

WHAT'S HAPPENING

Maryland Association for Family and Community Education, Inc. Newsletter

DECEMBER

- 1 State Dues and Membership Forms due to NAFCE
- 7 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
- 4 10:00 AM MDAFCE Board Meeting, Anne Arundel County Extension Office
- 31 End of County 2015 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
Start county judging of Essay and Artwork Contest
- 1 10:00 AM MDAFCE Board Meeting, Anne Arundel County Extension Office
- 20 Send county winner of Essay and Artwork Contest to state president

MARCH

- All Month Women’s History Month
- 1 Heart of FCE & Spirit of FCL Award entries due State President
- 7 10:00 AM MDAFCE Board Meeting, Anne Arundel County Extension Office
- 8 International Women’s Day
- 31 Essay and Artwork Contest ends

Inside.....

From The President	2
From The Vice President for Public Policy	2
From The Vice President for Program	3
In and Around Maryland	3
Membership	5
Snowman Jar Craft	5
Fall Musings	6
Flu Season	6
ACWW News	7
Facts that our Fun!	7
Massaged Kale Salad	8

FCE Brochure Contest

County entries due February 1 at state board meeting.

CHARACTER COUNTS!® Contest

Send your CHARACTER COUNTS!® contest winning entry to Libby Wade, MDAFCE President by February 20, 2016.

MDAFCE Web Site is www.mdafce.org

Send newsletters, calendars and information to Libby Wade at dunade@aol.com. Check you county web site for accuracy.

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.



FROM THE PRESIDENT

Hope all had a great time at the MDAFCE conference. I know I did. The programs: Advanced Directives, Relocation/Downsizing, Popping Pills, Computer Security, Human Trafficking, and Women in the Civil War; were all very informative and presented very well by our members and guests. The "at the last minute" substitution of the "Exciting Adventures of Frances Cynthia Edwards" was very entertaining. Thanks to the players who stepped up at the last minute. Thanks also to all of the people who planned, organized, and worked behind the scenes. I was very pleased that our CHARACTER COUNTS!® winner, Margaret Burch, could come and read her award winning essay. I hope all who attended were as pleased as I was with the whole conference and will share their experience with others and encourage those who could not be there to attend next year.

I am looking forward to the end of the year and all of the Holidays coming up. I had a great time at my daughter's house celebrating their favorite holiday, Halloween. She and her husband always set up their Halloween Spook House and dress up for the neighborhood children. She was the Wicked Witch of the West in full green, smoking cauldron, and full cackle. Joe was Uncle Fester. Joey was an escaped insane asylum patient. And Matthew was a Men in Black agent. My role, as always, was to sit off to the side and pass out candy to those youngsters who did not want to brave the Spook House. Their neighborhood always goes all out for Halloween. It is traditions like these that pull families together. We have Thanksgiving and Christmas to look forward to. At Thanksgiving, we gather together to share all of the good times of the year. Christmas is, of course, the time for giving and, for us, celebrating the birth of our Lord, Jesus Christ. All of this involves the family. Whatever your traditions, I hope it includes your family and friends. Happy Holidays to All.

Libby Wade, President
dunade@aol.com



301-831-8661

NEWS FROM THE VICE PRESIDENT FOR PUBLIC POLICY

California's Proposition #47 was passed to reduce punishment for non-violent offenders, most of whom had been arrested on drug charges. It was meant to reduce crowding in prisons, save money and treat low-level criminals with compassion. However, it had some unforeseen consequences. Robberies were up 23% in San Francisco. Property theft was up 11% in Los Angeles. Some categories of crime were up 20% in Lake Tahoe, 36% in La Mirada, 22% in Chicano and 68% in Desert Hot Springs. Under Prop #47 persons caught with drugs in their possession, is a misdemeanor which means a ticket. Caught stealing something worth less than \$950 means a ticket. Caught using some of the \$950 to buy more drugs, a ticket. A thief was caught using a calculator to be sure he never went over the \$950. One man was arrested for stealing vacuum cleaners and other appliances 13 times over 3 months, each charge followed by his quick release. The San Diego police chief said, "It's only a slap on the wrist for 1 time, and the third time and the 30th time". Officers have started calling people "Frequent Fliers" who know the specifics and use it to their advantage.

"Right to die" petitioners are beginning to work in Maryland. There are a few states that have already passed a law allowing this. Now Marylanders are going to be faced with the need to decide whether they want such a law in Maryland.

Did you know that sitting still is bad for your health? Fidgeting in your chair may improve your health.

A study showed, that blood pressure patients who take their blood pressure at night had better blood pressure control.

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.



FROM THE VICE PRESIDENT FOR PROGRAM

Our annual Maryland FCE Conference was held in October at the Comfort Inn in Bowie, MD. The attendees were very enthusiastic about the programs presented. The three most popular programs were "Popping Pills: Rx Drug Abuse", "Relocation", and "Human Trafficking". Everyone enjoyed listening, learning, socializing, comparing notes and eating good food.

I hope you continue to keep your monthly program report up to date so you can complete it and send it to me by December 31st.

Have a great holiday season!

Evelyn M. Ziegler, Vice President for Program
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IN AND AROUND MARYLAND

ANNE ARUNDEL COUNTY

A New Way to Shop

What is old becomes new again. Remember when people called the grocery store and the groceries would be delivered to the house? That was some time ago, but there are some grocery chains that have brought this means of shopping back, but with a much updated version that uses the computer.

We had a lovely class presented by Norma Dugan on Giant's Pea Pod Grocery service. Maybe you have seen the pretty green boxy delivery trucks on the road. The service is not real widespread as yet, but it is a good thing. You can use your computer search engine to look up Pea Pod. The site is easy to follow.

First one puts in their zip code to see if the Pea Pod delivers to your area. There is a reasonable cost with orders over \$100.00 being \$7.95, those from \$75.00 being \$8.95 and those less than \$75.00 being \$9.95. Minimum order is \$60.00 for the service. There is also a fuel surcharge (perhaps for when gas was so expensive). If the Pea Pod does not deliver to your area, there is also the option of using the computer or your telephone and picking up your order with the cost being just \$2.95. All

Giant stores are not Pea Pod, but have a separate locations just for this shopping service.

The computer gives a list of the various products in groups including meat, produce, prepared meals, health and beauty and baby food selections like store shopping. The window shows pictures of the various products and the individual brands they carry. You simply click on the picture, then indicate the number you wish by using the up and down arrows below the product. You may even select the day and time for delivery.

You also get the benefit of weekly sales, double coupons and special offers. For Thanksgiving, Pea Pod had a special heading for "Thanksgiving" under which was a selection of all you might need for preparing the meal from turkeys to vegetables, spices, cranberries, pie fixings, disposable aluminum pans etc., and even flowers.

It is wonderful to have this option to use if one is under the weather or if the weather is bad outside. And one more thing, you don't have to walk the aisles looking for a product, you just use the "search option" on the web page. You truly let your fingers do the walking.

Judy Ammenheuser
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CARROLL COUNTY

Carroll County did not have a meeting in September or October, but Nancy McAllister and I attended the October State Conference in Prince George's County. It was a very nice conference and maybe I appreciated it more since I did the arrangements for the last State Conference. Nancy and I thought the programs were good and the food choices excellent.

On October 19th, we had a planning meeting for 2016. Joan Antonio has agreed to be our 2016 President, but the election will not be until our November meeting. We are still looking for a Vice-President. Chris Johnson has agreed to stay as Secretary and Elizabeth Heagy will be our treasurer. As our group gets older it is harder and harder to find officers. Every year we put together a booklet that lets our members know the dates of meetings and what the program is to be. It also says who is setting up the meeting and who is to bring what food.

Then on October 20th – we helped with Boscov Day - where we sell \$5 tickets. The person holding the ticket can get 25% off most things at Boscov that day. Some tickets were sold at the meeting in August and some were sold to family and friends. Then on October 20th Waltraut Staggs and Elizabeth Heagy sat inside Boscov from 9 am until noon and sold tickets to the public. It was a fun day.

Our meeting on November 16th was “Life through Better Tips” given by Chris Johnson and Joan Antonio. Our food was a covered dish meal – where members brought their favorite dish. Then on December 14th we will have our Holiday Party. Joan Antonio will bring a special Bingo game and lots of prizes and everyone brings a party food dish and we enjoy being together for another year!! Elizabeth Heagy, Carroll County
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FREDERICK COUNTY

Fall/Winter Activities Report

Frederick County FCE Homemakers Clubs held their Fall Annual Meeting on September 8th at the 4-H Center on Basford Road, with 7 clubs and 38 members and guests in attendance. The first part of the meeting was a Board of Directors meeting. We were fortunate in having two programs: a violin recital by Suziki Violins and a demonstration by Debbie Rhoades from the Frederick County Extension Office on the benefits of introducing more grains to our diet. A potluck meal was shared by all of those in attendance. We also had a Friendship Table, with many donated items for sale. Proceeds from the sale will be used to support our future educational activities.

All clubs have been extremely busy this year working on projects for the community. The Pleasant Walk club had a craft day on July 10th and made 36 Tuckables (being donated to various nursing homes), 12 Baby Blankets for Frederick Memorial Hospital and 13 Walker Caddies. Pictures were shared with the group. They are also making Christmas stockings for every Montevue Assisted Living facility resident. Gambrill Park continues to donate to the Food Bank.

The weather was good and the turnout at the Frederick County Fair the week of September 20th was great! Some clubs did craft demonstrations. Just to name a few, there were sessions on embroidery, “Zentangle”, string art, making

Christmas Angel ornaments from oyster shells, making a watering can favor from a Dixie paper cup and piecing a quilt made by squares from each club. The children’s book give-away was on Wednesday this year, since that is the day children were out of school.

Frederick County FCE Homemakers will celebrate the Holidays with a program at Johnsville Ruritan Club on December 1st. The Johnsville club is hosting the event. The program will include singers, Christmas music, crafts, and a soup and sandwich lunch.

Donna Bowles

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MONTGOMERY COUNTY

The October Harvest Festival was cancelled again this year due to the impending Nor’easter and Hurricane Joaquin. So we are again scrambling to make money to support two scholarships at Montgomery College. We have taken our “wares” to flea markets, community sales, the Blue Grass Festival and club meetings to try to make up the amount.

We will have a cookie exchange on December 8th, play some games and make a Christmas craft or two. All are invited, bring 4 dozen cookies and the recipe. Afterwards we will go to lunch at the Old Country Buffet in Gaithersburg.

This year, MCFCE made 1,178 children’s blankets and 701 baby hats that were distributed to local hospitals. To support the troops, we made cookies, helmet liners, ditty bags, Christmas stockings and wrote many notes.

Jeanne Purich

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PRINCE GEORGE’S COUNTY

Our ladies were very busy with the October 13-14, 2015, State Conference as the focus of our hosting efforts these past 4 months. As the deadline came down to the wire, the focus got more concentrated. We made it through, in spite of sickness, an auto accident, and nerves! “Thumbs Up” to the State Board’s replacement program, “Why Do You Volunteer?”, which created great ideas and discussion about the reasons we volunteer in our communities.

At the conference, two of our members won the Frederick and Prince George's County Fundraising baskets! All the baskets donated were imaginative and lovely. We had 11 from our county attend and participate. Debbie Rausch presented two programs: "Women in the Civil War" and "Computer Security". Sue Van Slyke and Debbie Rausch gave the program, "Popping Pills: RX Drug Abuse", using a Skittles Party as a means for showing the dangers of mixing drug prescriptions and teens stealing household medications for drug parties or street sales. Humor was used as a method to underscore the dangers these drugs have on our current drug problem in this country and was well received by the listeners. (I'll never look at Skittles quite the same way after this program.)

Our attendees presented a welcome song, "Side by Side", dressed as hobos. What a crew!!! The after dinner entertainment, "Illusions by Vick", was well received. Sue led a craft in making a Christmas Ornament. Our sales table earned \$236.50 for our Scholarship Fund. First Time Attendee, Patsy Barton, and New Member Challenge Winners, Barbara Bowen and Brigitta Young, enjoyed the conference.

Marie Moeller represented our county, when she designed and won 3rd place in the National FCE T-Shirt Contest on Women's Heart Health. We also received 1st place at the State and National CHARACTER COUNTS!® Essay & Artwork Contests.

Margaret Burch, the 4th grader who wrote and drew the art for the winning entry, read and showed her art at our conference! Congratulations, Margaret!

A Christmas potluck luncheon will be held on Tuesday, December 1st, at the Clinton Extension Office. The meeting at 10:00 a.m. will be short, with luncheon at 11:30 a.m. All are welcome. The coming year, 2016, will have some new programs to be presented, for example, one on Dementia, based on the book and DVD, "Still Alice" and one on "Parliamentary Procedure Review". There is also some discussion on holding another Tea Party next year. We'll see what the future brings. Happy Holidays to all!

Contributed by Marie Moeller and Sue Van Slyke
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MEMBERSHIP

Thanks to all the county treasurers who sent their membership forms, checks and information in on time this year. 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 at any time of the year. This year we are challenging each current member to invite a new member to join their club. Remember, each new member qualifies you to receive a gold star pin from National FCE. Just send the forms and checks to your county treasurer as soon as you get them. We want to see many new faces among the many great members we already have.

Martha Moser, Membership Chairman
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Snowman Jar Craft

What you'll need:

- Empty/clean peanut butter jar
- Cotton balls
- Black and orange craft foam
- Child's sock
- Piece of felt
- Glue (or glue dots)
- Scissors
- 2 googly eyes
- 1 colored pom-pom



How to make your Snowman Jar Craft

1. Fill the peanut butter jar with cotton balls. Try to squish them into the jar tightly. Put the lid on the jar.
2. Glue on two googly eyes.
3. Cut a small orange triangle out of craft foam and glue it under the eyes as a nose.
4. Cut some small circles out of black craft foam and glue them into a smile on your snowman.
5. Cut a piece of felt that is able to wrap around the jar. Glue it into place towards the bottom of the jar.
6. Roll the bottom of the sock up and fit it over the lid of the jar as a hat.
7. Glue pom-pom to tip of sock.

Fall Musings

By Sharon Adamoyurka

After some down time in the summer (never much, since I was working on favors for the conference and 'taking it easy' is never my strong suit), September always picks up the pace. Didn't get to visit many county fairs this year but many of our members entered their works of art in Prince George's County and brought several blue ribbons home. Several also judged in various categories.

I always get busier as I leap into fall, with plans and projects for the coming months. Things tend to speed up a notch in October. As the weather gets colder, we all seem to move faster. I also have the birthdays of two of my grandchildren this month. We have birthdays in ten months of the year! The only months I miss during the year are June and November. The old hands aren't what they used to be and decorating cakes, cupcakes and lollipops get harder ever year. I did learn to make tiny bows on a fork from my daughter and taught my granddaughters in no time so they could help out.

I love the weather in October. The smells of fall and baking apple pies, the falling leaves, the cozy nights at home. I'll be visiting my children in PA, as I always do, and my one daughter will be here from Alaska, so we'll be gathering for that celebration.

And the grand finale in October is one of my favorite holidays: Halloween. My children loved it when they were little, and none of us are too grown up for it, even now. Costumes were very important in the past, and ranged from Super Heroes to Cinderella, to outrageous statements. One year, my ex-husband and I dressed as a garbage can and Hefty bag of garbage. We took a few awards that night, undignified but funny! This year I have 3 Monster High girls and a ninja so far. With 6 more to go I'm sure I'll see at least one witch.

We used to make a haunted house, which was masterful, and very scary, complete with ghostly noises, fake spider webs and ghouls on the lawn. We always went all out on Halloween, and my kids, now adults, still dress up on Halloween to go to parties or trick or treating with their children. The costumes are less elaborate than they used to be, but are still a lot of fun. Besides, it's a fantastic excuse to eat a ton of candy, lots of chocolate and candy corn, my favorite.

After much work by so many I think this year state conference was one of the best ever (even if I'm partial). The pleasure of seeing ole friends, sharing great food and laughter and our knowledge with each other, made for a fabulous 2 days.

I hope you had a great month, and a fun time on Halloween if you celebrated it, and may The Great Pumpkin smile on you always!!!

Will the US have a flu epidemic?

The United States experiences epidemics of seasonal flu each year. This time of year is called "flu season." In the United States, flu season occurs in the winter; flu outbreaks can happen as early as October and can last as late as May. Center for Disease Control (CDC) says the flu season begins when certain key flu indicators (for example, levels of influenza-like illness (ILI), hospitalization and deaths) rise and remain elevated for a number of consecutive weeks. Usually ILI increases first, followed by an increase in hospitalizations, which is then followed by increases in flu-associated deaths.

What should I do to protect myself from flu this season?

CDC recommends a yearly flu vaccine(<http://www.cdc.gov/flu/protect/vaccine/index.htm>) for everyone 6 months of age and older as the first and most important step in protecting against this serious disease. People should begin getting vaccinated soon after flu vaccine becomes available, if possible by October, to ensure that as many people as possible are protected before flu season begins. However, as long as flu viruses are circulating in the community, it's not too late to get vaccinated.

In addition to getting a seasonal flu vaccine if you have not already gotten vaccinated, you can take everyday preventive actions (<http://www.cdc.gov/flu/protect/habits/index.htm>) like staying away from sick people and washing your hands to reduce the spread of germs. If you are sick with flu, stay home from work or school to prevent spreading flu to others.

28th ACWW Triennial Conference
Warwick Conference Park
University of Warwick, Coventry, England
August 17th - 23rd 2016

About the Event

ACWW's Triennial World Conference will be hosted by the West Midlands Federation of Women's Institutes and will be held at the Warwick Conference Park at the University of Warwick, Coventry, England from 17th - 23rd, August 2016. The theme for the Conference is 'Working Together for a Better Future'.

All fees (registration, day excursion tour and accommodation) will be payable to ACWW. To reduce costs, please pay in one transaction. All accommodation is on campus and within strolling distance of meeting venue, (where meals will be taken), with a small range of shops and a bank. There are bus stops on campus for trips into town (Coventry etc). Go to www.acww.org.uk for more information and for registration.

ACWW Connects and Supports Women and Communities Worldwide by:

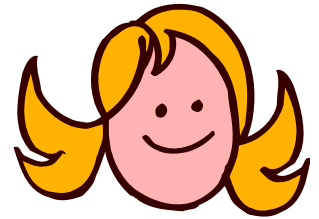
- Working in partnership with member societies to offer mutual support
- Connecting at international level through UN representation
- Funding community development projects
- Supporting agricultural initiatives

Among other areas of work, ACWW provides financial assistance for small-scale grassroots development projects that directly involve and benefit rural women. As a global societal group, rural women are perhaps the most marginalized in the world today. They have less access to healthcare, education and employment than their urban counterparts, whilst remaining more vulnerable to disease, malnutrition and maternal mortality.



Condolences to Ruth Shipley over the lost her husband on October 21st.

FACTS that are FUN!



Glass takes one million years to decompose, which means it doesn't wear out and can be recycled an infinite amount of times.

Gold is the only metal that doesn't rust, even if it's buried in the ground for thousands of years.

Your tongue is the only muscle in your body that is attached at only one end.

If you stop getting thirsty, you need to drink water. When a human body is dehydrated, its thirst mechanism shuts off.

Zero is the only number that cannot be represented by Roman numerals.

Kites were used in the American Civil War to deliver letters and newspapers.

The song, Auld Lang Syne, is sung at the stroke of midnight in almost every English-speaking country in the world to bring in the New Year.

Drinking water after eating reduces the acid in your mouth by 61 percent.

Peanut oil is used for cooking in submarines because it doesn't smoke unless it's heated above 450°F.

Nine out of every 10 living things live in the ocean.

The banana cannot reproduce itself. It can be propagated only by the hand of man.

Airports at higher altitudes require a longer airstrip due to lower air density.

Caffeine potentiates the action of aspirin and other painkillers that is why it is found in those type medicines.

The military salute evolved from medieval times, when knights in armor raised their visors to reveal their identity.

"Massaged Kale Salad"

It's best made with tender young kale, which isn't in the store often. But if massaged well, regular kale will work O.K. My daughter-in-law gives the Ziploc to the kids to do the massaging - they give it a good workout! Carolyn Laney



Directions:

In a one gallon Ziploc (or a large bowl and wear rubber gloves), add the kale, half of lemon juice, a drizzle of oil and a little kosher salt. Massage until the kale starts to soften and wilt, 3 minutes or more.

Make dressing: In small bowl, whisk the rest of the lemon juice with the honey and lots of pepper. Stream in the 1/4 cup oil while whisking. Pour the dressing over the kale; add the mango and seeds. Toss and serve.

1 bunch kale, stalks removed and leaves thinly sliced

1 lemon, juiced (No more than 2 Tbsp)

1/4 c. extra virgin olive oil, plus extra for drizzling

Kosher salt

2 tsp honey

Freshly ground pepper

Mango, diced (about 1 cup) or dried cranberries

Small handful of pumpkins seeds or sunflower seeds

**Maryland Association for
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