

WHAT'S HAPPENING

Maryland Association for Family and Community Education, Inc. Newsletter

JUNE

- All Nominees for State Officers, Group II
- 5 10:00AM Executive Committee Meeting, Anne Arundel Extension Office
- 14 Flag Day

JULY

- 3 10:00AM Executive Committee Meeting, Anne Arundel Extension Office
- 4 Happy Birthday America
- 21-23 NAFCE Annual Conference, Nashville, Tennessee

AUGUST

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

SEPTEMBER

- All Character Counts Essay and Artwork Contest starts
Collect 2007 Dues-Membership Drive
National Literacy Month
- 1 **Early Bird Deadline MDAFCE Conference**
- 1 **All County Associations' List of Officers and Committees for 2007 should be sent to State President**
- 11 10:00 AM Executive & Education Committee Meeting, Anne Arundel Extension Office
- 20 Deadline for MDFCE Conference
- 27-30 ACWW Area Meeting hosted by CWC, Fort Wayne, Indiana

MDFCE Web Site is www.mdafce.org

Continue to update your web page. Send newsletters, calendars and information to Marie Moeller. E-mail mariemoeller@yahoo.com

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MDFCE ANNUAL CONFERENCE



Don't forget to register for the Maryland FCE Annual Conference by September 1st to get the early bird discount. The meeting will be held in October at the Best Western Inn Westminster, MD on Oct 17th and 18th. Contact Helen Totura (410-848-6517 or htotura@qis.net) or see page 7 for registration information.

Character Counts Essay WINNER!

Caroline Butler of Elmer Wolfe Elementary School, Carroll County placed first in Maryland in the National FCE Character Counts Essay and Artwork Contest. Caroline received a \$100.00 savings bond from MDAFCE.

Newsletter Deadline: August 1

Send all articles, Bulletin Board items, recipes, address changes and trivia for the newsletter to: Jean Purich, 15500 Gallaudet Ave, Silver Spring, MD 20905-4196. Please email me at jcpurich@cs.com with your information.

FROM THE PRESIDENT

Be "Cool" in the Summer Months

Kids, especially teens, tell us what is "cool" and what is not. "Cool" of course means what is good or accepted. While those of us who are no longer in our youth seldom use the "cool" term, we still like to do good and/or accepted things. This summer when sometimes our clubs are not as active is a good time to be "cool" and find "cool" ways to talk to friends and acquaintances about the value and fun of being an FCE member.

The biggest advantage of being an FCE member is the opportunity for lifelong learning. Failing to engage in lifelong learning sets one up for the possibility of financial loss, unhealthy life styles, and less quality of life to name a few. Our programs in the past year have helped our members save money by knowing more about the Medicare Prescription program. We learned about the new dietary and exercise guidelines developed by our nation's top scientists. We learned how to identify scams and criminal gangs in order to protect ourselves. We found out how to stretch our food dollars and prepare safe and healthy foods. We learned about safely using and disposing of household products and chemicals. We saw how to maintain lawns and gardens while protecting the Chesapeake Bay (okay, it's really an estuary!). We even learned how to beautify our homes and gardens with container gardening. And some of us were able to make our clothes and outfits we already own look better and feel more comfortable! And, WOW, did we have fun!

So while you are out and about with folks you know and those you will meet SHARE some of the experiences and opportunities YOU had, as a member of FCE--be COOL. Invite others to your club's summer picnic or to the first fall meeting. Going to the beach for a vacation? Or maybe going to the mountains? You'll probably meet some new friends with which to share the FCE news. Even if they are from a different county or state there is a good chance there is an FCE group in their area.

As for me, I expect to be "cool" and seek out some new members. I need to earn some more stars just to keep up with our past-president,

Jeanne Purich! Also I expect to keep "cool" by spending more time in the mountains.

Looking forward to seeing you at the Annual Meeting in Carroll County.

Judy Pugh, President

P.S. Please share this newsletter with your friends who are former Homemaker members.

OBSERVATIONS FROM THE PRESIDENT-ELECT

On April 6, 2006, I was privileged to attend the FCE Region I Meeting in Cumberland, Maryland.

In the morning we participated in a board game based on the National FCE Hearth Fire Series "Someone's in the USA Court(ing) the Judicial System". This turned out to be a fun and educational experience. Prizes were awarded to the winners. Everyone received a copy of the Hearth Fire pamphlet and an FCL certificate.

Derrick Bender from the Extension office talked about Spring Gardening. He gave us much information about grasses, plants, fertilizers, and protecting the Bay, etc.

A delicious buffet lunch was served.

The afternoon speaker was Dick Pfefferkorn from the Department of Natural Resources who talked about the progress of the Cumberland Canal Place Projects. This project is apparently geared to attract tourists and will feature a park, shops, museums, art galleries, etc. It should be quite an advantage for Cumberland and the surrounding area.

Approximately 38 members attended. Thanks to Allegany County for hosting this excellent meeting.

Evelyn M. Ziegler, President Elect
410-465-3587

NEWS FROM THE VICE PRESIDENT FOR PROGRAM

Over sixty (60) enthusiastic people participated in the Regional II meeting on April 20th hosted by Howard County FCE. The NAFCE program "Someone's in the USA Court(ing) the Judicial System" was featured with a mixture of county

members working on this special game board. Each county has received this program and it is available at the state level. A fun way to learn about our lawmaking process!

Seventeen members on record for decades of FCE participation were recognized and honored with certificates. Kathryn Frock, Carroll County "tipped the charts" at sixty years of membership.

The garden came indoors when Patricia Greenwald, Howard County Master Gardener, displayed "Pot of Posies", gardening in containers, as porch, pathway, and patio accents of variety, color, and beauty of leaf and flowering plants.

"Help Yourself to a Healthy Home" was brought to the members by Madeleine Greene, CFCS, AFC. "Fact Finder" home safety checklist for older adults from the US Consumer Product Safety Commission was distributed.

A day that was well spent and enjoyed.

Marie Gardiner, Vice-Pres. For Programs
301-475-3270

PUBLIC POLICY NOTES

By the end of the 2006 General Assembly session, the State legislature and Gov. Robert L. Ehrlich completed several major initiatives that will affect the lives of most Marylanders.

Approved were stricter air pollution laws, more generous pensions for teachers, a freeze in tuition at public universities and financial backing for stem cell research.

A boost to the capital budget brought millions more for school projects across the state. Twenty-five million (\$25 million) was released for local road projects.

The minimum wage in the state was raised to \$6.15 an hour. Legislators passed a measure to expand retirement benefits to public school teachers and state employees.

At the April 2006 MDFCE Regional Meetings, a training session was done on *Hearth Fire Series #37 Someone's in the USA-Court(ing) the Judicial System*. Evelyn Ziegler and Jean Purich led the training session.

A Judicial game of Monopoly was played by MDFCE members. It was fun and educational. We were grouped at tables, received

tokens for correct answers on questions on the Courts, Constitution, Laws, Judicial Proceedings, etc. Prizes were given for the highest scores. A Certificate of Completion for 1 hour FCL training in Public Policy was given to each participant.

Marie Moeller, Vice-Pres. For Public Policy
301-292-2365

ACWW NEWS Friends Await in Finland



"A friendly welcome to enjoy Finland from the hostess Finnish societies. Visit the land of the midnight suns and thousands of lakes and islands," said Johanna Packalen, Finnish ACWW coordinator.

The theme of the conference (June 2-10, 2007) is "Winning the Way for Women." Finnish women have made their way to the top in several fronts. Political equality has been a reality since 1906, when Finland became the first country in Europe to grant women the right both to suffrage and to be electoral candidates.

The country is led by the first women president of the republic, Tarja Halonen, and eight of the 18 ministers in the current government are women. Elisabeth Rehn, who will be one of the keynote speakers at the conference, was the first female Minister of Defense and reported to the United Nations on human rights.

Turku can be easily reached by air, boat bus, or train. SAS (Scandinavian Airlines) is proud to be appointed as the official airline for ACWW's conference and offers special flexible, favorable fares to Finland. To obtain SAS conference fares, kindly contact your nearest SAS office and quote the reference number: FL0702.

During the excursion day, participants can enjoy the Finnish countryside, with its farms and rural enterprises offering their exclusive handicrafts and taste the specialties of Finnish cuisine – not forgetting historical and cultural delights.

More information can be found at
www.acwwfinland2007.com

DRIVING MORE EFFICIENTLY

Drive Sensibly

Aggressive driving (speeding, rapid acceleration and braking) wastes gas and can lower your gas mileage by 33 percent at highway speeds and by 5 percent around town. Sensible driving is also safer for you and others, so you may save more than gas money.

Fuel Economy Benefit:	5-33%
Equivalent Gasoline Savings:	\$0.15- \$0.96/gallon

Observe the Speed Limit

While each vehicle reaches its optimal fuel economy at a different speed (or range of speeds), gas mileage usually decreases rapidly at speeds above 60 mph.

As a rule of thumb, you can assume that each 5 mph you drive over 60 mph is like paying an additional \$0.20 per gallon for gas.

Observing the speed limit is also safer.

Fuel Economy Benefit:	7-23%
Equivalent Gasoline Savings:	\$0.20- \$0.67/gallon

Remove Excess Weight

Avoid keeping unnecessary items in your vehicle, especially heavy ones. An extra 100 pounds in your vehicle could reduce your MPG by up to 2%. The reduction is based on the percentage of extra weight relative to the vehicle's weight and affects smaller vehicles more than larger ones.

Fuel Economy Benefit:	1-2%/100 lbs
Equivalent Gasoline Savings:	\$0.03- \$0.06/gallon

Avoid Excessive Idling

Idling gets 0 miles per gallon. Cars with larger engines typically waste more gas at idle than do cars with smaller engines.

Use Cruise Control

Using cruise control on the highway helps you maintain a constant speed and, in most cases, will save gas.

Use Overdrive Gears

When you use overdrive gearing, your car's engine speed goes down. This saves gas and reduces engine wear.

From www.fueleconomy.gov

USE OF WIRELESS COMMUNICATION DEVICES AND THE RISK OF BRAIN CANCER

The FDA received numerous media inquiries about a recently published paper (*Pooled analysis of two case-control studies on use of cellular and cordless telephones and the risk for malignant brain tumors diagnosed in 1997-2003 by Hardell et al.*) reporting increased risk of malignant brain tumors associated with long term use (>10 years) of cell phones and cordless phones. This is not a new study but is an analysis of two studies previously published in 2003 and 2005. Both studies were population based case control studies. Cases were recruited based on histopathological diagnoses submitted to regional cancer registries in Uppsala/Örebro and Linköping regions of Sweden. Control subjects were taken from a population registry covering the whole population in Sweden.

Several studies have been recently published on the risk of long term cell phone use (> 10 years) and brain cancer. The results reported by Hardell *et al.* are not in agreement with results obtained in other long-term studies. Also, the use of mailed questionnaires for exposure assessment and lack of adjustments for possible confounding factors makes the Hardell *et al.* study design significantly different from other studies. These facts along with the lack of an established mechanism of action and absence of supporting animal data make it difficult to interpret Hardell *et al.* findings.

The FDA continues to monitor studies looking at possible health effects resulting from exposure to radio frequency energy. FDA plans to convene a meeting in the near future to evaluate all completed, ongoing and planned research looking at health effects associated with the use of wireless communication devices and identify knowledge gaps that may warrant additional research.

¹ <http://www.fda.gov/cellphones/wireless-crada.html>

