

WHAT'S HAPPENING

Maryland Association for Family and Community Education, Inc. Newsletter

DECEMBER

- 1 State Dues and Membership Forms to NAFCE
- 3 10:00AM Executive Committee Meeting, Anne Arundel County Extension Office
- 31 County's Annual reports due Vice President for Program; County Presidents' Reports due to President; Membership Appreciation Award due Vice President for Program

JANUARY

All Month

Complete and mail all Annual Reports to State FCE by January 31

- 7 10:00AM Executive Committee Meeting, Anne Arundel County Extension Office

FEBRUARY

All Month

Birthday Month, Collect (1 cent for each year of your age or just give a dollar so no one will know) & send to State FCE Treasurer

- 1 **LOOK WHAT'S HAPPENING** deadline for items to Editor
- 4 10:00AM Executive Committee Meeting, Anne Arundel County Extension Office

MARCH

All Month

Women's History Month

- 1 **Deadline for Heart of FCE, Spirit of FCL**
- 5 10:00 AM Executive Committee Meeting Anne Arundel County Extension Office

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GET READY FOR THE REGIONAL MEETINGS

Now is the time to register for the Region I and Region II meetings to be held in April 2008. Details on page 3.

Character Counts Contest

Two counties were able to place the essay and artwork contest in their schools. The state winner will be chosen in January.

MDFCE Web Site is www.mdafce.org

Send newsletters, calendars and information to Marie Moeller at mariemoeller@yahoo.com

Newsletter Deadline: February 1

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

What is your special blessing for the Season?



FROM THE PRESIDENT

FOCUSING ON THE FUTURE WITH FCE was the theme of our Annual Conference at the Holiday Inn in Laurel, Maryland. This was a very successful conference. Our guest speakers were excellent as they talked about current topics. Karl Brendle, Director of the Community Planning & Business Services Department of the Mayor's Office of Laurel discussed the ramifications of BRAC and its effect on the economic face of Maryland. Peter Moe, Special Program Coordinator of the Maryland Highway Safety Office talked about Pedestrian Safety. We learned about the meaning of the various signals at the crosswalks. Edward Dowgiallo, V.P. Nano Solutions, Inc. taught about Alternative Energy. These are all topics that can affect our everyday life and we need to be knowledgeable about them.

It is always interesting to hear the reports of the officers and county presidents and learn what programs have been successful in the various localities.

We also learned all about Crazy Quilts, Grandparents Raising Grandchildren, How to Enhance Our Appearance with the Use of Scarves, Banned or Challenged Books, Organ Donation, and the Spirit of Christmas. If you are interested in learning more about these programs contact me.

In the evening we were entertained by the "New Dimensions" with a musical program that included many familiar, patriotic and enjoyable songs.

Our thanks and gratitude go to Prince George's County for hosting this affair, to the Board members for planning and participating in the program, to the speakers who shared their knowledge with us, to all of you who volunteered in various jobs, and to the attendees for supporting this conference. We look forward to next year at Sandy Cove.

We hope you are continuing to promote the Character Counts program. Send your winning entries to me by January 1

We still have openings on our State Board for the Office of President Elect, Secretary, and RDC Chairman. We are hoping some of you will answer our call for help.

May you and your families enjoy a holy, healthy and happy holiday season.

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

FROM THE VICE-PRESIDENT OF PROGRAMS

We Really Do Listen to YOU!

Following each Annual Conference and Regional Meetings we tally the evaluations to help us plan for the future. At our October conference this year the following programs were ranked at the top: Organ Donation, Pedestrian Safety, and Crazy Quilts. But just to let you know all of our programs scored mostly "5s" (the highest) and "4s"! There were just a handful of "1s" (the lowest). The point is we take your comments very seriously. Even if you were unable to attend Annual Conference and fill out an evaluation we would LOVE to hear from you. Tell us what topics you would like to learn more about and let us know how things are going in your neck of the woods. In the meantime ask those members from your county who attended Annual Conference to set up some programs on the topics that were ranked highest.

Please let me know what programs you would like to have in your clubs and counties: fdjrpugh@aol.com or 410 398 4536.

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

Sandy Cove in 2008 Maryland FCE's 70th Birthday!

Cecil County FCE invites you to the Sandy Cove Conference Center in North East Maryland for the 2008 Maryland FCE Annual Conference to be held October 14 and 15, 2008. We hope you will also plan to stay the evening of October 13 (there may be a birthday party). There is lots to do in and around the town of North East, the head of the Chesapeake Bay: Day Basket Company, Eagle's Nest Orchard, Elk Neck

State Park, lots of antique and boutique shopping and yummy places for snacks or lunch to name a few.

If you have never been to Sandy Cove you are in for a real treat! We overheard someone say it's like being on a cruise without having to board a ship. Those of you who have been to College Days or other FCE meetings know how wonderful the facility is.

Mark your calendar--you won't want to miss Maryland FCE Annual Conference in 2008!

Judy Pugh
410-398-4536 or fdjrpugh@aol.com

PUBLIC POLICY NOTES

In a special session called by Gov. Martin O'Malley (D) to fix Maryland's budget, supporters and opponents of slot machine gambling clashed Friday, November 3 in Annapolis. Supporters said slots are necessary for Maryland's horse racing industry to survive when neighboring states use gambling proceeds to subsidize purses. But opponents decried the potential social ills they say are associated with slots, including gambling addiction, increased crime and prostitution.

Legislation being pushed by O'Malley seeks to legalize slots at five locations, eventually yielding close to \$650 million a year for the state. The slots plan, which O'Malley has proposed putting to voters in a referendum next year, is the most controversial part of his revenue plan to address a budget shortfall next year of more than \$1.5 billion. Other O'Malley initiatives include raising the sales tax and overhauling the state's income tax brackets. O'Malley's legislation envisions slots parlors at locations in Baltimore and in Allegany, Anne Arundel, Cecil and Worcester counties.

Environmentalists also testified Friday before a House committee considering legislation that would levy a fee on development to establish a dedicated, \$85 million-a-year funding source to clean up the Chesapeake Bay. Miller unveiled a competing Senate bill Friday that would set up a similar trust fund to restore the bay and its tributaries. He said he would consider allocating as much as \$50 million from other taxes to fund the initiative.

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

TREASURERER'S REPORT

Copies of the treasury report are available from Louise Ediger, Treasurer
rlrediger@yahoo.com or 301-898-9945.

Family ChoicE Media Survey



At our MAFCE Annual Conference all County Presidents were given copies of the above survey and guidelines. We are reminding you to take these surveys (only six questions) out into your clubs and other community organizations to make parents and grandparents more aware of what their children and grandchildren are listening to and watching on the various forms of modern day media.

After these surveys have been completed, please return all survey sheets prior to March 1, 2008 to:

Judy Armitage
15107 Interlachen Avenue
Silver Spring, Maryland 20906
301-598-2668
judyarmitage@msn.com

The results will then be sent to National for further study.

IN AND AROUND MARYLAND

ALLEGHANY COUNTY

The Allegany County Christmas Tea will be Friday, December 7, 2007 at noon at the Cumberland Fair Grounds in the Multi-Purpose Building. We will have lots of finger foods to start with and then a few readings and some caroling. It will be a good way to start the Christmas season off.

We hope that 2008 is a good year for all the members of MDFCE.

ANNE ARUNDEL COUNTY

Anne Arundel County FCE members will hold a Christmas party on December 7 at the home of Thelma Gore. Everyone is to bring a can or box food for NCEON (needy families).

FREDERICK COUNTY

We held our annual Frederick County Holiday Event - LET IT SNOW! LET IT SNOW! at the Calvary Assembly Of God Church Activity Center in Walkersville on December 1st. Craft demonstrations, entertainment, and door prizes were presented.

We really enjoyed the annual conference. The programs were very informative, presented very well and we learned a lot! Thank you.

MONTGOMERY COUNTY

Thirteen members of Montgomery County FCE went to the Annual Conference in Laurel. We learned of new programs that MC can present in the coming year.

In September we completed our sixth year of the Linus Project. A total of 1587 blankets and over 400 baby hats were completed this year with a six-year total of 4838.

A two-day Fall Festival was held at the Extension Office where crafts and baked goods were sold, and kids games were played. Money made will help support 2 scholarships at Montgomery College. We gave over 350 books to children that attended the festival.

PRINCE GEORGE'S COUNTY

Prince George's County had 12 members attend the State FCE Conference in Laurel, MD.

We will host the Region II meeting on April 16, 2008. Please see the registration information on page 5 of this newsletter.

A Christmas Luncheon will be held Dec. 11, 10AM. Please bring a covered dish and brown/beige socks to send Iraqi soldiers.

Bulletin Board

We wish a speedy recovery to Louise Ediger who is recovering from surgery. Keep her in your prayers and thoughts.

Also speedy recovery to Genie Van Pelt who had knee surgery.

REGIONAL MEETINGS

Both regional meetings are open to all FCE members and guests (how about bringing a prospective member?). Please feel welcome at one or both meetings

REGION I 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.

REGION II APRIL 16, 2008 College Park, Maryland

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

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.

ACWW Conference Decisions Turku 2007

Resolutions were passed concerning Women Entrepreneurs, to promote community action as key to long term environmental change, to adopt the internationally agreed principles of Integrated Water Resources Management, to invest in modern clean energy, and to raise awareness of obesity and ensuing harm to physical health.

Recommendations were made concerning that consumers have enough information about the importance of making nutritionally informed choices and their links to health and to develop food labels in order to make information about energy and nutrition contents easily comprehensible and comparable and secondly to focus on the importance of empowering women to take part in the decision making process.

As FCE members we need to do our part to work for the support of these resolutions and recommendations.

69th Annual Meeting of Country Women's Council USA (CWC) and USA Area Meeting of Associated Country Women of the World (ACWW) Springfield, Illinois, September 27-29, 2007 Theme: Winning the Way for Women

The Associated Country Women of the World (ACWW) is the largest international organization of rural women and homemakers representing over 9 million members in over 70 countries worldwide. It aims to improve the standard and quality of life for its members, their families and communities, who are mainly dependent on agriculture for a living. ACWW is headquartered in London, England. The Country Women's Council USA (CWC) is composed of a group of USA organizations. Its goal is to meet together and act together to carry out the programs and projects of ACWW.

The two-day meeting began by reading the lyrics of "All Over the World" which was sung at the Spring ACWW Triennial in Finland... it tells the whole story about ACWW.

All Over the World

From all over the world, we're joining together
From all over the world, - as we all know it
should be

Then all over the world in friendship for each
other

We'll join in love together and we'll work
together as one.

Right here in this place, let's join hands together
Right here in this place, let's show the world that
we care,

Then right here in this place there'll be a mighty
celebration

Of the joy we will be sharing in a new world
coming our way.

All over the world our sisters are moving
All over the world as we all hoped it could be.

All over the world they'll be a mighty
confirmation

Of the love we share with others, as the waters
cover the sea.
Deep down in our hearts fresh hope now is rising
Deep down in our hearts – let's banish hatred and
fear
Then deep down in our hearts a new star will be
rising
Bringing hopes for new tomorrows in a world
we're eager to share.
Now all over the world a new day is dawning
All over the world there's a new age heading our
way
Then all over the world with love to light the
nations
We'll share a new beginning and live together as
one.
Now all over the world – from Nation to Nation
All over the world in a chain of love that will
bind
Then all over the world, let Nations share with
Nations
The gift of peace uniting in a world of freedom
and love.

Patricia Altshuler, ACWW United Nations representative since 1990 and guest for the conference, was introduced. She spoke on "What it means to have an ACWW representative at the United Nations." It was a very informative talk on how the UN actually works and how you can move from meeting to meeting to become informed on "what is really happening." She spoke on the importance of UNICEF and UNIFEM and later in the conference spoke on the "UN Commission on the Status of Women" which was established in 1946. She presented its history including early male domination. ACWW had a 10-girl panel led by former ACWW president, Lindsay Hacket Paine regarding the Girl Child at the 1995 conference in Beijing.

The resolutions and recommendations from the triennial held in Finland in June were discussed (note ACWW article). Reports were given from various ACWW committees. The importance of collecting Pennies for Friendship was stressed and the ACWW dues have been raised. There were two presentations on diabetes and exercise.

Considerable time was given to discussing the next triennial to be held in 2010 in Hot Springs, Arkansas. Our committee chairman was

going to England to get details in October. We know we will need lots of good quality crafts to help to offset expenses. Suggestions?...they must be approved. We might consider using meeting time for workshops. We will hear more about the conference.

The next CWC Meeting will be in Hot Springs, Arkansas, September 25-27 at the Arlington Hotel.

Reported by Barbara Perry, Maryland FCE

How Are You Fixed for Flavonoids?

January 10, 2007

What do red grapes, white onions, green and black teas and black-eyed cowpeas all have in common? In addition to vitamins and minerals, these plant foods are rich in a class of chemical compounds called flavonoids.

The first update of the USDA Database for the Flavonoid Content of Selected Foods, Release 2, is now available. The new release provides analytical values for 26 selected flavonoid compounds in 393 foods.

For the update, scientists with the Agricultural Research Service (ARS) analyzed the flavonoids in nearly 60 representative fruits, nuts and vegetables taken from a nationwide sampling. In addition, data from nearly 100 new scientific papers on the flavonoid content of various foods were evaluated for inclusion.

The update project was led by nutritionists David Haytowitz and Seema Bhagwat at ARS' Nutrient Data Laboratory (NDL). They collaborated with colleagues at the ARS Food Composition Laboratory, led by chemist James Harnly. Both laboratories are among seven units at ARS' Beltsville (Md.) Human Nutrition Research Center. ARS is the chief scientific research agency of the U.S. Department of Agriculture.

The new release includes the quantities of the 26 selected flavonoids found in 168 new foods that have been added to the original database. Data for many of the food items included in the first release were also updated. Research studies have consistently provided evidence suggesting an association between

consumption of diets high in flavonoids and reduced risk of cancer and heart disease. Documenting the flavonoid content of foods is essential to researchers who strive to evaluate associations between dietary flavonoid intake and risk factors for various chronic diseases.

By Rosalie Marion Bliss
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Want Garlic's Goodness? Crush It!

Consuming large amounts of raw garlic may be good for your heart, but not necessarily your social life. So, how do we best enjoy these pungent little bulbs without missing out on their impressive health benefits? Crush them, then bake them slightly. That's according to Agricultural Research Service (ARS) scientists and collaborators in Argentina who found that lightly cooked, crushed garlic provides most of the health benefits found in raw garlic.

Details:

<http://www.ars.usda.gov/is/pr/2007/070918.htm>
Scientific contact: Philipp W. Simon, (608) 262-1248; USDA-ARS Vegetable Crops Research Unit, Madison, Wis.

Potatoes: Chock Full of Intriguing Phytochemicals

Americans love their spuds, consuming 130 pounds per person annually. Now that culinary love affair could grow even more passionate with Agricultural Research Service (ARS) findings that some potato varieties are packed with health-promoting compounds called phytochemicals. Using a new analytical method, ARS plant geneticist Roy Navarre and colleagues in Washington State and Oregon have identified 60 different kinds of phytochemicals and vitamins in the skins and flesh of 100 wild and commercially grown potatoes.

Details:

<http://www.ars.usda.gov/is/pr/2007/070907.htm>

Scientific contact: Roy Navarre, (509) 786-9261; USDA-ARS Vegetable and Forage Crops Research Unit, Prosser, Wash.

Blueberry Extracts Battle Brain Cell Inflammation

An abnormal immune system can mistake body tissue for a foreign invader and attack it, causing inflammation. Researchers are learning how similar dynamics occur in the brain. Agricultural Research Service (ARS) scientists have found that blueberry extracts helped quell the inflammation that was produced when the brain's immune cells responded to oxidative stress, based on a culture of animal cells.

Details:

<http://www.ars.usda.gov/is/pr/2007/070821.htm>
Scientific contact: James A. Joseph, (617) 556-3178, ARS Jean Mayer USDA Human Nutrition Research Center on Aging, Boston, Mass.

Vitamin K May Help Quell Osteoarthritis

Could getting enough dietary vitamin K help keep osteoarthritis at bay? Study volunteers with the highest blood levels of the main form of vitamin K, called phylloquinone, were associated with the lowest risk, among participants, of having osteoarthritis in the hands and knees. The study was conducted by Agricultural Research Service (ARS)-funded scientists.

Details:

<http://www.ars.usda.gov/is/pr/2007/070801.htm>
Scientific contact: Sarah L. Booth, (617) 556-3231, ARS Jean Mayer USDA Human Nutrition Research Center on Aging, Boston, Mass.

For great cookie recipes, try this web site.

<http://www.northpole.com/Kitchen/Cookbook/>

BERRY CORNBREAD

Ingredients:

- 1-1/2 cups buttermilk
- 4 eggs
- 2-1/3 cups cornmeal
- 1 cup all-purpose flour
- 1/2 cup sugar
- 1 Tbsp. baking powder
- 2 tsp. Lawry's® Seasoned Salt
- 1/2 tsp. baking soda
- 1/2 cup Shedd's Spread Country Crock® Spread
- 1 cup fresh blueberries or chopped strawberries
- 1/4 cup blueberry or strawberry preserves

Directions:

1. Preheat oven to 375°. Spray 9 x 9-inch baking pan with nonstick cooking spray; set aside.
2. In large bowl, combine buttermilk and eggs; set aside.
3. In food processor, combine cornmeal, flour, sugar, baking powder, Lawry's® Seasoned Salt, baking soda. With pastry blender or two knives, cut in Spread until mixture is size of small peas..

Add to egg mixture and stir until just moistened. Gently stir in blueberries. Evenly spoon batter into prepared pan. Drop preserves onto batter and swirl with knife. Bake 40 minutes or until toothpick inserted in center comes out clean. Cool slightly on wire rack

Prep Time: 10 minutes

Cook Time: 40 minutes

Serves 12

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