

WHAT'S HAPPENING

Maryland Association for Family and Community Education, Inc. Newsletter

DECEMBER

- 1 State Dues and Membership Forms due to NAFCE
- 4 10:00 AM MDAFCE Board Meeting, Montgomery 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
- 31 End of County 2017 Essay and Artwork Contest

FEBRUARY

- All Month **Birthdays Month – Collect & send pennies to State FCE Treasurer (Pennies are for postage for the newsletter)**
- 1 “Look What’s Happening” deadline for items to Editor
Start county judging of Essay and Artwork Contest
- 5 10:00 AM MDAFCE Board Meeting, Extension Office Anne Arundel County
- 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
- 5 10:00 AM MDAFCE Board Meeting, Extension Office Anne Arundel County
- 8 International Women’s Day

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CHARACTER COUNTS!® Contest

Send your CHARACTER COUNTS!® contest winning entry to Libby Wade, MDAFCE President by February 20, 2018.

MDAFCE Web Site is www.mdafce.org

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

What a conference! I hope everyone had a good time. If you did be sure to tell all of your friends who did not come what a great time they missed. I sure did learn a lot about fashion for my “mature figure!” I knew before but now it is confirmed that I am a “sugar addict.” I really enjoyed the other programs of “Aging in Place, Aging Well,” “What Are Your Medications Telling You,” “Achieving Wellness During all Seasons of Life,” and “Healthy Hearing and Balance.” I want to thank all of the officers and committee chairs for their development of a super program. I also want to thank the presenters for their super presentations. I hope that you all will come next year.



I just realized that the Holiday season is closer than I thought. Thanksgiving is only 3 weeks away but OH NO, Christmas is just 52 days away. Of course, I have not done any shopping or preparation. But as always everything will get done and I know that my family and I will have a great holiday season. I love this time of year.

Congratulations to our newly elected officers: Vice President for Program - Sue Van Slyke; and Secretary - Debbie Rausch. Since we did not get any nominations for president-elect, be sure to see if you can get any volunteers for next year. Or consider volunteering yourself.

I will again put a plug in for recruiting new members. I know we have a lot to offer our membership through our newsletters and our Annual Conference.

Libby Wade, President
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TREASURER'S REPORT

Copies of the treasury report are available from Elizabeth Heagy, Treasurer at momheagy@yahoo.com or 410-857-3388.



NEWS FROM THE VICE PRESIDENT FOR PUBLIC POLICY

The current tendency of throwing the baby out with the bath water and the tub, illustrates a dangerous precedent in public policy. Removing monuments of past historical figures and events without teaching the public what lead up to these monuments being erected, effectively removes the history behind them, and makes the telling of that history objectively, prone to failure. The history of these monuments becomes incomplete and full of holes and inconsistencies. Soon, fallacies, rumor, innuendo, and lies replace the vacuum left by the subjective removal of the persons or events from the public eye. Once you saw it, now you don't. Soon, you doubt if it or they even existed. Once you start “cherry picking” through the foundations of historical events and the people involved in them, anyone can create their own view of history and choose to make something up or ignore it altogether. This situation is being played out in the removal of “offensive” statues of confederate generals, politicians, and other figures from the Civil War, who are seen to represent the racist views of these southerners, who promoted the use of slavery as the main source of labor, to prop up the southern way of life. The danger in all of this revision and removal is.....people have very short term memories of historical events. Without making teaching moments of these people and events, the attitudes and lessons learned from them will have to be painfully relearned.

History being taught in school has a very low place of importance to the younger generation. It has been taught as a dry, lifeless, unimportant course that has to be endured as a requirement for graduation. It must be seen in context with real people and events and is as important to the young person effectively connecting to the real world as the science and vocational skills they learn to earn a living. The past must be remembered and taught in relation to what is happening today. Eliminate the connections between the two, and you leave room for the same mistakes to happen again and again. The hate and fear of others different than you (Immigration), the jumping into parts of the world whose cultures and histories we are ignorant of (Middle East), the lack of understanding how our government functions (Civics), and the removal of the arts and humanities from school curriculums, all

lead to a “dumbing down” of our citizenry which is very dangerous in this real world we are a part of.

History and many of the events and people who lived and made it is not always pretty or noble. Covering it up or burying it, does not remove the results it left for the generations following. Calling the media who disagree with you “fake” and what they report “fake news”, is just another way to ignore seeing what is happening around you. A truly informed and participating citizen of American Democracy must be able to critically analyze and sift through the people and events occurring in real time and make reasonable judgments based on the whole picture. Removing the good and bad of our historical past makes that citizens judgment rest upon sand, which leaves the American way of life in great danger of collapsing from ignorance.

Debra Rausch

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NEWS FROM THE VICE PRESIDENT FOR PROGRAM

The Fall conference is behind us now and all who attended, enjoyed it. Good speakers, good friends, good food – what more could you ask for? Among the many interesting programs were those on aging well, sugar addiction, fashion for the mature figure, hearing loss, and the Constitution. We made a vest out of a large t-shirt – no sewing required. It was all done with shears.

Entertainment was provided by Bruce Hutton who demonstrated many unusual musical instruments used in folk music.

We made money by auctioning the 2 baskets made by each county.

Elections were held with Debra Rausch being elected Secretary and Sue Van Slyke, Vice President for Program. Barbara Perry led the installation service.

Please let us know what programs you would like to have at the next conference. We want to make the conference interesting and educational for everyone and to do that, we need your suggestions!

A friendly reminder to all counties: please get your reports in by December 31st! Thank you.

Sue Van Slyke

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Bulletin Board

Our heartfelt sympathy to Carroll County members and the families of Evelyn Roys and Shirley Roelecke who recently passed away and to MaRea Stonesifer on the loss of her husband.

Jean Nicol, a longtime member of the Prince George's Adelphi Club, who moved to Pennsylvania some 10 years ago, passed away on October 2, at 91. She was a lovely lady and will be missed.

IN AND AROUND MARYLAND

CARROLL COUNTY

The Maryland State Annual meeting was at the Best Western in Carroll County on September 25 & 26. It was a very good meeting with lots of programs presented and ideas for county meetings in 2018. Nine Carroll County members attended the meeting.

During the meeting it was decided that the Maryland State Annual meeting in 2018 will again be in Carroll County at the Best Western and the dates chosen will be October 22 & 23!! Please mark it on your calendars NOW and plan to attend.

By the beginning of October, Carroll County had collected dues from its members and most of them had paid the extra \$7 National FCE had requested to cover the cost of liability insurance. So I was thinking October might be a good month. Then members started dying. On October 14th one of our newer members – Shirley Roelecke died. She had been sick but it was a real shock to have a member who was only 67 years old die. About a week later Evelyn Roys – one of our older members died. Soon after that, I learned that MaRea Stonesifer's husband had died earlier in the month. Some of the older members may remember MaRea. She had not been coming to meetings for a while due to her hearing problems. MaRea is the one who got CHARACTER COUNTS![®] in the Carroll County school system!! And this year – 2017 – our entry, Jennifer Villalto, who won in Carroll County and the State of Maryland also won at National

FCE. Jennifer came to the State Conference and read her paper!!

Our November meeting was the 13th and Marilyn Ebaugh presented a program on Monarch butterflies. Marilyn and her friend Becky Jarboe raised and released 885 Monarch butterflies this summer!! Marilyn told us of the 885 there were 442 males & 443 females!! Interesting how nature seems to even things out!! The November meeting is our Potluck lunch!! We always seem to have more food than we can eat.

Our December Holiday party will be December 11th. The December meeting is a party where we play games, visit, bring in all the projects were had worked on during the year and eat party foods!!

I am also pleased to announce that Debi Gibson will be our new Vice President for 2018. She will be helping Joan plan programs to be presented in 2018.

Elizabeth Heagy, Carroll County
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FREDERICK COUNTY

Fall/Winter Activities Report

Frederick County FCE and Homemakers Clubs held their Fall Annual Meeting on September 12th at the 4-H Center on Basford Road, with 7 clubs and 35 members and guests in attendance. The first part of the meeting was a Board of Directors meeting. Karen Lippy then gave us a very interesting slide show and presentation on native birds of the area. A potluck meal was shared by all 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. Just to name a few the Pleasant Walk club donated 30 crocheted baby blankets and hats for newborns to Frederick Memorial Hospital; made 87 Christmas stockings filled with personal care items and donated them to a local nursing home and the Rescue Mission; the Mid-Valley club did a collection for the Frederick County Animal Shelter of food, towels, toys, etc.. Glade Valley held a white elephant auction with all proceeds going to

local non-profits; Gambrill Park made 75 Halloween baskets for the Willows at Homewood; the Jefferson club donated to the local food bank, donated school supplies and toiletries to the homeless shelter

The weather was good and the turnout at the Frederick County Fair the week of September 18th was great! All clubs did craft demonstrations. The children's book give-away on Thursday was a huge success as always.

Frederick County FCE Homemakers will celebrate the Holidays with a gathering on December 5th at the Lodge at Homewood at Crumland Farms. The theme for this year's event is "Fun, Games and Treats". There will be an ornament exchange and a Christmas sweater contest; as well as several Christmas themed games. Guests are welcome. There will be food, entertainment, and caroling.

We have some interesting programs already in the works for next year. The listing has been finalized and will appear in next year's Program books. We have also started planning next year's spring and fall meetings.

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MONTGOMERY COUNTY

CONGRATULATIONS TO Jenny Ricketts who won the raffle of the Noah Ark Afghan. I know some grandchild is really could to love it.

The Harvest Festival was held on a warm Saturday in October. The crowd was lively and we made over \$1400.00 for our scholarship fund. The kids seems to really love the kid's craft room and the free book.

In November we celebrated International Day by studying four area of the USA. The northeast, southwest, New Orleans area and northern Midwest. We made foods from those areas and heard a little history of the area.

We will have a cookie exchange on December 12th, 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.

This year, MCFCE made 1,137 children's blankets and 843 baby hats that were distributed to

local hospitals. We baked and sent 66,329 cookies, 265 helmet liners, 113 ditty bags and 837 Christmas stockings to the troops.

Jeanne Purich
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PRINCE GEORGE'S COUNTY

PGCAFCE has a short news article this time around. September's meeting and program were primarily focused on making our two baskets for the State Conference. Frances Fullwood packed the "Fall Goodies" one and Marie Moeller packed the "Pamper Yourself" basket. Both baskets found good homes at the auction held at our state conference and it was fun collecting items for both.

In October only two of us show up for the meeting. Sue gave a shortened version of her "Human Trafficking" program which Debra found very interesting. November's meeting was very short. The Christmas Luncheon was planned. Debra will bring ham, Barbara Marsh will have green bean casserole and coleslaw, Sue will bring pineapple casserole and possibly orange, walnut, and cranberry jello salad, and Marie will bring rolls, butter, and green salad. This will be held on December 5th, at the Extension Office, at 10 a.m. The shortness of the meeting was caused by a trip up the road to the Surratt Tavern and House. The exhibition being presented was "The Full Story: Maryland, The Surratts, and the Crime of the Century". A guide in costume took our group through the house and painted with words and household objects, the everyday life of Mary Surratt and her family. The place is also famous for the Lincoln Assassination Conspirators meeting and the area being part of the escape attempt of John Wilkes Booth after killing Lincoln at Ford's Theater in Washington, DC. The guide was wonderful and it was a wonderful program.

We also chose our programs for 2018:
January - Pillow Case Dress Workshop; February - HF#65, How is Technology Affecting My Family?; March - Workshop Cutting Out Easter Dresses; April - HF#67, Aging Well In Place; May-Human Trafficking; June - Spring Luncheon; July & August-projects; September - Senior Nutrition; October and November - TBS; Dec-Christmas Luncheon.

Membership is a concern, as it is with all organizations now. We have six members who have rejoined for next year. We shall see how the coming year goes to see if member ship increases! Happy Thanksgiving to all and a Merry Christmas.

Debra Rausch 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 and your new member to receive a chance to go to our fall conference for free. Just send the forms and checks to your county treasurer as soon as you get them. Wouldn't it be nice to see some new faces among the many great members we already have?

Martha Moser, Membership Chairman
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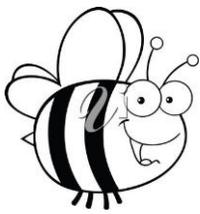
FIRE EXTINGUISHER - KIDDE RECALL



Nearly 38 million fire extinguishers manufactured by Kidde and sold between 1973 and 2017 are part of a nationwide recall.

There have been nearly 400 reports of affected models failing to activate in a fire emergency, according to the Consumer Product Safety Commission. The CPSC cites one death and 16 injuries.

Go to this web site to see if the fire extinguisher you have is on the recall list.
Do Not Delay! – Your life could depend on it.
<https://www.cpsc.gov/Recalls/2017/kidde-recalls-fire-extinguishers-with-plastic-handles-due-to-failure-to-discharge-and>



National FCE Conference
“Bee All You Can Bee with FCE”
July 13-16, 2017

Once again, I was the voting delegate for the State of Maryland, standing in for our president. I participated in the president's day activities and the opening ceremonies. An afternoon tea had been advertised for the presidents, board, and delegates, but when I registered, I found it had been changed to a luncheon followed by a meeting. After this was practice for the opening ceremonies, then a break for dinner. At 6:30, the opening ceremonies were held, which included the introduction of the National Board, introduction of the state presidents/delegates, an inspiration and the opening of the conference. Following this, a dessert reception was held.

Friday morning began with the annual business meeting where several cost-cutting options were discussed as well as a change in the bylaws to eliminate one Public Policy Coordinator and one Program Coordinator. The membership dues form was also revised to allow for a voluntary donation by each member to cover the cost of liability insurance, (total \$21,000 which equals \$7 per member). There was also a presentation about ACWW by Jo Ellen Almond, CWC Treasurer.

During the Spirit of Nebraska luncheon, there was a speaker about Harmony House, a shelter for children. Afterwards, three FCL workshops were held: Issue and Analysis, “Character Begins at Home”, an overview of the Character Counts program; Teaching Techniques, “Being Your Best Everyday”, which covered manners, etiquette, and social skills of modern day society; and Issue and Analysis “What Are Your Medications Telling You” which helped to understand how your medications interact with other medications and food.

At the evening FCL Banquet, participants of the FCL sessions gave presentations to show what they had learned. There was also a speaker, Sue Brown, who owns a quilt shop and showed many of the gorgeous quilts she and her husband had made.

Saturday began with a breakfast; then Dr. Jo Owens-Nausler gave us “Motivation to Move”. After telling us “No matter how you feel, get up, dress up, show up, and NEVER GIVE UP.” She left us with her philosophy “People who want milk should not seat themselves in the middle of the pasture and hope the cow backs up to them.”

In the afternoon, the three new Hearth Fire programs were presented: “How is Technology Affecting my Family?”, “Are You a Sugar Addict?”, and “Aging in Place, Aging Well”.

Next came two craft workshops. One was a vest made from a tee-shirt and the other consisted of a large number of paper items and stickers from which many different crafts/cards could be made.

That evening the FCE Benefit dinner was held. The entertainment afterwards was taken from the “open mic” at the ACWW Triennial held at Warwick University in England in 2016. First came a comic skit on the “Cinderella” story, and then I sang “Hello, Young Lovers” followed by “If I loved You”. The evening ended with a live auction with Scott Teeples as the auctioneer.

Sunday began with a breakfast, then Memorials and an Inspiration. Following a break, we were entertained by the Kerastan Family Band. This was followed by lunch, awards, installation of new officers and an invitation to Austin, Texas for the 2018 Conference.

Seventeen of us stayed for the tour on Monday. We boarded a tour trolley and were taken to Father Flanagan’s Boys Town for a most interesting tour and where we had lunch as well. Then it was back on the Trolley again for a tram tour of the beautiful Lauritzen Gardens. On the way back to the hotel, a most welcome stop was made to allow us to buy ice cream, cones, dishes or sundaes. Then it was time to pack up, go home, and wait for another year. I hope to see you in Austin in 2018!

Sue C. Van Slyke
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Blizzard Safety and Survival Tips



1. Opt to Stay Home – don’t go, it can wait
2. Beware of Frostbite – especially the earlobes, cheeks, and nose
3. Avoid Dehydration – you need water, drink
4. Pack the Pantry - canned and dried foods, crock pot ready foods
5. Spot the Early Signs of Hypothermia - (i.e., dizziness, confusion, loss of color in the skin) may actually indicate hypothermia
6. Clear Hazardous Areas - clear snow and ice from your front stairs, driveway, walkway, eaves troves, and other potentially hazardous areas

76th Meeting of Country Women's Council USA and USA Area Meeting of the Associated Country Women of the World

Jeanne Purich and Barbara Perry represented Maryland FCE at the meeting held in Huntsville, Alabama on October 2-4, 2017.

The highlight of the meeting was the attendance and participation throughout the meeting of the ACWW president, Ruth Shanks from Australia. She stressed that women united together can accomplish a lot. We don't try to change people but, walk beside them to make a difference in their lives. She explained the new location of the ACWW headquarters in London for more space for less rent and that ACWW is now an incorporated charitable organization. She emphasized the importance of Pennies for Friendship - "our enabling fund." She suggested giving gift memberships to ACWW and other gifts gained from special fund raisers. There is going to be a special projects fund.

CWC business included short reports from attending United States organizations and CWC committees. The organizations all had similar community oriented projects. Our combined financial goal to support the indigenous rice and vegetables cultivation among marginal women farmers in India has been met. Two motions were passed regarding financial aid to states hosting CWC meetings and to raise the dues of all CWC categories by \$15.00 starting in 2018. Receiving 40 Ruth Sayer scholarship applications, four were awarded in four different states. We received the new CWC handbook (printed every three years). All information on the CWC website is linked with the ACWW website.

Planning to support another ACWW project, CWC will support Home Gardens in India, Water in the Philippines or Sexual Education for Girls in Bangladesh.

It was a privilege to have guests from Canada, Newfoundland and New Zealand. New Zealand members are aiding the native Maori population with home care and creating a fund for disasters. Canadian members are "Making Change Count" by keeping in touch by Skype calls every two months in order to keep united and up with the times.

ACWW representative to the United Nations, Kerry Smith, gave a very informative

report on the committees that one may attend concerning the status of women, discrimination of women, rights of a child, alliance for health, rights of indigenous people and home economics. 2018 will feature Rights of Rural Women. This year there was a youth forum for the first time.

"ZERO HUNGER CHALLENGE" by 2030 to have per capita global food waste down. Collect dimes in small water bottle = \$50. 1/2 goes to ACWW for nutrition and 1/2 stays in USA.

Countries bring topics for resolutions or recommendations to the ACWW triennial. Following discussion the US will consider submitting one or more of the following topics:

- Deficiency of iron in women and children,
- Decreasing bee population, our food supply,
- Eye and vision care,
- Body and financial protection for the elderly.

Resolutions from the 2016 triennial are:

- Potable water for all,
- Vaccinations of eradicable diseases

Recommendation is:

- Follow illegal immigrant border children

Two Extension specialists spoke on genetic modification and cross breeding of vegetables and plants and the purity of our meats. Amazing changes are made in plants and all meats in our stores are USDA approved and safe.

A genetic counselor at Hudson-Alpha Institute spoke on their programs to diagnose and cure rare diseases and advance the quality of life.

There was a craft session to make paper ornaments and ink painted necklaces. Evening entertainment featured a blue grass band and a story teller. We enjoyed visiting Huntsville surroundings.

The next CWC USA Area Meeting will be held September 9-12, 2018 in Dubuque, Iowa.

The 29th ACWW World Conference will be held in Melbourne, Australia April 4-10, 2019.

While staying in Huntsville, we enjoyed a guided tour of the Twickenham Historic district, antique contents of an old hardware store and a beautiful afternoon at the botanical gardens. One regret was not enough time to spend at their famous space and rocket center.

Barbara Perry
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Sweet Potato Cornbread

Ingredients

- 2 tablespoons/30 milliliters vegetable oil, plus more for the muffin tin
- 1 large sweet potato (about 1 pound), peeled and cut into large chunks
- 2 large eggs, lightly beaten
- 1 ¼ cups/300 milliliters milk
- ¾ cup/94 grams all-purpose flour
- 1 ¼ cup/213 grams finely ground yellow cornmeal
- 1 tablespoon/14 grams baking powder
- 1 teaspoon/6 grams salt
- ½ cup/100 grams sugar
- ½ teaspoon/1 gram ground cinnamon
- ½ teaspoon/1 gram ground nutmeg



Preparation

1. Heat oven to 450 degrees and lightly brush a 12-cup muffin tin with oil.
2. Place peeled potato in a small saucepan and cover with cold water. Bring to a boil, then reduce heat and simmer until potato is tender, about 10 minutes. Drain the potato, then return to the pot and mash until mostly smooth. Measure out 1/2 cup and transfer to a large bowl (discard any remaining potato in the pot). Add eggs, oil and milk to bowl and stir to combine.
3. Sift flour, cornmeal, baking powder, salt, sugar, cinnamon and nutmeg in separate large bowl. Add potato mixture and mix until just combined. (Do not overmix.) Pour batter into the prepared muffin cups and bake until the cornbread is puffed and golden, about 20 minutes. Let cool 5 minutes, then turn out onto a rack to cool completely.

**Maryland Association for
Family & Community Education
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