

# WHAT'S HAPPENING

Maryland Association for Family and Community Education, Inc. Newsletter

## DECEMBER

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

## JANUARY

### All Month

**Complete and mail all Annual Reports to State FCE by January 31**

- 5 10:00AM Executive Committee Meeting, Anne Arundel County Extension Office

## FEBRUARY

### All Month

**Birthdays Month, Collect (1 cent for each year of your age or just give a dollar so no one will know) & send to State FCE Treasurer**

- 1 **LOOK WHAT'S HAPPENING** deadline for items to Editor
- 2 10:00AM Executive Committee Meeting, Anne Arundel County Extension Office

## MARCH

### All Month

**Women's History Month**

- 1 **Deadline for Heart of FCE, Spirit of FCL**
- 2 10:00 AM Executive Committee Meeting Anne Arundel County Extension Office

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## GET READY FOR THE REGIONAL MEETINGS

Now is the time to register for the Region I and Region II meetings to be held in April 2009. Details on page 3.

## Character Counts Contest

Two counties placed the essay and artwork contest in their schools. The state winner will be chosen in January.

## MDFCE Web Site is [www.mdafce.org](http://www.mdafce.org)

Send newsletters, calendars and information to Libby Wade at [dunade@aol.com](mailto: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](mailto:jcpurich@cs.com)

**Happy New Year!**



## FROM THE PRESIDENT

Our FCE 2008 Annual Conference is now history. And what a great conference it was. You are never too old to learn and we all learned so much.

The speakers were excellent. Cathy Gohlke, the author of several books was an inspiration to all of us. Laurie Fitzgerald, the Breast Cancer resource nurse taught us how to watch our own bodies so that any problems can be picked up early. The banker, Tyre Jay, spoke about the pros and cons of reverse mortgages. This was valuable information if we ever have need of this service. Our own talented members presented other programs. Going Green, a new Hearth Fire program from National, was introduced by Marilyn Simonds, Lou Marlin, Judy Pugh and myself. This is so important in today's environment. By following the suggestions, we can not only save money but also decrease our dependence on foreign oil. "Eggciting Eggs" by Michelle Close from Frederick County taught us all about the different types of eggs and the hens that laid them.. It was fun and interesting. Marie Gardiner talked about "101 Things To Do With Your Family" and Elaine Crow discussed Driver Safety Studies. Judy Pugh gave us some practical and fun suggestions for "The Road to Happiness".

The state officers, board members, and county presidents gave interesting reports. These reports are always helpful because we can all learn what programs have been successful in other counties and what is happening at the local, state, national and international branches of our organization.

I hope you are all enjoying the jewelry you purchased at our jewelry sale. We raised about \$255 for our treasury.

Our birthday celebration was fun. The birthday cake was beautiful and delicious. There are still birthday pins available for anyone who would like to buy one for a keepsake and to proudly wear. Ask any of our officers or board members if you are interested.

The "Musical Variety and Puppet Show" by Jack Foreaker was so entertaining. He is very talented.

A discussion was held regarding the possibility of just having an annual conference one year and two regional meetings the following year instead of having all three the same year. We have lost two more counties – Howard and Garrett. We now have seven counties. Please discuss this at your meetings and let the board know the opinions of your members. Next year will be the same as it has always been but changes could be made for 2010. The annual conference will be held next year in Ocean City hosted by Anne Arundel County. They are also hosting the Region 11 meeting and Frederick County will be hosting the Region 1 meeting. More details later.

I want to thank the board members, the county presidents and all of you for your hard work and dedication to FCE.

My Christmas Wish for You -----

May the presence and power  
Of God from above,  
The joy and the wonder,  
His blessings and love...  
May the hope of the season,  
The beauty and cheer...  
May the promise of Christmas  
Be yours through the year.  
(Roxie Lusk Smith)

Evelyn Ziegler, MAFCE President  
410-465-3587  
zieglers@comcast.net

## FROM THE VICE-PRESIDENT FOR PROGRAM

Now That the Votes Have Been Counted...

It is a very interesting part of my responsibility as Vice President for Program to summarize the Annual Conference evaluations-- so I start with "counting the votes." This year 30 of the attendees turned in evaluations at the end of the conference at Sandy Cove. The overall winner for the conference was Jack Foreaker and His Musical Variety Show. Hummm...I guess FCE members are not unlike the general population in liking to be entertained and LAUGH! Of course we all know how important laughing is to our general health and well-being.

It was especially appropriate for Jack to feature his chicken muppet in one act since we had earlier that day had a wonderful Eggciting News presentation with Michele Close, one of our new board members.

Following very close behind Jack was author Cathy Gohlke who shared her incredible past as well as her new experiences as an author. Cathy also read parts of her books: "William Henry is a Fine Name" and "I Have Seen Him in the Watchfires." She brought to life the history of the Underground Railroad from North Carolina to Canada with a special emphasis on Cecil County. If you missed this opportunity to hear Cathy and purchase her books, the books are available at Borders.

Even more serious topics brought in many votes. We found nurse Laurie Fitzgerald informative and humorous as she shared a Breast Cancer update. Bank loan expert, Tyre Jay answered many of our questions about Reverse Mortgages and prompted several to look more closely at the possibilities. As a matter of fact ALL of our programs received mostly excellent votes!

Thank you very much to those of you who were so nice about having to be crammed into rooms because of a last minute room shortage. I really appreciate your understanding.

Judy Pugh, Vice President for Program  
410-398-4536  
fdjrpugh@aol.com

## **PUBLIC POLICY NOTES**

With the Presidential race behind us, voters will be looking at the Iraqi pullout and a shift in the state of the economy. In Maryland, victory for slot machines settles a long-standing question. It will protect education funding and aid Maryland's ailing horse racing industry, and help balance the MD budget. Opponents pointed to addiction and other social ills that could accompany expanded gambling and questioned the estimate that slots could yield \$660 million a year for education out of a total of \$1.4 billion by 2013.

Marie Moeller, Vice Pres. for Public Policy  
[mariemoeller@yahoo.com](mailto:mariemoeller@yahoo.com) or 301-292-2365

## **TREASURER'S REPORT**

Copies of the treasury report are available from Louise Ediger, Treasurer  
[rlrediger@yahoo.com](mailto:rlrediger@yahoo.com) or 301-898-9945.

## **IN AND AROUND MARYLAND**

### ALLEGANY COUNTY

The Allegany County Christmas Tea on Friday, December 5th at the Allegany County fair grounds from noon to 3 p.m. We will be serving refreshments, having a few readings, and singing Christmas Carols.

### ANNE ARUNDEL COUNTY

Anne Arundel County FCE members will hold a Christmas party on December 5 at the home of Thelma Gore. Everyone is to bring a can or box food for NCEON (needy families).

### FREDERICK COUNTY

Frederick County members are geared up for their annual Holiday event that took place on November 22 at the Bush Creek Church of the Brethren, Monrovia. The hours were 1:00 to 3:00 P.M. This event was hosted by the Urbana and New Market Clubs and titled "Holidays Past Made Present". There was entertainment, craft tables, fellowship and food.

### MONTGOMERY COUNTY

Thirteen members of Montgomery County FCE went to the Annual Conference in North East Maryland. We learned of new programs and had a great time. MC had 3 first timers attend.

In September, we completed our seventh year of the Linus Project. A total of 1,437 blankets and over 700 baby hats were completed this year with a seven-year total of 6,000 blankets.

A two-day Fall Festival was held at the Extension Office where crafts and baked goods were sold and kids games were played. Money made will help support 2 scholarships at Montgomery College. We gave over 450 new books to children that attended the festival.

## PRINCE GEORGE'S COUNTY

For *Books, The Other Channel Project*, Marie Moeller received 265 children's reading books donated by a former public school teacher. They were delivered to our Extension Office and they will distribute them to 4-H and other needy youth.

Our Christmas Luncheon Buffet will be held on Dec 2 after the 10 a.m. Meeting. Personal items will be collected as gifts for the Iraqi troops. Our Temple Hills club disbanded, thus all PG members are under the county FCE.



We wish a speedy recovery to Betty Doolittle who is recovering from surgery. Keep her in your prayers and thoughts.

We extend our thoughts and prayers to Debra Rausch and Leigh Baldwin on the loss of their mothers and Sandra Wright on the loss of her uncle.

## **REGIONAL MEETINGS**

**Both regional meetings are open to all FCE members and guests (how about bringing a prospective member?).**

### **REGION I APRIL 16, 2009**

Frederick, MD

Frederick County will host the Region I meeting on Thursday, April 16, 2009, 9:30 AM at the Quality Inn of Frederick (formerly the Fort Detrick Holiday Inn), 999 W. Patrick Street, Frederick, MD 21702.

Registration begins at 9:30 AM.

Cost--\$20.00 (Buffet lunch)

Deadline for reservations is April 1, 2009.

Make checks payable to FREDERICK COUNTY FCE and send to:

Joyce Gregory  
147 Buttercup Lane  
Hagerstown, MD 21740  
301-416-7782

Directions to the Quality Inn of Frederick  
From Route 70, take exit 53A, Route 40 & 15 North. Take exit 13B Route 144 West. The Inn is on your right.

### **REGION II APRIL 22, 2009**

Linthicum Heights, Maryland

Anne Arundel County FCE will host the Region II meeting on Wednesday, April 22, 2009 at Snyder's Willow Grove Restaurant, 841 N Hammonds Ferry Rd Linthicum Heights, MD 21090 (410 712-4300)  
Registration begins at 9:30 AM.

Cost - \$20.00 (Buffet lunch)

Deadline for the reservation is April 1, 2009.

Make check payable to Anne Arundel County FCE & send to:

Marian Whitman  
1253 Old Dorsey Road  
Harmons, MD 21077  
410-768-2452

Directions to Snyder's Willow Grove Restaurant  
From 95 north, take exit 49A, Route 695 east toward Glen Burnie. Next take exit 8 State highway 168/Nursery Road/Hammonds Ferry Road. The restaurant is on the left.

From 195 to 295 towards Baltimore. Take the Nursery Rd exit and make a left at West Nursery Road. Follow 1-2 miles and make a left onto Hammonds Ferry Road. Go 3 blocks, we are located on the right.

## **REDUCE GREENHOUSE GASES**

Compact fluorescent light bulbs CFLs are also a great way to reduce the greenhouse gas emissions that cause global climate change. By replacing a 100 watt incandescent bulb with a CFL, you can prevent the release of about 490 pounds of carbon dioxide (a greenhouse gas) from a coal burning power plant over the life of the bulb. (For comparison, burning one gallon of gas in your car produces about 19 pounds of carbon dioxide.)

## **“101 Things to Do with Your Family”**

At the Annual Conference, members were asked to share ideas of activities you could do with your family besides watching TV and playing video games. The following is list of those activities:

Playing cards (9)  
Take walks (8)  
Read books (7)  
Biking (6)  
Swimming (5)  
Play catch (3)  
Plant a garden (2)  
Take a cruise (1)  
Have a picnic  
Play board games  
Miniature golf  
Go to ball games  
Gather leaves, rocks, bugs  
Gather around the piano and sing  
Go to church  
Camping  
Can vegetables  
Bake cookies  
Photograph the family, oldest to youngest  
Rake leaves  
Walk to the mall  
Jump rope  
Jump on trampoline  
Drive to see Fall colors  
Redo up-grade on home  
Work on volunteer project  
Help a family that has a need  
Attend a special concert, show, play  
Go to a historical place  
Visit the zoo, nature center, aquarium, or park  
Clean the basement or attic  
Choose a fun activity from the Maryland calendar  
Get drawing paper and go sketching around your neighborhood  
Wash the car then ride on a back road  
Watch a sunrise and a sunset  
Get ice cream

What will you do with your family?

Marie Gardiner, Marketing & Public Relations  
301-475-3270  
bmgardiner@olg.com

## **ACWW News**

### **INTERNATIONAL AID'S GOOD HOUSEKEEPERS**

ACWW has for a second time in less than six months backed overseas aid projects to the value of around £100,000. Though operating on a smaller scale than the giant fundraisers, the organization and its member societies are extraordinarily effective in seeing programs through to a successful conclusion.

Among a record 25 programs funded at the Projects Committee's spring meeting was one to enable Ugandan grannies caring for children orphaned by HIV/Aids to become self-supporting.

Other recently approved projects included a scheme to provide sun shelters for Indian women employed in the backbreaking occupation of stone-breaking; another is to enable families in Mongolia to gain income through training to grow and sell tree cuttings.

The secret behind ACWW's achievement lies in its intimate involvement with communities in more than 70 countries, from Papua New Guinea in the South Pacific, through Asia, to the newly emergent Baltic states of the north.

Women's organizations worldwide are found within ACWW: besides many in the UK and Europe, they include others in countries such as Australia, Malaysia, the Netherlands, New Zealand, Canada and the United States as well as women's groups, large and small, in developing countries.

Housewives who band together in a tiny disease-ridden sub Saharan village with no safe water supply can join the ACWW ranks and apply for a grant that will pay for a life-saving well to be bored (drilled).

The variety of projects funded is immense, and each is carefully assessed for its suitability to the location and is then run by the very women who made the application. Who better to know the precise nature of what is needed and the sources of skills and materials to bring it about?

Countrywomen are helping countrywomen: and the rural donors are no less severely practical than the applicants. ACWW's world is divided into nine areas, each with its

resident Area President. It is these women in the region – or experienced senior ACWW officials - who monitor progress on the spot, while London staff receives regular reports from the program organizers as part of the agreement.

ACWW was founded more than 75 years ago to encourage international friendship and unity between women – in an age when the rights of millions were a fraction of those most hold today. Through its Projects Committee it also holds out hope to sisters who still struggle in a harsh world.

## **70<sup>th</sup> Meeting of Country Women's Council USA (CWC) and**

### **USA Area Meeting of Associated Country Women of the World (ACWW)**

Hot Springs, Arkansas, September 25-27, 2008

**Theme: Women Worldwide – the Voice of Today**

The County Women's Council USA (CWC) is composed of a group of USA organizations. Its goal is to meet together and act together to carry out programs and projects of The Associated Country Women of the World (ACWW), the largest international organization of rural women and homemakers representing over 9 million members in over 70 countries worldwide. It aims to improve the standard and quality of life for its members, their families and communities, who are mainly dependent on agriculture for a living. ACWW is headquartered in London, England. As members of Maryland FCE we are members of both CWC and ACWW.

This 70<sup>th</sup> CWC Meeting was held in Hot Springs, Arkansas because the United States societies of the CWC will be hosting the triennial meeting of the ACWW there in 2010. The ACWW World President, Dato Ursula Goh; ACWW Area President for Central and South America, Rose Rajbansee and ACWW Secretary and Triennial Chairman, Margaret Cadzow were honored guests. Throughout the two day meeting attention focused on plans for and the theme (Women Worldwide – the Voice of Today) of the 2010 triennial conference. This will be the fourth time the USA will host the conference (1936, Washington, D.C.; 1968, Michigan; 1989, Missouri; 2010, Arkansas).

ACWW President, Ursula Goh stressed that there are many traditions in the 70 countries represented in ACWW and that we have women's voice in the United Nations. She focused that people are living longer, food prices are high and poverty is growing around the world. ACWW goals remain the same and money is needed to finance and administer them. She told of traveling to see first-hand the sites of ACWW projects. (Unbelievable stories – she should write a book!)

ACWW Pennies for Friendship finance many projects carefully studied and regulated by the ACWW Projects Committee. The pennies go to the General Project Fund, Water for All, Women Feed the World or the Nutrition Education Fund. **There is always a need for more pennies!**

The triennials bring forth resolutions (to do) and recommendations (to try to do) for societies to address during the three years following the meeting. One of the 2007 triennial resolutions was Environmental Change and because 88 billion plastic bags are used annually, CWC is promoting the use and reuse of cloth bags to carry groceries and other items when shopping. We need to become educated about global warming and to grow, eat and sell local produce.

Hosting a triennial is very expensive – the 2010 budget is \$322,000. We need suggestions of possible business and corporate sponsorship. The design of the conference pin has been selected and eighteen committee chairmen chosen. There is a lot to do and a job for everyone. In our "Country Store" we hope to raise \$20,000 from quality, easy to pack lightweight craft items made in the U.S.A. Maryland FCE needs to submit item ideas and start workshops. We are contributing a dollar for each of our members. What other fundraisers can we do for ACWW? We need to act as a TEAM ... **Together Everyone Accomplishes More.** Now is the time to start planning to attend the triennial conference. Fees at the suggested hotels range from \$90-\$135 a night for two (includes full breakfast buffet). Lunch will be included in the conference registration fee.

CWC offers 4-\$500 educational scholarships a year; this year they received 73 applications.

The ACWW Letter Friends project was able to match up 65 combinations this year.

Recently elected Area President, Rose Rajbansee told of problems with immigrants and hurricanes in the Caribbean Islands and Central and South America. She hopes that some North American representatives will attend their next area conference.

Because it is the 70<sup>th</sup> anniversary of CWC there were many historical notes emphasized during the meeting. The USA Area President, Louise Nichols, reviewed how ACWW is structured with committees and volunteers that serve on them.

Maryland FCE is part of the Affiliate Societies (14 different societies) of CWC. Periodically they can elect an officer for the CWC Board. They have chosen Marian Brown for president beginning 2012. At present Vivan Dion is serving as treasurer. The Affiliate Societies also chose a spokesman for the Affiliates – Marcy Price. Our societies will send project information to her and she will make a condensed report for CWC. Deadlines: October 20, 2008 for newsletter; August 1, 2009 (report for 2009 CWC Meeting).

Other programs shared were Yoga for All Ages, Women Entrepreneurs (story of a family grown horticultural/landscaping business – featuring the ‘personal touch’), Growing Stronger, Reaching Higher (women taking leadership for independence, deserved rights and respect), The Tug of Apron Strings (the tie that binds women around the world) and Trivia About Arkansas (agriculture is it’s largest economical commodity and it is #1 in the production of rice in the USA. They raise 35-pound turkeys for Subway sandwiches).

The next CWC Meeting will be in West Des Moines, Iowa, September 21-23, 2009. The ACWW Triennial Conference will be in Hot Springs, Arkansas, April 21-28, 2010. For more details concerning information contained in this report contact Barbara Perry, Maryland FCE – barbaraperry19@atlanticbb.net or 410-827-6716

I do not know the word “quit.” Either I never did, or I have abolished it.

***Susan Butcher, Iditarod winner, 1988***

## **WAYS TO PREVENT AND END VIOLENCE AGAINST WOMEN**

There are some ways you can help prevent and end violence.

- **Call the police** if you see or hear evidence of domestic violence.
- **Support a friend or family member** who may be in an abusive relationship.
- **Volunteer** at a local domestic violence shelter or another organization helping survivors or working to prevent violence.
- **Raise your children to respect others.** Teach your children to respect others and to treat others as they would like to be treated. Lead by example.
- **Protect yourself.** Take a self-defense class.
- **Become an activist.** Participate in a Take Back the Night march, a yearly march held in most major cities to raise awareness about violence against women. Or tell your congressional representatives that you expect their support for the funding of domestic violence survivor services and prevention programs.

**If you're a victim of abuse or violence at the hands of someone you know or love or you are recovering from an assault by a stranger, you are not alone. Get immediate help and support.**

The National Domestic Violence Hotline can be reached 24 hours a day, 7 days a week at 800-799-SAFE (7233) and 800-787-3224 (TTY). Spanish speakers are available. When you call, you will first hear a recording and may have to hold. Hotline staff offers crisis intervention and referrals. If requested, they connect women to shelters and can send out written information.

The National Sexual Assault Hotline can be reached 24 hours a day, 7 days a week at 800-656-4673. When you call, you will hear a menu and can choose #1 to talk to a counselor. You will then be connected to a counselor in your area who can help you. You can also visit the National Sexual Assault Online Hotline

For more information - [www.4women.gov](http://www.4women.gov)

## Cranberry Pumpkin Crumble Cheesecake Squares

★ From the Butterball Kitchen ★

**A twist on traditional cheesecake with the addition of canned pumpkin, dried cranberries and spices on a crunchy graham cracker nut crust.**

Servings 16; cook 30 minutes - 1 hour; ready 3+ hours

### Ingredients

- 2 1/4 cups graham cracker crumbs
- 1 cup chopped pecans
- 2/3 cup firmly packed brown sugar
- 1/2 cup melted butter
- 1/2 teaspoon ground cinnamon
- 4 packages (8 ounces each) softened cream cheese
- 1 cup sugar
- 3 tablespoons flour
- 1 cup sour cream
- 1 cup canned pumpkin
- 1 tablespoon pumpkin pie spice
- 1 teaspoon vanilla
- 4 eggs
- 1 cup dried cranberries

### Directions

1. Preheat oven to 325 °F. Line a 13 x 9-inch baking pan with foil, with ends extending over sides of pan.
2. For crust, combine crumbs, nuts, sugar, butter and cinnamon; mix well. Firmly press 3 cups of mixture onto bottom of prepared baking pan. Set aside remaining 1 cup while preparing cheesecake.
3. For cheesecake, mix cream cheese, sugar and flour in large bowl of electric mixer on medium speed until blended, about 2 minutes. While mixing, add sour cream, pumpkin, pumpkin pie spice and vanilla until well blended. Add eggs, one at a time, mixing on low speed until just blended. Fold in cranberries. Pour cheesecake batter over crust.
4. Sprinkle remaining crust mixture over top of cheesecake. Bake 40 to 45 minutes or until center is almost set. Cool completely on wire rack.
5. Refrigerate 4 hours or overnight. Lift cheesecake from pan, using foil edges. Cut into 16 pieces. Store leftover cheesecake in refrigerator.

**Maryland Association for  
Family & Community Education  
15500 Gallaudet Avenue  
Silver Spring, MD 20905**