

# WHAT'S HAPPENING

Maryland Association for Family and Community Education, Inc. Newsletter

## DECEMBER

- 1 State Dues and Membership Forms to NAFCE
- 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
- 9 10:00AM Executive Committee Meeting, Anne Arundel County Extension Office

## FEBRUARY

### All Month

- Birthday 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
- 3-5 NAFCE Mid-Year Leadership Meeting Phoenix, Arizona
- 13 10:00AM Executive Committee Meeting, Anne Arundel County Extension Office

## MARCH

### All Month

- Tune Out Violence Campaign
- Women's History Month
- 6 10:00 AM Executive Committee Meeting Anne Arundel County Extension Office
- 27 Deadline for Region II
- 31 Deadline for Heart of FCE, Spirit of FCL & Outstanding FCE Family Awards

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## GET READY FOR THE REGIONAL MEETINGS

Don't forget to register for the Region I and Region II Meetings be held in April 2006. Details on page 4.

## Character Counts Contest

Two counties were able to place 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 Marie Moeller at [mariemoeller@yahoo.com](mailto:mariemoeller@yahoo.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 at [jcpurich@cs.com](mailto:jcpurich@cs.com)



Remembering the Family during this Holiday Season.

## FROM THE PRESIDENT

A Happier 2006

During 2005 I've had an opportunity to research the topic of HAPPINESS as I updated one of my programs "The Road to Happiness." Results of research by Richard Davidson of the University of Wisconsin and others makes clear that happiness isn't just a vague, ineffable feeling; it's a physical state of the brain--one that you can induce deliberately. It appears that there are three components of happiness: pleasure, engagement, and meaning. PLEASURE, the "smiley-face" piece of happiness, is the least consequential yet Americans seem to build their lives around pursuing pleasure. The other two roads to happiness are much more important: ENGAGEMENT is the depth of involvement with one's family, work, romance, hobbies, etc. and MEANING involves using personal strengths to serve some larger cause. So what does that have to do with FCE? Our organization provides hundreds of opportunities for folks to become engaged or involved with family and community issues and allows us to use our personal strengths to serve a larger cause.

Have you ever heard people say, "If you want something done ask a busy person"? Perhaps this is because busy people know about the "road to happiness" and realize engagement and meaning are what really makes them happy and satisfied with their lives.

During our last FCE Board meeting we took some time to mention some things we are thankful for. In reflecting on our responses I realized everyone at the meeting is on the "road to happiness" through their involvement with family, friends and communities...and that is what FCE is all about! Join us as we travel down the road and invite others to travel with us.

Remember too that THE ROAD TO HAPPINESS is always UNDER CONSTRUCTION. Expect some detours and delays but it's worth the effort!

May you continue to be **GREEN AND GROWING in 2006.**

Judy Pugh  
Maryland FCE President

## Congratulations to our newly elected officers:

President Elect - Evelyn Ziegler  
VP for Program - Marie Gardiner  
Secretary - Helen Totura

We wish them great success and thanks for leadership.



## MARYLAND QUILT

On November 2, twenty-five FCE members were received at the University of Maryland Chapel for the formal acceptance of our quilt. It was a lovely day and our 50<sup>th</sup> Anniversary Chapel Quilt looked quite regal hanging in the chapel on its new frame. Dr Wei, Dean of the School of Agriculture presented FCE president Judy Pugh with a certificate acknowledging our gift. The quilt will hang in the chapel on special occasions (Maryland Day and graduations, etc.) but will otherwise be kept in the archives under proper light, temperature and humidity conditions to maintain its condition. Thanks to Barbara Perry for orchestrating the new home for our quilt.

## Bulletin Board

Georgetta Hercsuth (Allegany County) passed away after a pedestrian accident on September 30.

Betty Updyke (Prince George's) fell and shattered her left wrist. We wish her a speedy recovery.

Dottie Bucher (Montgomery County) is recovering from eye surgery.

