

WHAT'S HAPPENING

Maryland Association for Family and Community Education, Inc. Newsletter

JUNE

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

JULY

- 4 Happy Birthday America
- 18-20 NAFCE Annual Conference, Tucson, AZ



AUGUST

- All **All County Associations' List of Officers and Committees for 2015 should be sent to State President**
- 1 **LOOK WHAT'S HAPPENING** deadline for items to Editor
- 4 10:00 AM Executive, Education & Finance Committee Meeting, Prince George's County Extension Office

SEPTEMBER

- All CHARACTER COUNTS!sm Essay and Artwork Contest starts
- Collect 2015 Dues-Membership Drive
- National Literacy Month
- 8 10:00 AM Executive & Education Committee Meeting, Anne Arundel County Extension Office
- 25-27 CWC USA Meeting
- Holiday Inn, Manitowoc, WI



Inside.....

From The President	2
Public Policy Notes	2
News from the VP for Program	3
Maryland FCE Conference	3
In and Around Maryland	3
ACWW	5
Making the Right Call	6
How to Solve Your Energy Crisis	6
East Tuna Casserole	6
Maryland FCE Annual Conference	7
Directions to Conference	8

CHARACTER COUNTS!sm Contest

Alaina Konold from Carroll County was the First Place winner for Maryland in the National FCE CHARACTER COUNTS!sm Essay and Artwork Contest. She received \$50 from MDAFCE. Her contest papers were sent to National FCE for competition with other state's winners.

On the WEB with MDAFCE www.mdafce.org

Continue to send information and calendar updates for your web page. Send newsletters, calendars and information to Libby Wade at dunade@aol.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 with your information.



FROM THE PRESIDENT

The Wizarding World of FCE

Hello All,

We are busy planning for the MDAFCE Annual Conference in Carroll County at the Best Western in Westminster on October 13th and 14th. We have several ideas for programs and will see what comes out of the National FCE Conference in July. If you have any ideas, please let me or your county president know. Our theme will be the same as National FCE's theme, "Teamwork Makes Dreams Work". Be thinking about what you can do for a basket to be raffled off to make money for our organization.

We are still looking for more people to be involved at the state level. We do not have a president-elect to take over for next year. I don't expect you to jump in at the highest level but please think about participating at the state level. Some Committees could use more help, like the Research Development Committee and Education Committee.

At the Frederick County Annual Spring Meeting, we walked for "Women Walk the World". Helping out around the Nation and the World, as well as our State, is the true effort of what FCE is all about.

Libby Wade, President
dunade@aol.com

301-831-8661



PUBLIC POLICY NOTES

Of the 2,672 bills brought before the assembly this year, the following were some of the ones passed:

1. The minimal wage will increase to \$10.10 per hour by 2018.
2. Possession of less than 10 grams of marijuana will be punished by civil fines rather than a criminal offense. A commission will certify doctors to recommend that their patients receive the drug if it would benefit them. Patients would get the drug from state-licensed dispensaries.
3. It will be a misdemeanor to publish sexually explicit pictures of a person on the Internet without the permission of that person. Called "revenge porn", violators could be punished by 2 years in prison and a \$5,000 fine.
4. A bill passed that would allow judges to impose stronger sentences on those who commit acts of violence in the presence of a child.
5. A civil protective order just needs a "preponderance of evidence" rather than previously need of "clear and convincing evidence".
6. Penalties were stiffened for those who smuggle cellphones into correctional facilities.
7. Anti-discrimination protection for transgender people.
8. Fines may be imposed for persons under 21 who sneak into casinos.
9. Banning the sale of alcohol over 190 proof.
10. Breed neutral dog-bite bill shifts legal liability toward dog owners when their pet injures somebody.
11. A bill requiring people who are caught driving drunk when a child is in the car will have an electronic device installed in their vehicle that tests sobriety before the vehicle can be started.

Information was taken from the Washington Post / Maryland Politics.

Marilyn Simonds, VP for Public Policy
mjsimonds@verizon.net

301-871-1609

Nominating Committee

The positions up for election are President, Vice President for Public Policy and Treasurer. If you would like to run for a position, please contact me.

Glenna Burgess

301-385-1001



Speedy recovery and prayers for:

Thelma Gore, Anne Arundel County, who is seriously ill. Suzy Colvin, Prince George's County, who is dealing with a chronic illness.

We wish for continued recovery for Sharon Adamoyurka, Alice Irwin, Marie Moeller and Sue Van Slyke, Prince George's County and Barbara Raab from Montgomery County.

NEWS FROM THE VICE PRESIDENT FOR PROGRAM

Your Maryland FCE State Board is working hard to prepare interesting and educational programs to present at the Annual Conference in Carroll County in October. We are urging our members to attend this meeting. Note on the application (see page 7) that we have given everyone a \$30 scholarship to help allay the cost and encourage you to attend (why not bring a non-member with you?). This is an excellent opportunity to visit with old friends, share ideas with members of other counties, explore new topics and Hearth Fires and just have a good time. I hope to see many of you there.

Have a relaxing summer and enjoy the beauty of nature in Maryland and elsewhere.

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

MARYLAND FCE CONFERENCE

I hope you are all remembering that the Annual MDAFCE Conference is in Carroll County this year. It will be at the Best Western where I have 15 rooms held for us. They are all on the 1st floor so no one has to use the stairs to get to her room. The dates are October 13th & 14th, 2014.

In the spring newsletter, I reminded you that it was, then week 14 and you should have had \$42 in your piggy bank. We have now reached the half-way point – 26 weeks – and you should have \$78 in your piggy bank because you are saving \$3.00 per week! As you look at the cost of this year's state meeting, remember that you have half of the money saved. Joan Antonio had procured "Rosie the Riveter" for October 14th so I do hope you are all there on Tuesday to see her.

The annual conference is one we all look forward to each year. This is where we get our programs for the next year. This is where we learn what happened at the National FCE Conference. This is where we all come together to meet new members, enjoy old members and have a fun together. I look forward to seeing you all there.

Elizabeth Heagy
momheagy@yahoo.com

410-857-3388

IN AND AROUND MARYLAND

ANNE ARUNDEL COUNTY

In May, Anne Arundel County FCE held a program on Safety given by Sue Streeter. She discussed driving, parking and walking issues. Afterwards fleece was cut to make pillowcase for the Baltimore-Washington Medical Center.

In June, we are having a pot luck lunch and are inviting the Extension staff to join us.

CARROLL COUNTY

In March, Carroll County had our barbeque, salad & dessert lunch. Terri Serio, Extension Educator with Family & Consumer Sciences, spoke on food serving sizes and how they had changed over the years. She started out by showing us the different plate sizes - what we grew up with and the plate size we are using today. It was a real eye opener. Plus, food groups have also changed over the years. It is no wonder that we are all gaining weight. Terri pointed out that on our plates should be filled as follows: 1/2 of the plate should be filled with fruits & vegetables, 1/4 should be filled with a whole grain – like brown rice or whole grain pasta, and the last quarter should be our protein. Plus, we should each be getting one serving of a low fat dairy product each day. By switching to a fat-free or low-fat dairy product, we get the same amount of calcium but fewer calories and less saturated fat than a full fat dairy.

In April, we received the essays from 35 Carroll County graduating seniors who were applying for our scholarships. On April 29th, we picked three students who will each get \$750 towards their freshman year of college. They are from three different high schools – Liberty, Westminster and Manchester Valley. We wish them a good first year.

In May on the 8th, we had our annual May Day. Ron Redding from the York Wallpaper Co. spoke on "The History of Wallpaper." Our luncheon was held at the Elks Club in Westminster. Thirty-four attended.

In June, on the 2nd, we look forward to having the State FCE Board meeting in Carroll County. Next on June 9th, Linda Payne and her husband will be telling us about their travels in Europe.

Elizabeth Heagy

MONTGOMERY COUNTY

Thirty-six FCE members and guests attended our Spring Luncheon entitled "Honoring Mothers". Attendees were treated to stories about local "moms", some wonderful songs by Kathy Mack and a great lunch.

We are still sending boxes of love and goodies to the Troops. Here is a list of snacks and other items needed for Treat the Troops:

Powdered Drinks Microwave Popcorn
Beef Jerky Slim Jims
Dried Fruit Snacks Blank Note Cards
Hard Wrapped Candy and non chocolate throughout the year, (chocolate from October to May)
Cheese and Peanut Butter Crackers
Individual Packages of Nuts
Individual Packages of Trail Mix
Comics (**NO DOONESBURY PLEASE**), crossword and Sudoku puzzles
LOTS AND LOTS OF CARDS AND LETTERS OF GRATITUDE AND ENCOURAGEMENT FOR OUR TROOPS.

As always **MONETARY DONATIONS** are needed to help offset high postage costs and supplies for the 35+ boxes we ship each month to our troops and service persons in Afghanistan. The postage costs alone are running over \$700.00 per month. For more information contact:

Maddi Klein 301-774-8088 maddik@comcast.net

In May, we went on a bus trip with another volunteer group to Lancaster PA. We visited an Amish family for lunch and then went to the Turkey Hill factory to taste ice cream and design our own flavors. It was a great day.

FREDERICK COUNTY

On April 24, the Frederick County FCE and Homemakers held their annual spring meeting. The theme of "Earth Day" was highlighted by great basket centerpieces, flowers made from recycled grocery bags were made into favors, handmade book marks and a handout telling us all how to conserve water was given out. After judging, the baskets were raffled off to lucky winners. We also had a used book sale of cook, craft and gardening books. County clubs had worked hard on their scrapbooks to highlight their efforts this past year. Our guest speaker was Shauna Clay, Development Director for the Arc of Frederick County. Shauna informed the group about the role of Arc in providing services to persons with

developmental disabilities and their families in order to become as independent as possible.

The members supported the Associated Country Women of the World during the spring meeting, by holding their "Women Walk the World for ACWW" walk during the meeting intermission. All clubs currently collect Pennies for Friendship to support ACWW, which helps globally to bring a better life to women, through clean water and agricultural development projects.

There was no lesson on "Scams" in March, the lesson having been cancelled twice because of snow and schools being closed. But just in time for spring, we were able to attend our April lesson "Can, Freeze or Dry – What's Best". The May lesson was "Working Together to Get Things Done", something we all need to do.

Donna Bowles

PRINCE GEORGE'S COUNTY

Prince George's FCE is looking forward to summer after the LONG, COLD, and seemingly UNENDING WINTER we've experienced this year! With our luck, the temps will hit the other end of the scale in the high 90's-100's range. Weather is never dull in this state! In spite of January's meeting being cancelled, we've accomplished positive results for our projects this Winter/Spring. Two workshops were held in March and April to cut out the patterns for little girls' Easter dresses which will be donated to the homeless shelter program for Capitol Hill Group Ministries. Three dresses were made by members of our club (sewn by Debbie Rausch), four were made by Sue van Slyke and two others were made by other members of her church. Our FCE ladies participated in the cutting out of four dresses on Palm Sunday, then the finished dresses were modeled by some of the church's littlest members before they were given to the Capitol Hill Group Ministry's homeless program. We are continuing to make Comfort Dolls and Xmas Stockings for the Troops. We recently started saving coupons for military families overseas, as the government is looking to cut subsidies to overseas commissaries and make it harder for them to live in such an expensive economy. The commissaries honor these coupons and make it easier to live on a single paycheck.

A Spring Luncheon was held in April as Mother's Day and so many other family activities

take place in May. June, July, and August will be workshop gatherings to work on our projects and not wait till the last minute to do things! August will be our turn to host the State Board Meeting. We are looking at a gardening theme for our basket for the Annual Meeting, October 13-14, 2014. Several ladies participated in judging the 4-H Speaking Contest in March-Jean Bilsky, Glenna Burgess, and Barbara Bowen among them. The winners move on to State and National competitions. Reports from the ladies said they had a wonderful time. Sharon brought up an idea at our last meeting to check into the possibility of planting Monarch Butterfly `Way Stations` to help the critters have a place to fuel up, mate, and make their migration to Mexico a success. We'll have to see what we as a group can do to participate, perhaps with some of our 4-Hers. The populations have declined critically and the butterflies can only lay their eggs on Milkweed plants and hatch as caterpillars on them. We have a new member, Yvonne Jackson, brought in by a returning member, Barbara Bowen. Welcome, Yvonne, and welcome back, Barbara!!!

The long winter hasn't helped our `sick` list either. Alice Irwin is healing due to a mild stroke at Morningside Village in Waldorf. Suzy Colvin is retired and making positive steps forward dealing with MS. She is such a positive role model to all of us. Sharon Adamoyurka is healing and cancer-free!!!!AMEN. Sue Van Slyke is still bouncing back from that awful fall and concussion last Christmas. Her church is celebrating its 150th Anniversary and she is right in the middle of the planning and historical research for the occasion. Marie Moeller is recovering from basal cell skin cancer at home. Margie George works at the Baden Food Pantry, cares for her husband, and deals with arthritis in her back. She smiles through it all. Barbara Marsh is caregiving for her son and amazes us at her strength and well-organized approach to getting things done. Several of these ladies either help raise or provide constant guidance for their grandchildren-Barbara Bowen, Genie Van Pelt, Sharon Adamoyurka, Marie Moeller, and Margie George. Glenna Burgess still has contact with many of the foster children she helped over the years. In spite of all their personal illnesses and problems, these ladies all impact many others. I think that defines homemakers at their best-if we were to draw a circle with radiating arms touching each of the people we serve in our lives, I think we'd be pretty amazed at how many we really

touch in some way. So, Ladies, have a great summer and hold your families close.

Sharon Adamoyurka, Sue Van Slyke, and Debbie Rausch

ACWW News



ACWW is now a partner of the 'Save Food – Global Initiative on Food Loss and Waste Reduction' of the Food and Agriculture Organization. Save Food involves awareness raising, collaboration, policy making and investment to reduce food waste. This is hugely important considering that 30-40% of all food produced is wasted, either because it never reaches consumers (due to transport, storage and other difficulties) or because it gets discarded before consumption. This has negative effects on food availability, the environment and farmer income.

As Save Food is relevant to the Agriculture Committee's interest in food security, the committee will be sharing information about the initiative as well as food waste and ways to reduce it. For more information, visit the Save Food website at <http://www.fao.org/save-food/en/>. Also, look out for a related article by the Agriculture Committee Chair in the July-September issue of The Countrywoman.



"I have learned over the years that when one's mind is made up, this diminishes fear, knowing what must be done does away with fear".

Rosa Parks

MAKING THE RIGHT CALL

When to call 9 1 1: Only to report emergencies

Any life-threatening situation – fights, weapons, personal-injury, vehicle collisions.

A sexual assault that is in progress or has just occurred.

An immediate fear for your personal safety or the safety of others.

Any type of fire.

Any medical problem that requires an ambulance or other immediate medical response.

What should you, the caller, do when you call 9 1 1

Remain calm and speak clearly.

Be prepared to answer where, what, when, who, and how.

Let the call taker ask questions.

Stay on the phone if it is safe to do so or until the call taker advises you to hang up.

If the call requires transferring to another agency, stay on the line. You may hear a series of clicks as the transfer occurs.

Understand that if the 9 1 1 center is extremely busy and your call is not answered within approximately 15 seconds, you will hear a recording indicating that operators are busy. The tones that follow the recording support devices for the hearing impaired. **STAY ON THE LINE**, do NOT hang up and call back.

What you'll be asked when you call 9 1 1

The location of the emergency – the exact address, intersection, place name (for example shopping center, school, hotel, etc.).

The nature of the emergency (what is going on right now, description of people and/or vehicles involved, any weapons involved, how long ago did the incident occur).

DO NOT HANG UP

Stay on the phone and advise the call taker that you mistakenly dialed 9 1 1 and that you do not have an emergency

If a 9 1 1 call is abruptly disconnected, the call taker will attempt to call the number back.

If a caller does not confirm whether or not there is an emergency, police may be dispatched to the location from which the call was made.

HOW TO SOLVE YOUR ENERGY CRISIS



- Improve your sleep hygiene
- Consult your doctor
- Review your medications
- Move a little more
- Clean up your diet
- Reorganize your day
- If you have fatigue and difficulty concentrating, sleep disruptions, loss of pleasure in activities you once enjoyed - it may be depression
- If you have fatigue and morning headaches, excessive daytime sleepiness, dozing while driving, loud snoring, you wake up at night gasping for breath - it may be obstructive sleep apnea.
- If you have fatigue and frequent urination, increased thirst and hunger, blurry vision, irritability, unexplained weight loss - it may be diabetes.
- If you have fatigue and weight gain, puffiness, cold sensitivity, dry skin or hair, muscle cramps - it may be underactive thyroid.
- If you have fatigue and loss of appetite, fever, nausea, dark urine, clay-colored stools - it may be hepatitis.
- If you have fatigue and muscle weakness, shortness of breath, you look pale - it may be anemia.
- It is now time to see your doctor.

Consumer Reports Volume 26 Number 3 2014

EASY TUNA CASSEROLE

INGREDIENTS

3 cups cooked macaroni

1 (6 ounce) can tuna, drained

1 (10.75 ounce) can condensed cream of chicken soup

1 cup shredded Cheddar cheese

1 1/2 cups French fried onions

DIRECTIONS

Preheat oven to 350 degrees F.

In a 9x13-inch baking dish, combine the macaroni, tuna, and soup. Mix well, and then top with cheese. Bake at 350 degrees F for about 25 minutes or until bubbly. Sprinkle with fried onions and bake for another 5 minutes. Serve hot.

Maryland FCE Annual Conference 2014
Monday, October 13th – Tuesday, October 14th, 2014
Best Western Hotel
451 WMC Drive, Westminster, MD, 21158
Phone: 410-857-1900

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 st Time Attendee
_____	_____ Guest
_____ Check here if arriving on Sunday	
_____ E-mail Address (PLEASE)	

Full Conference Registration Includes: Educational materials/speakers, **1 night lodging** (10/13), 2 breakfast (10/13 & 10/14), 2 lunches (10/13 & 10/14), 1 dinner (10/13).

(check here) POSTMARKED BY:	September 10	September 11 – September 20
	FCE Member Scholarship	FCE Member Scholarship
_____ Single Room	\$ 245.00 less \$ 30.00 = \$ 210.00	\$ 255.00 less \$ 30.00 = \$ 220.00
_____ Double Room	\$ 180.00 less \$ 30.00 = \$ 145.00	\$ 190.00 less \$ 30.00 = \$ 155.00
_____ Triple Room	\$ 160.00 less \$ 30.00 = \$ 125.00	\$ 170.00 less \$ 30.00 = \$ 135.00
_____ Quad Room	\$ 150.00 less \$ 30.00 = \$ 115.00	\$ 160.00 less \$ 30.00 = \$ 125.00

Commuter Registration:

_____ 2-day Commuter Educational materials/speakers, 1 breakfast (10/13), 2 lunches (10/13 & 10/14), 1 dinner (10/13)	\$ 110.00	\$ 120.00
_____ Monday only 10/13 Educational materials/speakers, 1 breakfast, 1 lunch, 1 dinner	\$ 80.00	\$ 90.00
_____ Tuesday only 10/14 Educational materials/speakers, 1 lunch	\$ 50.00	\$ 60.00

If you are staying at the hotel either Sunday or Tuesday night, please indicate here. _____ Sunday (Oct 12)
 You will pay the hotel directly but we will tell them you are coming. Cost \$ 83.00/night _____ Tuesday (Oct 14)

Make check payable to – **Maryland FCE**
 Mail check and form to:
 Elizabeth Heagy 410-857-3388
 225 Glenbrook Drive momheagy@yahoo.com
 Westminster, MD 21157

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

Direction to Annual Conference

Best Western Hotel

451 WMC Drive, Westminster, MD, 21158

Phone: 410-857-1900

October 13 and 14, 2014

From East and South:

Take 32 west to Route 140 east, the BEST WESTERN Westminster Catering and Conference Center will be on your right-hand side.

From the North or West:

Take 97 south to Route 140 West and the BEST WESTERN Westminster Catering and Conference Center will be on your left-hand side just past Route 31.



**Maryland Association for
Family and Community Education
15500 Gallaudet Avenue
Silver Spring Maryland 20905**

