

# WHAT'S HAPPENING

Maryland Association for Family and Community Education, Inc. Newsletter

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## MARCH

- All Month Women's History Month**
- 1 **Heart of FCE, Spirit of FCL Award, Outstanding Unit Award**  
Entries due to State President
  - 2 10:00 AM Board Meeting, Anne Arundel County Extension Office
  - 8 International Women's Day (ACWW)
  - 31 Essay and art work contest ends

## APRIL

- 6 10:00 AM Board Meeting, Anne Arundel County Extension Office
- 15 All State Reports due to NAFCE Outstanding and Superior Unit Awards due to NAFCE
- 22 **Celebrate Earth Day**
- 29 ACWW Women Walk the World

## MAY

- 1 **LOOK WHAT'S HAPPENING** deadline for items to Editor  
**NAFCE Conference deadline (Kansas City, Missouri)**  
MDAFCE Annual Conference info in this issue
- 4 10:00 AM Board Meeting, Frederick County Extension Office

## JUNE

- All Month Nominees for State Officers, Group I**
- 1 10:00 AM Board Meeting, Carroll County Extension Office

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## ANNUAL CONFERENCE

The MDAFCE annual conference will be hosted by Prince George's County on October 13 & 14, 2015 at the Comfort Inn in Bowie, Maryland. Look for more information and registration form in the Summer issue of *Look What's Happening*.

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

Did you misplace your newsletter, check it out ON THE WEB!!!! Click on the "Look What's Happening" button on the left, then click on which issue you want to read.

We are also on Facebook. Be sure to "like" MDAFCE on Facebook. Send pictures to Facebook of your FCE events. Get the word out about all the great things you do!

Send information & calendar for your county web page to Libby Wade at [dunade@aol.com](mailto:dunade@aol.com).

## Newsletter Deadline: May 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 or email me at [jcpurich@cs.com](mailto:jcpurich@cs.com) with your information.



**Top of the DAY to you!**

## FROM THE PRESIDENT

### The Wizarding World of FCE

#### Thoughts of a Daughter

I just lost my Dad. I was lucky enough to have it happen quickly but not abruptly. I spent the last few days with him just talking. After he was gone, my initial thoughts were of all of the things I should have done while he was alive. What I thought of first was, did we talk enough? What is most important to have with your family is communication. I think that even if you don't live close enough to see them in person, telephone calls, emails, and even old-fashion letters and cards sent thru snail mail should be high on your list of things to do. You should talk about the things that you remember that you did together and things that you remember that they did for you. Even better would be to try to get them to remember things that you can't. That will let you know what is important to them. When you are with them, try to help them do the things that they don't think they can do anymore. For example, when I visited I just ran around doing errands. We do little things like going to the library, going grocery shopping, and going out to lunch.

My best memories of Dad are the saw-horse ponies that he made for me and my sisters. We went to the beach at White Sands every weekend. Before he and his Dad built our cottage, we would drive down on Saturday morning and come back Saturday night and then do the same thing on Sunday. I remember helping to build the cottage. Mostly, it was a lot of fetch and carry. But I did help Dad nail the plywood floors. We did a lot of boating and fishing. We would troll for hours and hours for Rockfish and catch nothing. But then we would bottom fish for Perch and catch over a hundred. Just imagine cleaning them all. I remember going camping with the Girl Scouts and waking up to find Dad had already made the camp fire that we were supposed to have made. I remember the New Year's Eve parties when the kids would write and perform hand written plays. He always said they were great. We went on a world-wind tour of Europe where we visited castles which had naked male statues and great ornate churches. I remember Dad getting us lost when I



drove. He got us on the right road but in the wrong direction!

Just knowing he was always there for Mom, Meredith, Debby and me. Then later for Dennis and Debbi. And later again for Joe, Joey, and Matthew. I love you Dad!

Libby Wade, President  
dunade@aol.com

301-831-8661

## PUBLIC POLICY NOTES

Here are some of the issues to come before the 2015 Maryland Assembly.

1. Whether the \$11.50 minimum wage recently adopted by Montgomery and Prince George's countries will stand. Two possibilities are being put forth. One would preempt local bills by setting state minimum or pass legislature that sets a floor statewide but lets localities adopt a higher minimum wage.
2. Whether hearing an emergency insurance bill will turn into a gripe session on state health insurance exchange. An emergency bill could provide an alternate means of insurance for those unable to do so by the online exchange by January 1st.
3. How new House leadership (Republican) will perform.
4. What impact the February 25<sup>th</sup> filing deadline will have on the session. Knowing who their opponents will be half way through the session, lawmakers can adjust policies accordingly.
5. Whether movement to legalize marijuana will gain support in Maryland.
6. Whether Republicans will make headway on repealing "rain tax".
7. Whether Democrats will cut taxes in an election year. Some support is seen to cut estate tax.
8. Who will get credit on popular bills?  
A likely bill will be put forward to enhance penalties for violence in front of a child.  
Another likely bill to be considered would outlaw "revenge porn". (Posting of compromising pictures of ex-lover or girlfriend).
9. Whether Maryland gets a state sandwich. The soft shell crab sandwich is being promoted.

Marilyn Simonds, VP for Public Policy  
mjsimonds@verizon.net 301-871-1609

## NEWS FROM THE VICE PRESIDENT FOR PROGRAM

I have been busy preparing the Annual Program Report that goes to National FCE. They should be impressed by the quality and quantity of the programs presented by your groups. They should also be pleased with the number of volunteers' hours spent serving your communities.

Thank you all for your continued interest in our ongoing FCE projects and for all the support you have provided through your donations of time and materials.

Evelyn M. Ziegler, VP President for Program  
zieglers@comcast.net 410-465-3587



### MEMBERSHIP

#### Welcome New Members

Andrea Abrams, Eva Coppersmith,  
Penelope Dolinger, Elle Kirk, Cathy  
Reals, Sharon Tubman, Joanne Wilson,  
Brigitte Young

Thanks to all the county treasurers who continue to send their information and dues to me as soon as they get them. We are happy to have the above eight new members. As of the end of January we have a total membership of 161. I encourage you to continue inviting people to join FCE throughout the year. If you recruit a new member, be sure your name and address is included on the form so you will receive a "Star" from National FCE.

Martha C. Moser, Chairman  
mcatmoser@aol.com 301-371-6132



Condolence to Libby Wade, MDAFCE President and her family on the loss of her father in February. Also to Ginny Hagberg of Montgomery County who lost her sister in an automobile accident. Loretta Kane and Mary Chenoweth, long time Montgomery County members died recently.

Speedy recovery to Louise Ediger, Frederick County, who was recently hospitalized.

### HELPFUL HINTS

#### **Easy Deviled Eggs**

Put cooked egg yolks in a zip lock bag. Seal, mash till they are all broken up. Add remainder of ingredients, reseal, keep mashing it up mixing thoroughly, cut the tip of the baggy, and squeeze mixture into egg. Throw bag away.

#### **Expanding Frosting**

When you buy a container of cake frosting from the store, whip it with your mixer for a few minutes. You can double it in size. You get to frost more cake/cupcakes with the same amount.

#### **Reheating refrigerated bread**

To warm biscuits, pancakes, or muffins that were refrigerated, place them in a microwave with a cup of water. The increased moisture will keep the food moist and help it reheat faster.

#### **Squirrel Away!**

To keep squirrels from eating your plants sprinkle your plants with cayenne pepper. The cayenne pepper doesn't hurt the plant and the squirrels won't come near it.

#### **Reducing Static Cling**

Pin a small safety pin to the seam of your slip and you will not have a clingy skirt or dress. Same thing works with slacks that cling when wearing panty hose. Another trick is to put hand cream on your hands and lightly rub your panty-hosed legs and thighs with your hands.

#### **Measuring Cups**

Before you pour sticky substances into a measuring cup, fill it with hot water. Dump out the hot water, but don't dry the cup. Next, add your ingredient, i.e. peanut butter, and see how easily it comes out. Or use the cup for an oil measure first then the sticky ingredient.

#### **Conditioner**

Use your hair conditioner to shave your legs. It's a lot cheaper than shaving cream and leaves your legs really smooth. It's also a great way to use up the conditioner you bought but didn't like when you tried it in your hair.

#### **Take baby powder to the beach**

When you're ready to leave the beach sprinkle yourself and kids with the baby powder and the sand will slide right off your skin.

## IN AND AROUND MARYLAND



### ANNE ARUNDEL COUNTY

We are patiently waiting spring as we watch for crocuses and daffodils to come peeking through the ground. But that doesn't mean that we have not been busy.

Our homemakers have been busy with our community projects supplying both goods and money to help our neighboring county children and adults. After years of raising money on our own, we became aware of local grants available to help with just such activities. The opening of the "Live" Casino just outside our neighborhood gives grants to those organizations within a three mile radius for the benefit of the community. Harmans' FCE Homemakers applied two years ago filling out forms and digging through our by-laws to be sure we had all our "p's and q's" in order, but for those two years we were passed over. However, a year ago we did receive a \$500 grant from "Take Back Our Streets," an organization which benefits children. Yet, our application for the grant from the Casino was still in the pot and we were encouraged to try again. That we did, and were surprised to be awarded a \$5,000 grant. With that money we will be able to continue to help supply food for our local food pantry, soft fleece pillow cases for the children's wing of the hospital, mittens for newborns, and back packs for needy school children.

Getting grant money to be used locally is something new to us, but it may be something other FCE groups throughout the state may want to look into to help with their charitable activities.

Judy Ammenheuser  
jammenheuser13@verizon.net 410-761-7437

### CARROLL COUNTY

Carroll County had their November meeting on the 10<sup>th</sup>. This meeting was our pot luck lunch and everyone enjoyed food from good cooks in Carroll County. The program, on House Cleaning Supplies, given by Dr. Virginia Brown, who is with the Carroll County Extension Office. After this

program many members will be using products like vinegar and newsprint for cleaning.

On December 8<sup>th</sup>, we had our Christmas Party and enjoyed pot luck party foods. We played Bingo and Joan Antonio gave out lots of prizes. We also collected coats to be given to a shelter, baby hats for the hospital, bottle tabs for Ronald McDonald House, Campbell soup labels for the schools, books for Dad's works and soap and shampoo for Shepard's Staff. After this meeting Nancy McAllister and Elizabeth Heagy took 60 pounds of bottle tabs to Ronald McDonald House in Baltimore, MD. Ronald McDonald House sells the tabs and uses the money for gas for their van to take children with cancer and their families to the hospital. The ladies at Ronald McDonald House were very happy to see us and helped us carry the tabs into their office!!

Due to weather, the January meeting was canceled. Even our snow date was snowed out!! However, on February 4<sup>th</sup> some of us met to judge the Character Counts papers from 2 schools. We picked a 1<sup>st</sup> place winner, 2 – second place winners, 2 – third place winners & 16 honorable mentions. We had over 100 children enter and they all will get a book mark and a certificate for entering. The winner was sent to Maryland FCE State. The ones we picked all get cash prizes and the 5 top winners get stuffed turtles and the 16 honorable mentions get booklets about the turtle. The turtle, Webster, is the FCE symbol for responsibility.

We look forward to our March 9<sup>th</sup> meeting and we are working on planning our May Day which will be May 7<sup>th</sup>, 2015 at the Elks Lodge in Westminster.

Elizabeth Heagy  
momheagy@yahoo.com 410-857-3388

### FREDERICK COUNTY

Frederick County FCE Homemakers celebrated the Holidays with a Christmas Tea hosted by the Gambrill Park Homemakers Club. The tea was held at The Church of the Nazarene on Opposumtown Pike in Frederick. The theme was the Poinsettia. Several county homemaker members donated tea sandwiches, small desserts, scones, fruit and small chocolate candies. Martha Moser demonstrated several quick and easy crafts

that anyone could make. Eileen Childs led the group on the piano to sing Christmas carols.

There was no lesson in January, but February's lesson focused on "Spending Less, Eating Better", given by Debbie Rhoades of the Maryland Extension Office.

Michelle Close will give March's lesson focused on cooking.

April's lesson will be on Zentangle, an abstract drawing technique created by using repetitive patterns.

Next up on the agenda is the Frederick County Annual Meeting. It will be held April 22<sup>th</sup> at the Middletown Amvets. The meeting will be hosted by the Mid-Valley Homemakers Club. The theme is a Southern Mystery Tea. Each club will make a centerpiece representative of the meeting theme. We will also have a used book sale, to include cookbooks as well as books on gardening, crafts and decorating. Clubs are also updating their scrapbooks to document their 2014 activities.

Donna Bowles  
Donnabowles1@comcast.net 301-473-8452

### MONTGOMERY COUNTY

You are invited to "It's Moo-licious" (Guest speaker from the Dairy Museum) Spring Luncheon at 10:30 AM on May 2 at the Montgomery County Extension Office, 18410 Muncaster Road, Derwood, MD. Cost is \$15.00. Send check made to MCAFCE to:

Marilyn Simonds  
13708 Lionel Lane Rockville, MD 20853  
(301-871-1609) by April 20<sup>th</sup>.

Hope to see you there.

Jean Purich  
jcpurich@cs.com 301-384-2805

### PRINCE GEORGE'S COUNTY

January is always a nice quiet month when everyone gets to recuperate from the holidays, tuck in at home and stay cozy in bad weather pretty much everywhere, and get ready for a new year. I never make New Year's resolutions, as I've told you before, because I never stick to them and hate to disappoint myself!!

If you've had some time to hibernate in the cold weather and catch up on your reading, taped programs and purchased movies, I'd say you're off to a good start. This will be a very fast moving spring, with Ash Wednesday arriving early this year on February 18th. Winter has been rather cold, but devoid of much snow for our area, considering the blizzards in New England and the cold in the Midwest. There are no complaints about the weather coming from this homemaker! January's meeting was a week late, but not wholly cancelled, like last year.

One of our main focuses this year will be hosting of the State Conference in October. Confirming the Hotel (Comfort Inn, Bowie), deciding on table favors (around the theme of "The Wizarding World of FCE"), entertainment (still thinking), and other details will occupy the calendar through the year.

Programs to be given this year include a workshop on brochure making, Electronic Devices, HF # 58, Do You Fear Public Speaking?, HF 57, So You Want to be a Volunteer?, and Parliamentary Procedures. Membership stands at 15 and we are holding our own.

Ongoing projects, including Comfort Dolls, Stockings for the Troops, Easter Dresses for homeless children in shelters, Walk Across the World, "Troopons", and any new project ideas will fill the rest of our calendar quickly. Soon it will be Christmas, again. (Oh my!)

Our Christmas Luncheon, meeting, and "womanship" last December was fun and satisfying. The food was wonderful, the cooking always is great, and Margie George's decorating and setting the tables plus her program was from the heart. The cookie swap was tasty, too.

Good wishes are sent to all members and extension staff going through any health issues and prayers for healing and good health are ongoing for all of us for the coming year.

Sharon Adamoyurka and Debra Rausch

"If we had no winter, the spring would not be so pleasant: if we did not sometimes taste of adversity, prosperity would not be so welcome."

*"Meditations Divine and Moral"*

Anne Bradstreet, *The Works of Anne Bradstreet*

## National Association for Family and Community Education 78<sup>th</sup> Annual Conference

“Team Work Makes Dreams Work”  
Marriott University Park, Tucson, Arizona  
July 17 – 20, 2014

This is an excerpt from the minutes of the NAFCE Conference, 2014

**State Presidents’ Day** – Thursday the state presidents were welcomed and they spent the morning touring the San Xavier Mission (Spanish, established 1732), Old Town Artisans shops and museum and the Scottish Rite Cathedral where a beautiful luncheon was served. Both the mission and the cathedral are on the National Register of Historical Places.

In the afternoon the presidents reviewed a packet of information to be used during 2014-2015.

**Membership and Financial Status** – Membership continues to drop (400 members a year). We would like to double membership to over 8,000 next year. Members should come from “FRANCES” (friends, relatives, acquaintances, neighbors, church colleagues, everyone, sisters). Encourage former members to rejoin.

**Honor Fund** – gift to honor individual for any reason, send to national with form.

**Bucks for Building** – extend to community for individual \$1.00 for programs FCE does.

**Dues** – Once during each presidency, the president may raise dues. In 2016 Individual will be \$20.00, Senior \$16.50, Family \$30.00, Youth will remain \$5.00.

**Endowment Fund**

**FCL Workshops** – Encourage team teaching. Groups attended three programs and then made a presentation to the whole conference featuring what they learned. The programs were:

**So You Want to be Involved** – Becoming a more active participant

**Parliamentary Procedure Made Easy** – General understanding of Robert’s Rules of Order

**Do You Fear Public Speaking?** – Ways to improve presentation skills

## General Session Programs

**Heart Health for Women** – Heart attacks are #1 cause of death. Walk every day.

**Using Social Media to Advance FCE** – Who do we friend? FACEBOOK, LinkedIn, YouTube.

**Stepping Stones to Better Health** – Finding time for better health. Well body, well state of mind.

## Breakout Programs

**Strut Your Stuff** – Developing great brochures.

**What are Your Fingers Saying When You’re Typing on Electronic Devices?** - Scams, hackers.

**How Can We Stretch Our Food Budget?** Staying within a food budget.

**Junque in Your Trunk** – Checking out how our habits affect us.

Next conference is July 24 - 27, 2015 in Kansas City, Missouri. And speaking of the 2015 conference, why not make plans now to attend? Some of the programs to be presented include maternal health, team building, and end of life decisions. There will be a tour on Thursday the 23<sup>rd</sup>. More information and the registration form will be in your *FCE Today* newsletter coming soon to your door.

## ACWW NEWS

### Women Walk the World

Help raise money and promote ACWW by walking on or around ACWW Day on 29th April 2015.

#### Plan now! Taking part is:

- simple - no instructors or membership needed
- inexpensive - no special equipment involved
- achievable - can be done anywhere, anytime
- easy - just get up and walk!

The walk could be an organized ramble through the countryside, a walk round a



neighborhood, a walk to the fields to tend animals, a stroll in a park or whatever you like. To keep things interesting you could add in a tea-party or a competition, run a raffle or auction promises – get creative!

Your participation in Women Walk the World will help ACWW achieve its goal of connecting and supporting women worldwide.

**For the third year running**, there will be a best photo competition as part of Women Walk the World take photos of your walking event and send them to ACWW Central Office and you could be on the front page of *“The Countrywoman” Magazine*.

Please ensure your image(s) resolution is 300dpi, if submitting digital photos via email, or are a good high gloss print if you decide to send them in by post. Please accompany your photo with a short article describing your walk. All photos and short articles must be received by **May 15, 2015**. Entries received after this date will not be included.

For further information, contact Central Office, telephone +44 (0)207 799 3875, or email [info@acww.org.uk](mailto:info@acww.org.uk)

## MEET YOUR ACWW BOARD

World President

Ruth Shanks AM, Australia

Ruth Shanks AM was the Area President for the South Pacific Area (2007-2013) and has been an individual member of ACWW for approximately 20 years.

She was assistant to the South Pacific Area President from 1995-2001 and has attended Triennial Conferences since 1992 and Area Conferences since 1993. Ruth is a retired registered nurse and was the Office Manager of a Specialist Medical Practice for approximately 20 years.



Deputy President

Margaret Yetman, Canada

Margaret served as Area President for Canada from 2007- 2013. She was President of her local WI



branch, and a Provincial President. On the national level, she served as FWIC Executive Officer for the Newfoundland and Labrador Women’s Institutes, and President of the Federated Women’s Institutes of Canada. She has attended five ACWW Area Conferences and seven ACWW Triennial Conferences. She has a Certificate in Business Administration and Professional Secretarial Development. She is a retired School Secretary/Office Administrator.

Treasurer

Alison Burnett, Wales

Alison Burnett is currently serving on the Board as Treasurer, having been elected at the 2010 Triennial Conference in Hot Springs, and re-elected in Chennai in 2013. She has previously been a member of the UN Committee from 2004-2007 and the Finance Committee from 2007-2010. She has an MSc in Entrepreneurial Studies, giving her an understanding of business accounts and small business marketing and was a Business Studies teacher which included accounting.



Secretary

Henrietta Schoeman, South Africa

Henrietta previously served on the ACWW Finance Committee from 2007-2013. She is currently serving her second term as National President of the South African Women’s Agricultural Union (SAWAU). She has been a member of SAWAU since 1998 and served as Chair at branch and regional level and as President of WAU Mpumalanga. She has served both as Secretary (6 years) and Treasurer of SAWAU. She was Convener of the Triennial National Congress of SAWAU in 2012 and of the ACWW Southern Africa Area Conference in 2005 in Secunda and has attended 4 Area Conferences since 1999. She was part of the steering committee of the ACWW World Conference in 1998 in Pretoria, South Africa and has attended 4 World Conferences. Henrietta is a qualified teacher and involved in the administration of the family farming enterprise.



## Burgundy Pork Tenderloin



Rated: ★★★★★

**Prep Time:**  
30 Minutes  
**Cook**  
**Time:** 1 Hour

**Ready In:** 1 Hour  
30 Minutes  
**Servings:** 4

"Impress your guests with a pork tenderloin, lightly seasoned and baked, and served with the simple red wine sauce that cooks along with the pork. All you have to do is smile and accept the compliments."

### INGREDIENTS:

2 pounds pork tenderloin	1/2 onion, thinly sliced
1/2 teaspoon salt	1 stalk celery, chopped
1/2 teaspoon ground black pepper	2 cups red wine
1/2 teaspoon garlic powder	1 (.75 ounce) packet dry brown gravy mix

### DIRECTIONS:

1. Preheat oven to 350 degrees F (175 degrees C).
2. Place pork in a 9x13 inch baking dish, and sprinkle meat with salt, pepper and garlic powder. Top with onion and celery, and pour wine over all.
3. Bake in the preheated oven for 45 minutes.
4. When done baking, remove meat from baking dish, and place on a serving platter. Pour gravy mix into baking dish with wine and cooking juices, and stir until thickened. Slice meat, and cover with the gravy.

Maryland Association for  
Family & Community Education  
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