredients are listed in order by weight, which means that the ingredient present in the largest quantity is listed first and the ingredient present in the smallest quantity appears last.

**Maryland FCE Annual Conference 2008**  
**Monday night, October 13<sup>th</sup> - Tuesday, October 14<sup>th</sup> – Wednesday, October 15<sup>th</sup>, 2008**  
**Sandy Cove, North East, MD**

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 (PLEASE)	

**Full Conference Registration Includes:** Educational materials/speakers, **2 nights lodging** (10/13 and 10/14), MDAFCE 70<sup>th</sup> Birthday Party (10/13), 2 breakfasts (10/14, 10/15), 2 lunches (10/14, 10/15), 1 dinner (10/14).

(check here) <b>POSTMARKED BY:</b>	<b>August 15</b>	<b>August 16-September 15</b>
_____ Single Room	\$260.00	\$270.00
_____ Double	180.00	190.00
_____ Triple	140.00	150.00
_____ Quad	120.00	130.00

**Commuter Registration:**

\_\_\_\_\_ **2-day Commuter** Educational materials/speakers, MDAFCE 70<sup>th</sup> Birthday Party (10/13), 2 lunches (10/14, 10/15), 2 breakfasts (10/14, 10/15), 1 dinner (10/14)

\_\_\_\_\_ \$ 80.00 \$ 90.00

\_\_\_\_\_ **Monday evening** Birthday Party **only** 10/13  
\$ 15.00 20.00

\_\_\_\_\_ **Tuesday only** 10/14 Educational materials/speakers, 1 breakfast, 1 lunch, 1 dinner  
\$ 65.00 75.00

\_\_\_\_\_ **Wednesday only** 10/15 Educational materials/speakers, 1 breakfast, 1 lunch  
\$ 30.00 40.00

Make check payable to – **Maryland FCE**

Mail check and form to:  
 Judy Pugh 410-398-4536  
 424 East Main Street  
 Elkton, MD 21921

**Directions to the conference will be in the Fall newsletter.**

**NO REFUNDS OF ANY MONEY.**  
**YOU MUST FIND YOUR OWN REPLACEMENT IF YOU CANNOT ATTEND.**

## Rice and Lentil Pilaf

### Ingredients:

- olive oil
- 6-8 garlic cloves, diced
- 1 medium yellow onion or shallot, diced
- 1/2 cup Basmati or Jasmine rice
- 1/2 cup green lentils
- 1-1/2 cups veggie broth or water with bouillon cubes
- 1 teaspoon paprika
- 1/2 teaspoon cumin
- salt and pepper to taste
- 2 carrots, diced
- optional veggies (red pepper, dandelion greens, etc.)

### Directions:

Preheat the oven to 350 degrees.

Heat olive oil in a 1-quart pot. Sauté the garlic and onions or shallots in olive oil until soft. If using bell pepper, put in to sauté as well.

Add rice, lentils, veggie broth or water with bouillon cubes, and spices. Bring to a boil.

Transfer mixture to a 1-quart casserole dish with lid.

Add carrots and other veggies and mix well. Cover and place in oven.

Check in 25 minutes to see if it needs more water. It usually doesn't. Bake for another 10 minutes or so until rice is done but lentils aren't squishy.

### Comments:

It's easiest to sauté veggies in a pot that has a top and can be put in the oven. I don't have one, so I transfer the boiled mixture into a 1-quart ceramic casserole dish that I've left in the oven to heat. I put a little water in it while it heats. That way the hot mixture goes into a hot container in a hot stove!

We like the mixture of carrots and dandelion greens the best. It goes really well with meat substitutes. We like it with fake "fish" slices that we pop into the broiler for the last few minutes the pilaf is cooking.

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