

WHAT'S HAPPENING

Maryland Association for Family and Community Education, Inc. Newsletter

JUNE

- All Nominees for State Officers, Group I & II
- 5 10:00 AM MDAFCE Board Meeting, Carroll County Extension Office
- 14 Flag Day



JULY

- 4 Happy Birthday America
- 13-16 NAFCE Annual Conference, Omaha, Nebraska

AUGUST

- All **All County Associations' List of Officers and Committees for 2018 should be sent to State President**
- 1 **LOOK WHAT'S HAPPENING** deadline for items to Editor
- 7 10:00 AM MAFCE Board Meeting, Prince George's County Extension Office

SEPTEMBER

- All CHARACTER COUNTS!® Essay and Artwork Contest starts
Collect 2018 Dues Membership Drive
National Literacy Month
- 11 10:00 AM MDAFCE Board Meeting, Anne Arundel County Extension Office
- 25-26 Annual conference
Best Western Hotel, Westminster Maryland

“When the whole world is silent, even one voice becomes powerful.” - Malala Yousafzai

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CHARACTER COUNTS!® Contest

Jennifer Villalto, from William Winchester school in Carroll County was the First Place winner in Maryland for the National FCE CHARACTER COUNTS!® Essay and Artwork Contest focusing on “Caring”. She received \$50 from MDAFCE. Her contest papers were sent to National FCE for competition with other state’s winners.

Check out 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

It is Spring again!
No matter how long and dark winter may be (and ours was not bad this year) Spring always arrives with a burst of color, especially green. Make sure you notice all of the green! Then you have to see the multi-colors on the flowers and the burst of pink and white of the Cherry Blossoms.



There are lots of things to do in the Spring. One of the top choices is to pack a lunch and have a picnic outside in a park. It is really great to take the kids and grandkids outside to play. I love watching them run and play. My youngest grandson loves to hunt for four-leaf clovers and also blow bubbles and then try to catch them. Other activities are to feed the ducks or try to skip rocks on a pond. Make it a game and see who can skip the most number of times.

This is also the time of year when the farmers markets open and you can get fresh fruits and vegetables. Frederick is a great county for that and there are quite a few locations that we can find on Saturday mornings. Our farmers will also start bringing the freshly picked sweet corn on the cob that will melt in your mouth later on in the summer.

Of course there is also my favorite time and activity. I love to visit with family out on the back deck. We will barbeque with charcoal (not that fancy gas grill stuff). But the best part is mixing up a pitcher of margaritas and watching the sunset.

Have fun! Enjoy Life!

Libby Wade, President
dunade@aol.com

301-831-8661

PUBLIC POLICY NOTES

As our own FCE organization has created an excellent FCL lesson, "Popping Pills: Prescription Drug Abuse", to inform us about the increasing drug addiction and overdoses from over-prescribed pain killers and opioids, right on its heels comes the even more potent abuse of synthetic opioids! As the Washington Post reported on April 27, 2017, a drug used to tranquilize elephants has hit the streets, and it

is killing many. A few grains, the size of salt, are deadly. The drug is carfentanil. Drug dealers lace heroin with it and they don't know what they are dealing with. It is 10,000 times more powerful than morphine. The user is looking for a faster high and many times they use their usual heroin dose which is now much more potent. The drug is absorbed through the skin and presents a danger to first responders handling the surge of overdose calls. Even the technicians in the labs testing the drugs must use gloves and masks, as inhaling a puff of powder escaping from a resealed bag can be dangerous. Public Policy is slow to get ahead of this recent health crisis, as many crime labs do not have the ability or equipment to detect this synthetic drug being added to heroin. With all the cuts to public services and budgets, the war on drugs needs more support. What do you think? Are there better ways to solve this problem? Where do we begin?

Debra Rausch, VP for Public Policy
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301-498-8806

NEWS FROM THE VICE PRESIDENT

Your FCE State Board is busy preparing for the annual State Conference in September. There will be many interesting educational programs and new Hearth Fires which will have been introduced at the National Conference in July. Everyone will receive copies of the new Hearth Fires. One program which has been proposed is "Fit and Fashion for the Senior Figure". This will include information about how our bodies change as we mature, how these changes affect the clothes we wear, and what styles are appropriate for our changing figures.

Please plan to attend this conference. Details are elsewhere in this newsletter. This is your opportunity to learn, visit with old friends, make new friends, find out what programs are successful in other counties, and just relax and enjoy yourself. In the meantime, have a great summer and appreciate nature's bounty.

If there are any clubs that have members of 50, 60, 70, 75 or more years, be sure I have their names so a certificate from NAFCE can be ordered before conference.

Sue C. Van Slyke
okgunfight@aol.com

301-630-3918

MARYLAND FCE CONFERENCE

The Annual MDAFCE Conference will be held at the Best Western Hotel, 451 WMC Drive, Westminster, MD, 21158. Montgomery



County FCE will be the host. The dates are Monday September 25 (Registration will start at 9:30 AM, meeting at 10 AM. **This is a change from last year.**) and Tuesday September 26 (starting at 9 AM). Overnight rooms are reserved at the hotel and those staying at the hotel will have breakfast included on Tuesday morning.

This will be an educational and fun conference. Hear about all new FCL programs, i.e. What are your Medications Telling You?, Hearth Fires - Where's the Sugar? and updates from the National FCE July Conference.

Attend and experience the magic and fun of FCE! Meet new, former and current members.

Jean Purich, Montgomery County President
301-384-2805 jcpurich@cs@cs.com

IN AND AROUND MARYLAND

CARROLL COUNTY

Carroll County had their May Day Luncheon on May 4th at the Elks in Westminster. Twenty-two ladies were present. The speaker was Eileen Sousa, President of Old Bones Genealogy, who gave a similar talk to the one she gave at the State Conference last fall. The food was wonderful and the luncheon was enjoyed by all.

We all missed Waltraut Staggs at our luncheon. She is the one who handles getting the Elks Club for us each year. Last week Waltraut went to Union Memorial Hospital for a test on her heart and they found 2 blockages. The next day they did a quad-druple by-pass. It was a 4 hour surgery and the doctor was happy with the results. She is doing well and was moved back to Carroll Lutheran Village, her residence. However, she is in the nursing wing – Room 112 – until she is able to go back to her apartment. We send lots of prayers and good wishes her way.

Elizabeth Heagy had put together pictures of all the CHARACTER COUNTS![®] winners. Each was listed under the school they attended. Our 1st

place winner was Jennifer Villalto, from William Winchester School. Her paper went on to the State – where she won there and they sent it to National FCE for judging. The Maryland Character Counts winner has won 3rd place for the last 2 years, at National – so we hope Jennifer's paper does as well.

After we got Waltraut well enough to have us join her for a long visit, we read our scholarship paper and picked 2 winners. Each year, we give two \$750 scholarships to graduating seniors headed to college. We will tell you their names and schools in the next newsletter.

On June 6th, the State Board came to Carroll County for their State Board meeting. After the meeting, we put labels on the Summer Newsletter so it was ready to mail and then went out to lunch.

On June 12th, we will have our regular June meeting. Nancy McAllister is presenting the program on the American Flag. We will be having pizza, salad and desserts for our lunch.

Elizabeth Heagy 410-857-3388
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FREDERICK COUNTY

On April 25th, Frederick County FCE Homemaker members held their annual spring meeting. The theme "Hop into Spring" was hosted by the Johnsville Club. After the business meeting, Lori Hines from "A Bloom" demonstrated many arrangements with fresh flowers. All the arrangements were then given to members with birthdays, etc. A buffet luncheon followed. Kathryn Nicodemus led the members in a Remembrance Service for 5 members that had died during the past year. The entertainment continued with the Johnsville club expanding on the true meaning of the Creed by better defining some of the words in the Creed. They then gave us their version of "The New Alphabet", definitely an adaptation meant for seniors. We also were entertained by the vocals of Peggy Burrier-Flickinger, and we all recited a poem by Leta Hevner. Scrapbooks had been updated by the County Clubs to highlight their efforts this past year. Club table centerpieces focused on spring floral arrangements. Peggy Burrier-Flickinger judged the scrapbooks and centerpieces.

April's lesson at the Extension office taught us about things we can all do for "Alternate Energy Efficiency". What an informative lesson with many

handouts and demonstrations. May's lesson, given by Caroline McAlister was "Vegetarian Meals for Beginners". Caroline not only demonstrated 4 recipes for us all to sample, she spoke on nutrition guidelines for vegetarians as well. The lesson not only held appeal for our children and grandchildren who are vegetarian, but also for family meat eaters. Most clubs will host picnics in June and not present a formal lesson.

Our next focus will be demonstrating various crafts at the Great Frederick Fair in September.

Donna Bowles
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MONTGOMERY COUNTY

Congratulation to Marilyn Simonds on receiving the Neal Potter Montgomery Serves Award for her volunteer service as Director of Olney Help for more than 14 years and actively involved with the organization for nearly 30 years. Besides being an active member of FCE for over 50 years, Marilyn also volunteers at MedStar Montgomery Gift Shop and frequently serves at Manna Food Center.

Fifty-five FCE members and guests attended our Spring Luncheon entitled "Patchwork Friends". Attendees were treated to a program by Barbara Perry entitled "Stitches – Past and Present". Many beautiful quilts were displayed. After lunch we took a walk around the parking lot for our participation in "Women Walk the World".

We held two pillowcase dress sewing days in March. We completed 38 dresses that will be sent to Honduras, Nicaragua and South Africa.

We continue to send 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
Slim Jims	Dried Fruit Snacks
Blank Note Cards	Hard Wrapped Candy
Cheese and Peanut Butter Crackers	
Individual Packages of Nuts or Trail Mix	
Crossword and Sudoku puzzles	
Lots and lots of cards and letters of gratitude and encouragement for our troops.	

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.

For more information contact:

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

PRINCE GEORGE'S COUNTY

The last time we sent our news, the ground hog was all the talk of the town. Our little group keeps limping along, literally and figuratively, on the road of life. Lately, it seems there are more lists of people to pray for, and the list never seems to shorten. One person gets well and 6 more are in the line for needed prayer. Our group was without our President for March and April, as Sue Van Slyke had a hip replacement and caught pneumonia - I would rather catch fish, myself. Still, she attended our May meeting and is on the bumpy road to recovery. Debbie Rausch gave a program on "Genealogy Research Resources", starting with the US Census Bureau and National Archives. We had some real interesting conversation about this subject. Marie Moeller is taking a genealogy workshop and is writing her life story. Sharon Adamoyurka is home getting stronger and Margie George is helping others through Community Services and caring for her husband. Debbie is learning the ropes of helping her husband recover from a stroke and being patient-very hard to do at times, being patient! Alicia Rausch is busy with her bee hives, two died and had to be restocked with new bees, teaching CPR, and working as an Emergency Call Center Dispatcher. Barbara Marsh continues to be an inspiration to all of us with her level head and wonderful attitude towards life. Frances Fullwood is planning craft entries for this year's Prince George's County Fair. Jean Bilsky always brings joy and a lovely smile when she walks into our meeting room. Brigitta Young has also been in recovery from the surgery she had in December. It is my hope, that the next article for the LWH will have better news and more healthy members!

We are looking into Spring Luncheon possibilities, i.e. Reynold's Tavern in Annapolis, for its specialty tea menu. We'll have to see what works for everyone. June will soon be upon us, and the summer will bring flowers, fresh vegetables, county fairs, planning to attend next year's state conference, making some new crafts, a better political and social feeling in this country, and a more stable healthcare and economic situation for all of our citizens. Have a wonderful summer!

Debbie Rausch
rauschda@gmail.com

301-498-8806

ACWW News

International Women's Day is celebrated around the world on March 8, raising awareness of the crucial and positive contribution of women and girls globally, whilst also drawing attention to the inequalities, injustices and inexcusable suffering to which women are subject. The Associated Country Women of the World call on all governments and bodies globally to formally recognize and protect the rights and freedoms of women and girls, and build towards the 2030 Agenda by striving for gender equality, investing in education and safeguarding from violence.

It is important to recognize that inequality exists at every level of society. Women hold only 22% of parliamentary seats worldwide. They spend, on average, 90% of their earned income on their families (in contrast with 30-40% for men) and represent two thirds of illiterate adults globally and only 5% of national heads of state. Global averages show that one in four women are physically or sexually abused during pregnancy and suffer invasive and abusive treatments such as forced early marriage, domestic violence and murder, and female genital mutilation/cutting.

The Associated Country Women of the World calls on those governments who have not yet ratified the Convention on the Elimination of All Forms of Discrimination Against Women (CEDAW) to do so with immediate effect and take a role in securing its implementation. Whilst CEDAW has been acknowledged and ratified by the vast majority of countries in the world, it is notable that the United States of America, Iran, Palau, Somalia, Sudan and Tonga remain outside this framework. ACWW appeals to these nations to fully ratify CEDAW, and for other members of the international community to exert pressure and influence on these states to promote the Convention's adoption. It is also noted that the Holy See has not ratified the Convention, and we call on Pope Francis to show leadership on this issue.

ACWW's members and societies have passed resolutions against the practice of Female Genital Mutilation (FGM), the trafficking of women and children, and violence against women and girls. Additional policies on gender perspective and the rights of women and girl refugees and those most at risk from conflict have been agreed at Conferences. It is clear that women in rural areas are extremely

vulnerable to gender based violence, particularly because of their isolation. The lack of enforcement of relevant legislation, and monitoring of living conditions combined with a lack of appropriate support services all contribute to this vulnerability.

Ruth Shanks AM
ACWW World President

MEMBERSHIP

Congratulations to Our Recruiters

Judy Armitage, Marcie Burroughs,
Betty Johnston, and Genevieve Ricketts

Thanks to the above recruiters for inviting 5 new members to join MDAFCE this year. Their names have been sent to National FCE to receive a "Star" for each new member they asked to join. The "Stars" should be in your mailboxes soon. I encourage all FCE members to continue to invite friends and acquaintances to come to our meetings and join MDAFCE.

Martha C. Moser, Chairman
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240-529-5645



Speedy recovery to:

Waltraut Stagg, Carroll County who had by-pass surgery,

Sue Van Slyke who had hip replacement and Sharon Adamoyurka (Surgery) both from Prince George's County:

Carolyn Laney, Montgomery County, fell and broke her arm and had surgery. Also Genie Sidwell who had back surgery.

Condolences to the family of Judy Armitage, Montgomery County, who passed away suddenly on April 10th.

THE TOP NINE SCAMS FOR 2017

1) Hoax News

Fraudulent or hoax news is becoming a chronic problem. In some instances “fake” news is being intentionally created and published to mislead the masses for political purposes or financial gain.

2) Online Loans

Most fake loan companies require applicants to pay fees in advance of securing the loan and then the lender disappears.

3) Bogus Customs & Delivery Charges

Do not fall victim to unsolicited claims from fake delivery service providers stating that you owe customs and delivery charges for undelivered packages.

4) Fake Apps

Use caution when purchasing retail store or online shopping apps. In some instances, mobile devices have even been locked down and held hostage until a ransom is paid to the scam artist.

5) Automatic Subscriptions

Too-good-to-be-true offers often unexpectedly result in expensive subscriptions, cancellation fees and return shipping costs.

6) Phishing Imposters

Using the logo and good name of reputable charities, non-profits, banks, government agencies and businesses, scam artists send out a variety of legitimate looking, but fake links designed for you to click on so that they can install malware on your computer or steal your private information (such as passwords and account information).

7) Lottery & Prize Winner Scams

Unexpected prize and lottery scams rely on your excitement, to dupe you into paying fees to claim your prize, or into providing private personal, banking and credit card information for purposes of identity theft.

8) Tech Support Scams

Consumers are aggressively being targeted (by phone, email and online pop ups) by fraudsters pretending to represent Microsoft, Apple or other Tech Support companies. Victims are contacted and informed that

their computer has been infected with a virus. In order to “fix” the problem, the victim is directed to a website, asked to provide their credit card information as payment, and told to download an anti-virus program.

9) Foreign Money Transfers

Beware of emotionally charged letters, emails and social media posts from people in foreign countries asking for financial assistance, discovering inheritance money, offering investment opportunities or suggesting the need to transfer money for any reasons.

Scammers offering to help with disability applications

Division of Consumer and Business Education, FTC

Scammers are trying to get personal information from people by pretending to help with applications for disability benefits and claims. A recent alert from the Social Security Inspector General warns of this phishing scam, and - whether or not you’ve started an application for benefits - these scammers could contact you. They’re taking a shot in the dark, hoping that you have started an application, and hoping you’ll give them a little more info over the phone. To “complete the process,” they might ask you to give, or confirm, your Social Security number or bank account numbers.

If scammers get your information, you could face identity theft and benefit theft. So here are a few things you can do to help protect yourself:

1. Never give your Social Security number or account numbers to someone who calls you.
2. Don’t wire money or send money using a prepaid debit card. In fact, never pay someone who calls out of the blue.
3. If you have disability benefits, regularly check their status, and review your statements to make sure they’re right.
4. Pressured to provide your information? That’s a sure sign of a scam. Hang up immediately and report it to the Social Security Fraud Hotline and the FTC.

If you have questions about disability benefits, or get calls offering help with them, call the Social Security Administration at 1-800-772-1213. And read up on more ways to combat phishing and identity theft.

Direction to Annual Conference

Best Western Hotel

451 WMC Drive, Westminster, MD, 21158

Phone: 410-857-1900

Monday September 25th and Tuesday, September 26th, 2017

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**

