

WHAT'S HAPPENING

Maryland Association for Family and Community Education, Inc. Newsletter

DECEMBER

- 1 State Dues and Membership Forms due to NAFCE
- 2 10:00 AM MDAFCE Board Meeting, Anne Arundel County Extension Office
- 31 **Counties Annual reports due Vice President for Program; County's Presidents' Reports due to State President; Membership Appreciation Award due to Vice President for Program**

JANUARY

- All Month Complete and Mail All Annual Reports
- 6 10:00 AM MDAFCE Board Meeting, Anne Arundel County Extension Office
- 31 End of County 2013 Essay and Artwork Contest

FEBRUARY

- All Month Birthday Month – Collect & send pennies to State FCE Treasurer
- 1 “Look What’s Happening” deadline for items to Editor
- 1 Start county judging of Essay and Artwork Contest
- 3 10:00 AM MDAFCE Board Meeting, Anne Arundel County Extension Office
- 20 Send county winner of Essay and Artwork Contest to state VP of Program

MARCH

- All Month Women’s History Month
- 1 Heart of FCE & Spirit of FCL Award entries due State President
- 3 10:00 AM MDAFCE Board Meeting, Anne Arundel County Extension Office
- 8 International Women’s Day
- 31 Essay and Artwork Contest ends

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Plan Now to Attend the Maryland FCE Annual Conference October 13-14, 2014!

See page 3 for more information.

CHARACTER COUNTS!sm Contest

Send your CHARACTER COUNTS!sm contest winning entry to Libby Wade, MDFCE President by February 20, 2014.

MDAFCE Web Site is www.mdafce.org

Send newsletters, calendars and information to Libby Wade at dunade@aol.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.



"Life" is a gift to you. The way you live your life is your gift to those who come after you. Make it a fantastic one. Live it well! Enjoy today! Do something fun! Be happy! Have a great day!

FROM THE PRESIDENT

I hope everyone had a great time at the annual conference held in Beltsville on September 19 & 20. I know I did. All of the programs and speakers were great. I cannot pick out a favorite because they all were super. I want to thank all of the people who worked so hard putting the Conference together and those who attended. From learning about Chronic Pain to Working Together to CWC to Life in Pakistan to Strong Women - Strong Bones to Color Wheels to Events in 1938-Clothesline Conversations and new Hearth Fires, I have lots of new information to help me in my life.

Believe it or not, the members of your Executive Board, especially those from Carroll County, have already started planning for the 2014 conference. Mark your calendars for next October 13th and 14th to attend the conference, which will be held in Westminster. Please let us know about any ideas that you have for the conference.

As I informed you in my last article and at the conference, we need to fill the President-Elect position on the Executive Board. Please consider helping out at the State level.

Libby Wade, President
dunade@aol.com

301-831-8661

FROM THE VICE-PRESIDENT FOR PROGRAM

Your FCE Board and Montgomery County hosted our 2013 Annual Conference at the Sheraton Washington North Hotel in September. It was a very successful affair. On the evaluation sheets, words such as fantastic, excellent, and outstanding were used to describe the programs. We covered many interesting and educational topics. These topics included "Farming in Pakistan", "Chronic Pain", "Strong Women - Strong Bones", new Hearth Fires, and "Quilts-Working Together" which earned everyone an FCL Certificate. The hotel and meal accommodations were excellent and the entertainment was enjoyable and fun. However, only about 34 people attended. Those of you who



did not attend missed visiting and sharing ideas with longtime friends, educational programs and just relaxing. We urge you to plan for next year and to attend.

It is time to request your years of membership certificate. To be eligible, a person must be a current member and have been a member in good standing for a total of 50, 55, 60, 65, or 70 years. To obtain the member certificate, a member must apply through her club/county by sending her name, (see Standing Rule page 4a) address and year joined to the state president, who will then send a list to the National FCE headquarters. Therefore, we are requesting that you send the names for 2014 certificates by January 31, 2014.

Hope you have a joyous Christmas and a Happy and Healthy New Year.

Evelyn M. Ziegler, Vice President for Program
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NEWS FROM THE VICE PRESIDENT FOR PUBLIC POLICY

Pathogens have been found in spices imported into this country. The United States is one of the largest importers of spices with 80% of what is purchased is from other countries. Insect fragments and animal hairs have been found in 12% of imported spices. Pathogens found in spices include Salmonella. An FDA study found 14 outbreaks involving spices from 1973 to 2010 affecting 2,000 people. The highest prevalence of salmonella is found in leaf-based seasonings like basil and oregano. Mexico was found to have the highest percentage of tainted spices, followed by India. About 9% of spice shipments from India were contaminated with salmonella and about 14% from Mexico were also contaminated. Canada had the lowest salmonella presence at less than 1%. Red and black pepper used in Italian deli meats accounted for a 2010 salmonella outbreak affecting 272 people in 44 states. Pepper is considered to be a "fruit" category of seasonings and is second for the presence of salmonella. Bark and flower spices such as cinnamon and saffron had the lowest prevalence of salmonella.

Marilyn Simonds, VP for Public Policy
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TREASURER'S REPORT

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



Maryland FCE Annual Conference October 13-14, 2014

Hello Ladies and welcome to Carroll County.

At the conference in October 2013, it was decided to have an annual state conference each and every year instead of regional meetings - so the next annual state conference will be in Carroll County on October 13 & 14, 2014. It will be held at the Best Western, Westminster, MD located on Rt. 140.

Costs are yet to be determined but it looks like if you start the first week of December and save \$3 a week - by the time October 2014 comes around you should have enough saved to pay for the conference!! Sounds like a good idea to me!! Especially if you are on a limited budget!! So dust off those piggy banks and start putting your \$3.00 per week away and you will be ready to come to the conference and have a great time in Carroll County.

I have asked that all the rooms to be on the first floor, so there will be no climbing stairs to get to your room. All the rooms have two double beds so it will be easy to share a room with someone and still have your own bed.

As we make plans for the 2014 conference, I look forward to sharing details with you in upcoming newsletters

Elizabeth Heagy, Treasurer, Carroll County
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IN AND AROUND MARYLAND

ANNE ARUNDEL COUNTY

How fortunate we have been to have such a beautiful autumn with a late frost that allowed us to enjoy the brilliant leaves a longer than usual. The bitter cold will soon come, but it will not keep us from the many activities we have been involved in.

We were fortunate to receive a \$500.00

donation from the "Take Back Our Streets" organization to help with costs of this year's projects. The money was used in various ways including continuing the hospital sewing projects of making brightly colored fleece pillowcases for the pediatric section of the Baltimore Washington Medical Center and the making of flannel mittens for newborns for the at the Anne Arundel County Medical Center so newborns will not scratch their sweet faces. Other projects include the purchasing of incentive prizes for the Hebron Harman Elementary school librarian to be awarded to students who read a certain number of books. Purchasing and filling backpacks for the new school year was another successful project completed for Anne Arundel Public Schools. Needless to say, we were very grateful for the donation. FCE members are busy "doing", so it is nice to know that there are organizations that are willing to donate.

In other projects, we delivered non-perishable foods on a monthly basis to NCEON (North County food pantry), funded a 4-H camp scholarship, collected 40,000 coupons worth \$67,000 to send to military families through Fleet and Family Services at the US Naval Base at Yokosuka, Japan, Box Tops for Education for Wesley Grove Pre School and Campbell's labels for the Maryland School for the Blind. Boy, have we been busy. It is a job just telling it all.

It's not all work and no play, however, because this month we were fortunate to have Kathy Anthony, a member of the Chesapeake Bay Decorative Painters, a chapter of the Society of Decorative Painters at our county meeting teaching us to make a lovely hand painted necklace. Speaking of fun, we look forward to our Christmas parties and wish all a wonderful Christmas.

Judy Ammenheuser
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CARROLL COUNTY

Our August 19th meeting was very informative. Craig Greaves, Carroll County Health Department Addictions Counselor, gave us insight into the effect of addiction on families and our community. He taught us how the brain develops at each stage of life. We learned of the lasting effects of addiction early in life before the brain is fully developed. We all enjoyed our picnic lunch.

Extension Educator, Terri Serio brought us up to date on Food Safety at our October 21st meeting. Most surprising advice - do not have lemon in your water at a restaurant - some places do not wash the lemons!

On December 9th we will have a Holiday Party. Donations to various charities will be collected. We will swear in new officers and look to the future.

Barbara Greaves, Vice President for Program
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FREDERICK COUNTY

Fall/Winter Activities Report

Frederick County FCE and Homemakers Clubs held their Fall Annual Meeting on September 10th at the 4-H Center on Basford Road, with 10 clubs and 53 members present. The first part of the meeting was a Board of Directors meeting. Elaine Childs installed Linda Parker as President Elect. The interesting program-“Civil War Women at Home and in the Field” kept everyone’s attention and made us all glad we live in a more modern time. Those attending shared a potluck meal, followed by a live auction of donated items. Proceeds from the auction are used to support our future educational activities.

Even though the week was off to a rainy start, turnout at the Frederick County Fair the week of September 16th was great! Most clubs did craft demonstrations. Just to name a few, there were sessions on making a crocheted afghan, knotted comforters, knitted and crocheted baby caps, antique button pins, Yo-Yo pins, as well as various bookmarks. The week was culminated by a children’s book give-away on Friday, September 20th.

Frederick County FCE Homemakers will celebrate the Holidays by participating in Rose Hill Manor’s Children’s Christmas Festival on December 7th – “Christmas Around the World”. Each club will have a table to demonstrate an “old-time” craft, a “hands-on” item to give to children, or a food demonstration. A small admission fee will be charged.

We have some interesting programs already in the works for next year: Common Market – Vitamins and Food Supplements; Scams that affect Seniors; Can, Freeze, or Dry, What’s Best?; Cake

Mix Magic; and Behind the Scenes at Wegman’s. We have also started planning next year’s spring and fall meetings.

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MONTGOMERY COUNTY

Crafts and baked goods were sold and kids games were played at the October Harvest Festival held at the Agricultural History Farm Park. Money made supports two scholarships at Montgomery College.

In November, we learned about ACWW and India with pictures from Jean Purich’s recent trip. We tasted traditional Indian food and viewed mementoes from the trip.

We will have a cookie exchange in December, play some games and make a Christmas craft or two. Afterwards we will go to lunch at the old County Buffet in Gaithersburg.

MCFCE continues to make blankets for sick children and to support the troops with cookies, letters, helmet liners, ditty bags and Christmas stockings.

PRINCE GEORGE’S COUNTY

Happy New Year, Merry Christmas, and Happy Thanksgiving. With the way the stores skip Halloween and Thanksgiving, my topsy-turvy order of celebrations shouldn’t surprise anyone, it is past pumpkin-time, with turkey day and Christmas soon to follow.

August was our turn to host the state board for their monthly meeting in Clinton, MD. Lunch was homemade and very tasty. September’s meeting was short and sweet. Labor day came so close to the meeting, that many were traveling, sick or just tied up elsewhere. No matter how many attend a meeting, we always find a reason to gab and eat!

The state conference in September went really well according to the 5 ladies who went from Prince George’s county. It sounds like we can look forward to some interesting new programs this coming year. Sharon Adamoyurka put together the items that our members donated for the theme basket that was auctioned off at the conference. It

was a baker's delight theme. Thank you to all who made the basket great.

October brought Marjory George back to us. She has been ill for 2 months and is starting to feel better. We missed her smile. This month has been a bountiful one for the local medical professions. Prayers are requested for Susan Colvin, Sharon Adamoyurka, Glenna Burgess (fell and broke two toes), Alicia Rausch (back to work after a fall), and for all those going through colds, flu, or allergies as the weather changes over. I vote that November and December be illness-free and very healthy for all of us. Is that too much to ask? ☺

We heard a report from Sue Van Slyke in November about her experiences in Chennai, India, attending the ACWW triennial.

We are still doing dolls and stockings-illness and logistics have slowed us down for a bit.

Christmas will be here soon. Marjory George will be the chairman for planning our party, to be held on December 3, 2013 at the Extension Office building in Clinton. It is from 10:30 am-2:00 pm. All are welcome to come. Too soon, 2013 will become 2014 and the process of sharing ideas, friendship, and edibles will begin again.

One thought enters my head at this time of celebration and communal sharing done over a common meal -if only the House of Representatives and Senate could sit down and break bread together, they might see that it is much more pleasant to share conversation and food with each other than to throw it at each other and bicker all the time. Then, things might get worked out, and all our digestions would run easier. Moreover, a good taste would remain in our mouths after such a meal. This is just a homemaker's suggestion to aide digestion and relieve the governmental constipation that seems to be binding up our nation. Amen and please, pass those mashed potatoes.

Debra Rausch, PCGFCE Treasurer
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Bulletin Board

Speedy recovery and prayers for Prince George's County members Alicia Rausch, Susan

Colvin, Sharon Adamoyurka and Glenna Burgess, who fell and broke two toes; to Louise Ediger, Frederick County, who had surgery; and Anne Arundel County members Ann Fishell who is having back trouble and to Evelyn Zeigler who had cataract surgery.

MEMBERSHIP

Thanks to all the county treasurers who sent their membership forms, checks, and information in on time this year. No one missed the deadline. During November, I updated our information and forwarded it to the National Association for Family and Community Education headquarters. It is always possible to join MDAFCE. Just send the forms and checks to me as soon as you get them. We encourage new memberships at any time.

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ACWW News 27th Triennial Conference Chennai, India

The meeting began with welcomes from Sister Vigi of the Daughters of Mary Immaculata, the host society of the triennial, May Kidd, World President and Father Arul Raj. After an oil lamp which represented knowledge for all and peace was lite, each member of the board was honored with a shawl.

Greetings were read from the Prime Minister of India, the Queen of England, the Prime Minister of New Zealand and the Minister of Women and Disability from South Africa.

Professor Sarawathi, President of the Union Civil Liberties and a nominee for the Nobel Peace Prize gave the keynote speech on women's rights. She asked for all of us to work for the development of all of the underprivileged all over the world. Specifically, women should be given the freedom to move in the social settings, have education and financial independence including employment and safety such as training against violence.

There were 30 members from the USA, 380 conference attendees and 100 observers in attendance.

Eighteen women received scholarships to attend pre-conference workshops on leadership and management.

After committee reports, presentation of the financial report and budget, the nominees for office were presented. Jo Ellen Almond from the USA was nominated for World President along with Anphia Grobler, the current Deputy President and Ruth Shanks from Australia. No one received a majority vote on the first ballot so a second vote between Jo Ellen and Ruth Shanks was taken. Ruth Shanks was elected World President; Margaret Yetman, Deputy President; Henneita Sheoman, Secretary; and Alison Burnett, Treasurer.

Resolution #1 and 1A DEFEATED

As the meeting progressed, discussion and voting began on resolutions and recommendations. The first resolution concerned changing the ACWW Constitution. Due to changes in charity laws in the UK, which may affect ACWW, changes may be needed in the constitution. However, proposed changes did not seem consistent with ACWW's mission. Three previous world presidents that were in attendance (Ursula Goh, Hilda Stewart and Lyndsay Hackett-Pain) strongly suggested that one can not change a constitution only amend it. This resolution was defeated and an emergency resolution was brought forth to set-up an ad-hoc committee to review the UK laws that are being finalized and to bring the ACWW documents up to date to be re-presented for vote at the next triennial.

Resolution #2 PASSED

Be it resolved that ACWW Member Societies urge their governments to provide a well trained and resourced quality maternity health service and to improve maternal health education for all women and girls to ensure the best outcomes for mother and baby, giving particular regard to special needs and isolation of rural women.

Resolution #3 PASSED

Be it resolved that ACWW and its Member Societies strongly urge their governments to banish the use of hazardous chemical Bisphenol A (BPA). This chemical is the main building block of polycarbonate plastics and is used in many consumer products and household goods, such as food and drink containers, plastic baby bottles, medical devices, sports equipment and toys. The chemical components are dissolved and leach into

their contents, poisoning our bodies and damaging our health.

Resolution #4 PASSED

Be it resolved that ACWW Member Societies urge their governments to record without prejudice the births of all children born within their jurisdiction to ensure that all children are recognized as citizens.

Resolution #5 DEFEATED

Be it resolved that ACWW should establish an "Energy for All" fund to encourage member societies to promote and support sustainable energy projects. It was felt that it should not be a separate fund.

Resolution #6 PASSED

Be it resolved that ACWW calls on all people worldwide to stop the practice of female genital mutilation, female circumcision and cutting which endangers the health and life of young girls.

Recommendation #1 was changed to an Emergency Resolution. PASSED

ACWW urges all member societies to focus strongly on the situation of girls and women who are victims of different forms of violence.

A second Emergency Resolution was put forth. PASSED

Be it resolved that ACWW and its Member Societies strongly urge their governments to act, not adopt, the UN Security Council Resolution 1325. The resolution states the following:

The Security Council adopted resolution (S/RES/1325) on women and peace and security on 31 October 2000. The resolution reaffirms the important role of women in the prevention and resolution of conflicts, peace negotiations, peace-building, peacekeeping, humanitarian response and in post-conflict reconstruction and stresses the importance of their equal participation and full involvement in all efforts for the maintenance and promotion of peace and security. Resolution 1325 urges all actors to increase the participation of women and incorporate gender perspectives in all United Nations peace and security efforts. It also calls on all parties of conflict to take special measures to protect women and girls from gender-based violence, particularly rape and other forms of sexual abuse, in situations of armed conflict.

Recommendation #2 PASSED

In view of the ever increasing use of electronics that pollute the environment, members of ACWW are urged to do all they can to ensure e-waste is recycled and disposed of safely and responsibly to prevent further damage to the environment. Bonnie

Teeples, NAFCE President and Jean Purich, MDAFCE newsletter editor presented and seconded this recommendation proposed by National FCE.

ACWW has consultative status at the United Nations and works with the Alliance of Health Promotion and the World Health Organization. According to the UN, drugs, ammunition and the sex trade are largest industries undermining women and families in the world.

2014 is the UN Year of Family Farming.

ACWW funded projects must meet one of the following criteria:
Literacy, health education, nutrition and health economics, agricultural training, income generating activities, water and sanitation, and civic (community) consciousness. Projects are monitored by Area Presidents or members and can only be funded in areas where it is safe to travel.

Millennium development goals include the eradication of extreme poverty, primary education for all, gender equality and reducing child mortality.

It was amazing to speak with women from all over the world and learn about their countries and their dilemmas and triumphs. Women are working very hard to improve the lives of other women and children. Participating in ACWW activities such as becoming an individual member, contributing to Coins for Friendship and promoting the resolutions and recommendations are ways that we can help women and children worldwide.

It was a privilege to attend this triennial. So plan now to attend the August 2016 triennial in Warwick, England or the 2019 triennial in Melbourne, Australia.

Jean Purich, MDAFCE ACWW Delegate

How to Avoid a Cold

Colds are caused by any one of 200 viruses. When someone has a cold, one spews virus particles into the air whenever they cough, sneeze or simply exhale. The most common way to catch a cold is by inhaling the virus or picking it up on your fingers. “We all touch our noses subconsciously several times an hour,” says Dr. Jack Gwaltney, a cold expert at the University of Virginia. “When you have a cold, nose-touching contaminates your fingers with virus particles. If you touch other

people’s hands or hard surfaces (counters, doorknobs, telephones, etc.), you deposit the virus, and other people literally pick it up with their fingers. Then they touch their noses [or rub their eyes] and get infected.”

The best way to prevent colds is to minimize your exposure to cold viruses:

Increase ventilation It will disperse cold viruses. You may not want to open the windows in winter, but keep air moving with fans.

Encourage mouth-covering Coughs and sneezes expel millions of virus particles into the air. Cover your mouth and nose when you cough or sneeze, with your elbow rather than your hand.

Use soap and water Multiple studies show that “one of the best defenses against colds is frequent hand washing”. “It removes viruses from fingers.”

Keep fingers away from nose and eyes That way you will not infect yourself if you have picked up cold viruses on your fingers.

Disinfect surfaces When Gwaltney contaminated a countertop with cold virus, then sprayed it with Lysol disinfectant spray, the disinfectant greatly reduced the amount of cold virus present.

Exercise It boosts immune function. In one study, women who took a 45-minute walk five days a week suffered only half as many days with cold symptoms as sedentary women.

De-stress When Carnegie-Mellon psychologist Sheldon Cohen squirted cold viruses into the noses of 400 volunteers, those who were most stressed were twice as likely to catch a cold. Stress increases susceptibility because it impairs the immune system’s ability to fight off colds.

Socialize Because colds spread from person to person, you would think that loners would remain cold-free. But in a study of 276 volunteers, Cohen discovered that as social connections increase, risk of colds decreases. Social ties boost the immune system.

Finally, if you are wondering how close you can get to your sniffling child or spouse -- or vice versa -- University of Wisconsin researchers gathered 16 couples, infected one member of each couple with a cold virus, then had them plant an extended kiss on their partner’s mouth. Only one partner (6 percent) caught the cold. It seems the virus generally stays in the nose and throat while the mouth remains remarkably virus-free. So feel free to kiss cold sufferers. Just do not rub noses.

Chocolate Pudding Cake

It makes its own sauce! It is delicious and easy and is made in the same pan it which it bakes.

INGREDIENTS:

1 cup all-purpose flour
3/4 cup white sugar
2 tablespoons unsweetened cocoa powder
2 teaspoons baking powder
1/4 teaspoon salt
1/2 cup milk
2 tablespoons vegetable oil
1 teaspoon vanilla extract
3/4 cup packed brown sugar
1/4 cup unsweetened cocoa powder
1 1/2 cups boiling water

DIRECTIONS:

1. Preheat oven to 350 degrees F.
2. In ungreased 9-inch square pan, stir together flour, white sugar, cocoa, baking powder and salt. Mix in milk, oil and vanilla with a fork until smooth.

3. Spread batter evenly in pan (batter will be thick). Sprinkle with brown sugar and 1/4 cup cocoa. Pour boiling water over batter.

4. Bake at 350 degrees F for 40 minutes. Let stand 15 minutes, then spoon into dessert dishes or cut into squares. Invert each square onto dessert plate and spoon sauce over each serving. Top with ice cream or whipped topping.

Nutrition Information
Servings Per Recipe: 12

Calories 171 per serving
Fat 3g
Cholesterol: < 1mg
Sodium: 139mg
Total Carbs: 36.1g
Dietary Fiber: 1.2g
Protein: 2g

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