

WHAT'S HAPPENING

Maryland Association for Family and Community Education, Inc. Newsletter

MARCH

- All Month Women's History Month**
- 1 **Heart of FCE, Spirit of FCL Award, Outstanding Unit Award**
Entries due to State President
- 7 10:00 AM Board Meeting, Anne Arundel County Extension Office
- 8 International Women's Day (ACWW)
- 31 Essay and art work contest ends

APRIL

- 4 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
- 2 10:00 AM Board Meeting, Frederick County Extension Office

JUNE

- All Month Nominees for State Officers, Group II**
- 6 10:00 AM Board Meeting, Carroll County Extension Office

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ANNUAL CONFERENCE

The MDAFCE annual conference will be hosted by Frederick County in Frederick, Maryland. Look for more information and registration form in the Summer issue of *Look What's Happening*.

MDFCE Web Site 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.

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 with your information.

FROM THE PRESIDENT

The Wizarding World of FCE

Winter arrived with a vengeance. I hope everyone has been able to get out of their driveways and neighborhoods.

It took us three days because first my husband went down the driveway with the snow blower but could not get back up because the tractor kept slipping. Next, he went over to help the neighbors and hit an ice patch and the blower broke. Then lastly we had to wait until my daughter could get out and take him to the store to get the part to fix it. I guess we have been lucky for the past few years because we just had "light" snow. I was very proud of my grandsons who helped out many of their neighbors reminding me of our duty to commit to the needs of the community. I hope everyone stayed safe and found some way to enjoy the snow.

Thinking ahead to Spring, it is a time to think about "springtime" which refers to the season, and also to ideas of rebirth, rejuvenation, renewal, resurrection and re-growth. Renewal of friendship means to me connecting with current friends and also reconnecting with old friends. Re-growth means sprucing up our environment, although I cannot keep any plants alive. Also, it means re-growth of our interactions with people, clubs, and community. According to Wikipedia, "May 1 is the date of many public holidays. In many countries, May Day is synonymous with International Workers' Day, which celebrates the social and economic achievements of the labor movement. As a day of celebration, the holiday has ancient origins and it can relate to many customs that have survived into modern times. Many of these customs are due to May Day being a cross-quarter day, meaning that (in the Northern Hemisphere where it is almost exclusively celebrated) it falls approximately halfway between the spring equinox and summer solstice." We need to find ways to reach out to our communities to see how we can improve the lives of the people around us. Have a great Spring!

Libby Wade, President
dunade@aol.com



301-831-8661

PUBLIC POLICY NOTES

Governor Hogan wants to propose tax relief and demand more control over spending decisions. Some of Governor Hogan's vetoes on votes from last year have been overturned by the present Assembly. It takes 29 votes in the Senate and 85 votes in the House to overturn a veto.

One area the present Assembly needs to agree on is reform of the Criminal Justice System by reducing the prison population by focusing on reentry programs and community service. If the panel created to study the problem approves, proposals could save the state \$247 million over 10 years.

The legislature will debate whether Maryland should join a handful of other states to allow assisted suicides and require companies to grant sick leave.

They will consider bills to address poverty and other problems in Baltimore. Some legislators want to pump money into Baltimore especially the area of Gray's home but others feel it shouldn't all go to Baltimore because other areas of the state need assistance.

Other issues include improve business climate, increase college affordability, boost retirement security and expand early voting. The office of Legislative Services has already received 1,684 bill drafts - almost 500 more than were received at the beginning of the last session.

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

NEWS FROM THE VICE PRESIDENT FOR PROGRAM

I am busy working on the annual report of the Maryland FCE 2015 activities that goes to National FCE. From the reports I have received so far, it is obvious that our members continue to sponsor interesting and educational programs in their counties. They do an amazing number of volunteer projects to help others. Our members also support global goals through ACWW.

Ladies, (and gentlemen) keep up the good work!!!

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

Nine Ways to Fast Spring Cleaning

1. Defunk Your Fabrics: Wash the mattress pad, pillow coverings, and pillows from everyone's bed (all pillow types except foam) can go into the washer, but check the labels for specific laundering instructions). Then do a second load with your bath mat, shower curtain, and even the curtain liner on the gentle cycle with color-safe bleach.

2. Sanitize Your Work Station: Wipe down your computer screen with a lightly dampened microfiber cloth. Do the same with the mouse, mouse pad and keyboard, then load a fun wallpaper on the screen.

3. Manage Microwave Messes: Fresh lemons smell clean so try this: Cut one in half, put the pieces in a microwave-safe bowl with water to cover, and cook on High for two to three minutes. The steam will soften hardened food inside the oven while you enjoy the citrus scent. Then grate the fruit in the garbage disposal to eliminate any musty odor and greasy gunk.

4. Shake It Out: Gather up throw rugs and take them outside for a good shake. Then air them on a clothesline or railing for several hours.

5. Purge the Fridge: Pull the trash can over and dump lingering leftovers, spoiled food, and open bottles of condiments, like grill marinade from last summer. You could remove all the glass shelves and bins and wash them or give them a fast once-over with a wet cloth or sponge. Wipe the fingerprints and splatters on the door front and handle. A fresh box of baking soda absorbs odors, too.

6. Cut Table Clutter: Switch from tablecloths to place mats, and arrange a bowl of fruit or a vase of fresh flowers in the middle of the kitchen table. The mats are easier to keep clean - plus, if your table looks set, it's a less likely landing pad for mail and other clutter.

7. Bring Spring Indoors: Buy a few potted plants (pansies and gerbera daisies will be flowering soon), and tuck them into nicer pots

8. De-Germ Sponges: Soaking a sponge in bleach killed 99.9 percent of the three bacteria strains from all our test sponges (scrub and regular cellulose), a benchmark based on the EPA's requirement for sanitization of non-food-contact surfaces. Mix 3/4 cup of bleach in one gallon of water, and soak the sponge for five minutes

9. Toss Old Toiletries: In the bathroom, see if your loofah or toothbrush needs replacing. You should get a new brush every three months and a new scrubber every 30 days, but toss immediately if the bristles are frayed or the loofah is mildewy. Also, check the cabinet for expired cold medicines and disposed appropriately.

10. Zap Oven Spills: Burned-on blobs welded to the bottom of your oven can give off odors and smoke. If you have time to run a self-cleaning cycle — even a short two-hour one — it's your best bet (and you can go do something else while it works). If not, just focus on the worst spills. Take a metal spatula and gently chip off any loose pieces — with any luck, this alone might do the trick. If not, liberally spritz with full-strength ammonia from a spray bottle. Leave it for at least five minutes, then sprinkle on enough baking soda to completely cover the remaining stain; add just a few drops of white vinegar. Let it bubble for a minute or two, then whisk away the grime with a scrub sponge. Rinse with a clean, wet, regular sponge.

MEMBERSHIP

Welcome 2016 New Members

Nancy Calvetti, Patricia Fox, Frances Fullwood, Deborah Gibson, Mae Henry, Phyllis Heurman, Nancy Hitchcock, Susan Hughes, Jeannette Johnson, Iris Kole, Constance Markward, Connie Richards, and Genie Sidwell

Thanks to all the county treasurers who continue to send their membership information and dues to me as soon as they get them. We are happy to have 13 new members as of the end of January. This gives us a total membership of 162. Our membership is made up of 97 individuals, 8 (16) families, and 49 seniors. 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 can be a “Star”.

Martha C. Moser, Chairman
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301-371-6132

IN AND AROUND MARYLAND



ANNE ARUNDEL COUNTY

Barbara this is old, I should have a new one on Thursday but I wanted to get this you now so you would have time to look at it.

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.

Judy Ammenheuser
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CARROLL COUNTY

Carroll County FCE had their December Holiday Party and ended the 2015 year with an enjoyable time. We gave Nancy McAllister a gift card to thank her for being our President for the past 2 years. Joan Antonio has agreed to be our president for the next 2 years but we are still looking for a Vice President. We had a planning meeting in October to plan our speakers for the

coming year. Linda Payne called the speakers we chose to see who was available for which dates.

We were to have a meeting in January on the 25th, but the dear Lord dropped 33 inches of snow on Carroll County so the meeting was not held. Our next meeting is scheduled for March 14th. We have a volunteer from the Humane Society, Karen Baker coming to our meeting to talk about the Humane Society and the adoptions of the animals. The food for the March meeting will be BBQ, rolls, salad and dessert.

However in January, we did judge the CHARACTER COUNTS![®] papers from the 4th grade children in Carroll County. This year we had 103 4th graders enter from 3 schools. Emma Jillson from William Winchester Elem was our winner and her paper will go to the State.

Then in May we will have our May Day Luncheon on May 12th at the Elks Club in Westminster. Cost will be \$20 and we would love to have anyone from any county come and join us. Our speaker will be Joann Morley Weant, the new director of the Carroll County Farm Museum. The Carroll County Farm Museum is observing their 50th Anniversary this year and she will talk about what they are doing to celebrate. If you would like to join us for the May Day Luncheon, please call me at 410-857-3388 or send me an email to let me know you are coming. I will then give you an address where you can send your money.

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

FREDERICK COUNTY

Frederick County FCE and Homemakers celebrated the Holidays with a Christmas tea hosted by the Johnsville Homemakers Club. The tea was held at the Johnsville Ruritan Club in Johnsville. The theme was "A Country Christmas in Johnsville". The Johnsville Homemakers made a great soup, salad and dessert lunch. Kathryn Nicodemus demonstrated how to make a Christmas wreath and swag from evergreens and other greenery found on your own property. The Brethren singers led the group in singing Christmas carols and sang several selections on their own. The club members also performed in a skit that showed us the importance of working together as a

team. The festivities ended with the awarding of several door prizes. A fun time was had by all.

There was no lesson in January, but February's lesson was an FCE Hearth Fire Series that focused on Computer and Internet Safety, given by Jamaal Rashad. Donna Eichel gave March's lesson, which addressed downsizing; something a lot of us are now coping with. April's lesson will be Spring Garden Tips, given by Phyllis Heuerman.

Next up on the agenda is the Frederick County Annual Meeting. It will be held April 22th at the Jefferson Ruritan Club. The meeting will be hosted by the Jefferson Homemakers Club. The Theme is "Spring Fling". Each club will make a centerpiece representing the meeting theme. Clubs are also updating their scrapbooks to document their 2015 activities. The speaker, Jeanne Purich, will give her presentation on her trip to India and the ACWW meeting.

Donna Bowles
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MONTGOMERY COUNTY

In February a photographer from the Washington Post visited our blanket making project. She spent over an hour visiting the ladies and speaking with them about why they come to blanket making. She took many pictures. She did a feature article on us in the Thursday weekly "Living" section of the Post. We have received many inquiries about the project since the article was posted. We are thrilled to have the publicity.

You are invited to "A Garden Party" (Guest speaker from Master Gardeners) Spring Luncheon at 10:30 AM on April 30 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 20th.

Hope to see you there.

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

PRINCE GEORGE'S COUNTY

This just in: Mother Nature rules! The 'New Year' will begin when she is done making her point to all that SHE controls the flow of things and you'd better not make her any more disagreeable than she has been until now. As I write (Feb. 13), we are expecting more bad weather in the morning. What else is there to report? No club meetings held for January and February, no board meetings, just Ground Hog Day and "Snowmageddon"! Easter will be early this year and it seems as if there was no break between New Year's Day and Mardi Gras!

December 1, 2015, ended our FCE year with 7 members attending our Christmas Luncheon. All had a great time. Marie gave a short program installing our new officers using items that are used in making a quilt!

Our new President, Sue Van Slyke has been busy with choir, band, and trying to sew the Easter Dresses for children in the Capitol Hill Ministries that she has participated in for 30+ years. The rest of our group will have to bring their news and activities participated in to our meeting in March (St. Patrick willing!).

Our very sad news concerns the passing of Barbara Bowen, a 5 year member who graced our meetings. She was a Sunshine Committee member, back-up Secretary when needed, an Education Committee member on our State Board for a while, and a quiet, joyful lady to be around. She participated in the Speaker's Contest Judging for 4-H and helped us on our community outreach projects. She will be missed and we send our condolences to her extended family.

I hope to see our Prince George's County members at the March 1st meeting and want Spring to start tomorrow at the latest.

Debra Rausch - Praying for Spring.
rauscdula@gmail.com 301-498-8806

FUN FACTS

Soldiers do not march in step when going across bridges because they could set up a vibration which could knock the bridge down.

Everything weighs one percent less at the equator.

Strawberries are the only fruits whose seeds grow on the outside.

New Year's Musings

Whether they were wonderful and just what we hoped for, or fell short in some way, I suspect we're all grateful to have made it through the holidays. On the heels of Thanksgiving, December packs a real punch: Christmas and New Year's Eve. Our budgets are stretched to buy gifts for those we love; our time is stretched even thinner to get everything done; our hopes are raised and sometimes deflated with our plans not turning out the way we wanted them; and the pressure of New Year's Eve to have fun, reserve the right party, wear the right dress for the occasion, and celebrate with the right friends....Whew! On New Year's Day, the men are happy to settle back and watch football on TV, while many women heave a sigh of relief that we made it through the challenge of the last two over-busy months.

On New Year's Day we can look ahead at the year in front of us. New beginnings, and a clean slate - what can be better? And with dreary weather in most places, it's a good month to hibernate, get some projects done, just stay home more, and take stock.

There is something incredibly exciting about new beginnings, and a new year ahead. We get to start all over. We promise ourselves we'll pursue new relationships, new jobs, and meet some new friends. Whatever we've left undone or unfinished last year, we'll put on the front burner instead of the back burner. Paint the living room, get a new couch, join a club, take a class, take that trip we keep saying we'll take and never have, or learn a new language. The possibilities are endless with a new year facing us like a blank page. What will we write on it? What will we do? It's exciting to think about, and then do something about it.

I don't make New Year resolutions. As I've told you before, I don't want to disappoint myself. But I do a lot of thinking about what I want to do in the coming year, and how I want to steer my life, and what I want to get done. And there are always unexpected opportunities that fall out of the sky.

So maybe our message this January, with a brand new year, is to face it with hope and courage and to expect good things out of 2016. We wish you a fantastic new year, and that all your dreams come true - even the dreams you didn't know you had.

Let's all start the new year with a hardy laugh:

To commemorate Julie Andrew's 79th birthday, actress/vocalist, Julie made a special appearance at Manhattan's Radio City Music Hall for the benefit of the AARP. One of the musical numbers she performed was 'My Favorite Things' from the legendary movie 'Sound Of Music'. Here are the lyrics she used (Sing It!) - If you sing it, it's especially hysterical!!!

*Botox and nose drops and needles for knitting,
Walkers and hand rails and new dental fittings,
Bundles of magazines tied up in string,
These are a few of my favorite things.*

*Cadillacs and cataracts, hearing aids and glasses,
"Polident" and "Fixodent" and false teeth in
glasses,
Pacemakers, golf carts and porches with swings,
These are a few of my favorite things.*

*When the pipes leak, when the bones creak,
When the knees go bad,
I simply remember my favorite things,
And then I don't feel so bad.*

*Hot tea and crumpets and corn pads for bunions,
No spicy hot food or food cooked with onions,
Bathrobes and heating pads and hot meals they
bring,
These are a few of my favorite things.*

*Back pain, confused brains and no need for sinnin',
Thin bones and fractures and hair that is thinnin',
And we won't mention our shrinking frames,
When we remember our favorite things.*

*When the joints ache, when the hips break,
When the eyes grow dim,
Then I remember the great life I've had,
And then I don't feel so bad.*

Hope you feel great!!
Sharon Adamoyurka

ACWW NEWS



Kabembe Grandmothers, Orphans and Vulnerable Children Health Improvement Project

The aim of this project was to provide a source of clean, safe water to 19 grandmothers in a community where the only way of getting water was from local ponds.

A study had shown that 72% of the inhabitants of Kampisi sub county of Mukono District, Uganda were exposed to the risk of disease due to drinking dirty water. The implementing society held a planning meeting and then selected 19 elderly, disadvantaged grandmothers to benefit from this project.

The beneficiaries were encouraged to obtain local construction materials — clay, sand, water and to provide food for the masons. Since it was difficult for some of them to transport the materials, particularly water, a motorcycle and rider were hired to fetch water. Another challenge has been the price fluctuation in fuel costs and materials.

The project organizers have trained masons who have been building the water 'jars' or tanks with help from the beneficiaries.

At the time of reporting, 17 water jars had been constructed and two were still under construction. Gutters will be procured for all the water jars and fixed in place so that rainwater can be harvested.

Hygiene and sanitation training has been conducted. The community and beneficiaries are working together to make the project a success.

Maria's Story

Maria is 70 years of age and lives alone. She used to travel 2.5km to fetch water from the nearest water source. She was finding it difficult to carry out her daily tasks, such as cooking, cleaning and washing her clothes.

Maria continues, "I often had to beg for water from my neighbors and with the little water I was given, I had to decide whether to cook or wash my clothes. However, life turned around when I was selected by my village leaders to benefit from ACWW and VECH Uganda project



0974 that supports elderly grandmothers by constructing for them water jars. Now my water jar is complete it provides me with enough safe clean water for my daily needs. These facilities have changed my life and restored my dignity. Long live ACWW, Long live VECH Uganda".

Bulletin Board

Condolences:

Louise Ediger, Frederick County, passed away in December after a brief hospitalization.

Barbara Bowen, Prince George's County, passed January 31 after hip replacement surgery.

Margaret Diehl, Anne Arundel County, passed away in February. Interment was in Pennsylvania.

Get Well Wishes

Judy Ammenheuser, Anne Arundel County, had a knee replaced in February.

Ann Fishell, Anne Arundel County, is recovery from a stay in the Hospital with pneumonia.

Pat Kenney, Montgomery County, is recovering from a short stay in the hospital for a back injury.

Nancy Calvetti, Montgomery County, had cataract surgery in February.

Slow Cooker Moroccan Lamb Stew

Ingredients

2 Tablespoons olive oil
Salt and pepper
2-1/2 pounds American Lamb shoulder chops, bones removed and visible fat trimmed, cut into 1-inch chunks
1 medium onion, chopped
4 garlic cloves, minced
1 tablespoon minced fresh ginger root
1 tablespoon cumin
2 teaspoons coriander
1/4 teaspoon cinnamon
1/4 teaspoon cayenne
1-1/2 cups low sodium chicken broth
1 can diced tomatoes, do not drain
1 can chickpeas, drained and rinsed
1/4 cup raisins
6 ounces Swiss chard, spinach or kale, rough chopped
See more at: <http://www.americanlamb.com>

Directions

In a large nonstick skillet over medium heat, heat 1 tablespoon oil. Season lamb with salt and pepper. Cook, in batches if necessary, until browned on all sides, about 6 minutes. Transfer browned lamb to slow cooker. Add remaining 1 tablespoon oil to pan (if necessary); add onion, garlic, ginger, cumin, coriander, cinnamon and cayenne. Cook until softened, about 8 minutes. Add broth and tomatoes; bring to a boil. Add mixture to slow cooker along with chickpeas and raisins. Cover and cook on low for 5 to 6 hours, or high for 3 to 4 hours. Remove lid; stir in chopped greens until wilted, about 1 minute. Serve with whole wheat couscous and a dollop of Greek yogurt.

**Maryland Association for
Family & Community Education
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