

WHAT'S HAPPENING

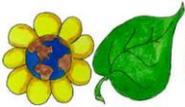
Maryland Association for Family and Community Education, Inc. Newsletter

MARCH

- All Month** **Women's History Month**
- 1 **Heart of FCE, Spirit of FCL Award, Outstanding Unit Award**
Entries due to State President
 - 5 10:00 AM Board Meeting, Anne Arundel County Extension Office
 - 8 International Women's Day (ACWW)
 - 31 Essay and art work contest ends

APRIL

- 2 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**



EARTH DAY!

- 29 ACWW Women Walk the World

MAY

- 1 **LOOK WHAT'S HAPPENING** deadline for items to Editor
NAFCE Conference deadline (Austin, Texas)
MDAFCE Annual Conference info in this issue
- 7 10:00 AM Board Meeting, Frederick County Extension Office

JUNE

- All Month** **Nominees for State Officers, Group II**
- 4 10:00 AM Board Meeting, Carroll County Extension Office

Inside

- From the President 2
- News from the VP for Program 2
- Public Policy Notes 3
- Five Essential Gardening Tips 3
- ACWW News 4
- In and Around Maryland 5
- Enjoy a Piece of Dark Chocolate Candy 6
- Five Whole Grains to Try 7
- Healthy Grain and Veggie Bowl 8

ANNUAL CONFERENCE

The MDAFCE annual conference, on October 22 & 23, will be hosted by Carroll County. 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 and 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

As we start another year, I have been thinking about what we can do to support our families. My 18-year-old niece has been going through quite a series of growing pains. She and her father are butting heads over what is now her responsibility financially; what his rights are on setting rules like curfew and helping around the house. It is difficult for parents to transition to seeing their child as an adult. The moment she stopped going to college, he stopped all financial support and started treating her like a person who rents a room from him. But at the same time, he still has lots of "rules" for her to follow. Anyway, the main thoughts that I have on this are: how does one's relationship change over time whether it is with family, friends, or other people in our lives. How can you prepare yourself to stop being a parent to being a friend? How do you recognize that you are interfering with your child's relationship with their spouse or their children (your grandchildren)?

Another important family value is communication and spending time together. With today's lifestyle, we are constantly on the go. It takes real effort and planning to get all members of the family, both immediate and extended, in one place at the same time. I know that it is easy to make excuses about everyone having different priorities but putting the family first should rise to the top. My family gets together for family dinners; sports events-like the grandkids baseball and soccer games; and family trips to museums, holiday events, and outdoor fun. What do you do?

On another note, it is never too soon to think about what we should do for this year's annual conference. We need to hear from you. If you know of any good topics and the speakers that can present these topics, the board would like to hear from you.

Libby Wade, President
dunade@aol.com



301-831-8661

NEWS FROM THE VICE PRESIDENT FOR PROGRAM

I am busy working on the annual report of the Maryland FCE 2017 activities that goes to National FCE. From the reports I have received, it is obvious that our members continue to sponsor interesting and educational programs in their counties. You do an amazing number of volunteer projects to help others. Our members also support global goals through ACWW.

I am also thinking of the annual MDAFCE conference. What programs would you like to have presented? Send me an email with suggestions. Please mark your calendars now for October 22 and 23, so you can attend the conference.

Sue Van Slyke, Vice President for Program
okgunfight@aol.co. 301-630-3918

Bulletin Board

Frances Fullwood, PGCAFCE, is at home recuperating from being in the hospital. Debbie Rausch and her husband had a bout of the flu after Christmas, but are now better. Sharon Adamoyurka is progressing for the better with her health.

Following a short illness, Montgomery County FCE member, Nell Dempewolf died at the age of 95. Nell was a longtime member of the Randolph Hills Club. She served as Vice President on the county level and participated actively in the Montgomery County Fairs. She was a member of the homemaker Creative Sharers group and contributed her artistic talents in the production of the Montgomery County FCE newsletter. She **designed the current Maryland FCE banner** and regularly shared her many talents in her church. Throughout her life she continued to learn as she remained a student at Montgomery College and always practiced being physically fit. As a career woman she served in the United States Navy. She is survived by two daughters.

PUBLIC POLICY NOTES

What Is Wrong With Our Legislators?

Here we go again. As of this writing, February 8th, at midnight, our Congress, both the House and the Senate, are busy trying to come up with a plan, any plan that will garner enough votes to keep the government from shutting down. Instead of passing a proper budget that will fund the entire government for the next year, they pass continuing resolutions that cover only short periods of time. Each party, Republican and Democratic, points a finger at the other, and blames this impasse on the other. They use big news issues attached to the legislation, like President Trump's Border Wall or the DACA (Dreamers) legal disposition, as leverage to push the bill through. Of course, one or both parties ends up not supporting the proposed bill, due to not enough support for the issues that they want passed, in order to keep the government funded. (Ed note, we now have a budget for 2 years but no legislation on DACA).

While all this high drama is going on, people who live check to check, like military, many social programs, national parks, museums, government workers, and government contractors worry and wait to see when and if they will be paid. Contractors don't get paid, while Congress later on passes legislation to pay government workers back pay for any time the government was shut down. Senators and House Members receive their pay, unaffected by a government shutdown. So what does all this mean to the "common person" on the street? What does this inability or refusal to compromise with each other across the aisle in the legislative portion of our government result in? Where is our country heading, if the leadership in the legislative portions of the government refuse to drop their attitudes of "my way or the highway"? How long can a system that was set up to find common ground, compromise, and move forward with the business of the people who elected them to represent them and work for them, run?

Politics has a place in our system of government, obviously. However, our "Checks and Balance" system has been out of whack for a long time. Pushing a parties' agenda so strongly in the face of the other party, until all progress comes to a standstill, is not how our founding fathers set up the government to operate. Keywords: operate and

progress. Legislators are there to enact laws and carry out the people's business. Party politics are not an excuse to not do their work. A corporate business would fire their employees if they produced so little as our legislators have been doing for years. Productivity is money and these elected representatives are wasting the American people's money, our tax money, when they fail to carry out their work duties. In today's dangerous world, the inertia and lack of respect being shown in the top ranks of our government for each other and for those who elected them, leads to strengthening those elements out there that would love to destroy and end our political experiment. The current direction of our legislators is truly a national security issue that needs to correct itself before those elements take advantage and use our disorientation to bring us down.

Debra Rausch, Vice President for Public Policy
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FIVE ESSENTIAL GARDENING TIPS

1. Clean out the garden.

It's time to clean your garden and remove all the debris (leaves, leftover snow, etc.)

2. Revitalize the soil.

Add organic material like compost or manure. You might also need to add more fertilizer to increase the health of the soil and increase the life of your plants.

3. Trim old plants.

Plants that survived the winter will need to be pruned so they'll grow anew in the spring. Make sure to wait until mid-April or May in case there's an unexpected freeze. Blooming plants should be pruned right after they bloom to avoid cutting off future flowers.

4. Add mulch.

In addition to fertilizers and organic materials, you should think about adding mulch to your flower beds and garden.

5. Plant new flowers and shrubs.

Once you've gotten the garden in shape and handled all of the old plants, it's time to turn your attention to new plants. You should lean towards planting more perennials rather than annuals, because annuals have to be replaced every year

ACWW NEWS

ZERO HUNGER



is my chosen Campaign for this triennium. At the Area Meeting, those in attendance received a small water bottle with a logo on it to fill with funds. Attached to the bottle was a poem that stated “Check your pockets every day for any dimes if you may. To help bring hunger to an end, Fill this little bottle to the Brim”. These are to be used as examples to promote and support this campaign.

Zero Hunger Means

Z – Zoo’s feed their animals, why can’t we feed our people
E – Everyone is needed to solve world hunger
R – Raising money through DIMES and DOLLARS will greatly assist feeding the hungry
O – Optimism that world hunger can be conquered

H – Hunger pains are for no one
U – Understand that the less fortunate need FOOD
N – No child should go to bed hungry
G – Great ACWW Members want no one to go hungry
E – Everyone deserves to eat, not starve
R – Remember how fortunate we all are not to experience HUNGER or FAMINE

The proceeds from this campaign will be split between a United States hunger program and ACWW. Let’s see what kind of a dent we can put into eliminating hunger throughout the world. (The poem, logo’s and pocket directions for ZERO HUNGER can be found on the CWC website, cwcusa.org.) If you have any questions about this campaign please contact me at acwwusajo.com. Funds should be collected locally and then sent to the CWC Treasurer.



Zero Hunger Campaign

Items needed:

Small Water Bottle
Logo strips (found on website)
Poem (found on website)
Collect dimes or small coins that can be inserting into bottle.
This fundraiser is very simple but can help so many.

Thank You,

Jo Almond, Area President
ACWW/USA

Here is our own **Sue Van Slyke**, representing MDAFCE at the **National FCE** conference in Omaha, NE July 2017. Sue is seated, second from the left.



IN AND AROUND MARYLAND



CARROLL COUNTY

Carroll County started 2018 with a January 22nd meeting. This is our soup, salad and dessert lunch. Christina Johnson was sick so Eva ended up bringing enough vegetable soup for everyone. Both Debi Gibson and Joan Antonio brought salad. Debi also brought a wonderful bread and butter!! Bertha Shriner and Linda Payne brought desserts so everyone got a wonderful meal!!

Elizabeth Heagy did a program on Aging in Place – like the one I did at the State meeting but I got everyone at the Carroll County meeting to tell me what they do to stay busy and also for exercise. There were 14 of us at the meeting and one guest.

We did not have a meeting in February but we will be reading and looking at the pictures for CHARACTER COUNTS!® on February 12th. Also in February we will be presenting the \$500 we collected from a bus trip to the Ag Board at their dinner meeting on February 13th. Debi Gibson and her husband will attend the meeting.

Also Joan Antonio and I worked together to get the 2017 final reports submitted to State FCE on what Carroll County did for the year 2017. Sue Van Slyke is now putting these reports together for National.

Our March meeting is planned for March 12th and the program will be on Scams. This is our barbecue lunch with rolls, salad and dessert. The snow date is March 20th. Hopefully by the March meeting we will have our name of the student who won our CHARACTER COUNTS!® contest. We also give a 2nd, 3rd place prizes and 10 honorable mention awards. Per Waltraut, we only had one school – William Winchester - enter this year. The name of our winner and his/her paper will be sent to the state FCE by the April meeting.

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

FREDERICK COUNTY

Frederick County FCE Homemakers held their holiday party on Dec 5th at the Lodge at Homewood, Crumland Farms. The Gambrill Park

and Urbana clubs hosted 54 homemakers and guests with food, favors, games and holiday songs. Wearing Christmas attire was encouraged because there was a contest to determine the best dressed. There was also an ornament exchange and several games. Cookies, cake, candy and punch were served. The festivities ended with the awarding of many door prizes. A fun time was had by all.

February's lesson was given by Deborah Rhodes, from the Frederick County Extension office. The lesson was entitled "Sodium Sensibility". March's lesson will be given by Kathy Amidon, one of the club Presidents and she will teach everyone how to make their own terrarium.

Next up on the agenda is the Frederick County Annual Meeting. It will be held April 17th at the Mt. Pleasant Ruritan Club. The meeting will be hosted by the Pleasant Walk Homemakers Club. The program will be on the new Stockman Cancer Center. Each club will make a table centerpiece and update their scrapbooks to document their 2017 activities. There will also be a fundraiser - selling chances on a lap robe and pillows made by Joyce Gregory, and maybe a bake sale or used book sale.

Donna Bowles

Donnabowles1@comcast.net

301-473-8452

PRINCE GEORGE'S COUNTY

February finds our little group, and I mean little, "number-challenged"! January had only 2 of us in attendance. Sue and Debbie cut out Easter dresses. February's meeting was cancelled and we will see what the rest of the year brings. Here is hoping everyone in our FCE membership family stays well and free from the flu. Marie Moeller, past PG and Maryland State President, resigned from the State Board and did not rejoin PG County FCE. She will be missed and here is wishing her good health and success in whatever endeavors she becomes involved in! Sharon Adamoyurka continues to get well at home. Marjory George is busy at home and at her volunteer work at her church and the Baden Food Bank. Jean Bilsky has been busy traveling to visit family and being involved with her other ladies groups. It was great seeing her at Christmas. Barbara Marsh is our "volunteer" secretary and has been very busy

taking care of her son as he goes through many health problems. Frances Fullwood, who put items in the Prince George's County Fair along with Sue and Debbie, was in the hospital and now is recovering at home with family. She will be moving to Dunkirk and will be bringing a speaker on senior nutrition in September. Sue Van Slyke participated in several concerts during the holiday season. Alicia Rausch is a Nationally Registered Paramedic with the Montgomery County Fire Department, teaches CPR, and helps her Dad navigate the road to recovery from a stroke. So, we will see what lies ahead for our club and hope to gain some new members this year! Happy Spring to one and all.

Debra Rausch
rauscdula@gmail.com 301-498-8806

MONTGOMERY COUNTY

In February, MCFCE made 125 Valentines for the children at the Children's Inn at NIH, The Ranch and Laytonville Safe Havens. It was a fun project and made our hearts feel good.

In March, we will discuss the Hearth Fire, "Is there a Cure for Rudeness? The program will be presented by Kathie Mack and Jeanne Purich.

In April, we will have speakers from AAA and MDOT giving us driving tips for seniors and showing us how to adjust the mirrors, seats, and steering wheel in the car to make sure we are driving with the highest degree of safety.

You are invited to "You've Come A Long Way Baby?" Spring Luncheon at 10:30 AM on May 5th 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 25th

The [program will take us from the beginning of the homemaker club to our current roll as FCE members. Where we have been and where are we going.

Hope to see you there.

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

Enjoy a Piece of Dark Chocolate Candy for Dessert

Alice Henneman, MS,
RDN, University of
Nebraska in Lancaster
County



"Having a piece of chocolate at the end of a meal is really not a bad strategy (for weight control). You're already pretty full and less likely to overeat and sit down and eat the whole box. I find myself that having the most delicious chocolate I can think of in a small amount at the end of the meal really helps me end the meal! It's a satisfying finish and I know I'm finished then."

There are very few of us that dislike dessert, especially if it contains chocolate! What could be quicker and tastier than a luscious piece of chocolate candy for dessert? Eaten in moderation, chocolate may be good for our health, especially dark chocolate!

It is possible to eat a small piece of chocolate candy (sometimes more!) at the end of a meal and stay under 100 calories. This is fewer calories than we consume from most desserts.

Check the calories in a candy by checking the Nutrition Facts label on foods. For most small candies, the label will be on the larger package rather than individually wrapped pieces. Choose a chocolate candy you really enjoy. Take time to savor the flavor as you eat it.

Benefits of dark chocolate

Chocolate contains flavonoids, the same substances we hear about in red wine and green tea. These flavonoids may help protect against heart disease. Dark chocolate is higher in flavonoids than other forms of chocolate.

Calories still count

Eaten as part of an overall healthy diet, chocolate can help limit calories, may be heart healthy and adds an extra sparkle to the end of a meal. Eating chocolate need not be a guilty pleasure — moderation is the key. As writer Samuel Butler said, "Half the vices which the world condemns most loudly have seeds of good in them and require moderate use rather than total abstinence."

Source: Barbara Rolls, PhD, author of *Volumetrics: Feel Full on Fewer Calories*

FIVE WHOLE GRAINS TO TRY



Whole grains (such as buckwheat, brown rice, hominy and oatmeal) are more nutritious than refined grains because they contain the fiber-rich outer bran layer, the nutrient-packed germ and the starchy endosperm. They provide additional vitamins and minerals, plus high levels of antioxidants and other healthy plant-based nutrients. Refined grains (such as white bread, white pasta and white rice) contain mostly the endosperm. No matter which whole grain you prefer, make sure the ingredient list includes whole grains or that the label reads "100-percent whole grain."

Amaranth

Gluten-free amaranth is considered a complete protein because it contains all of the essential amino acids in proportions that humans need, including lysine which other grains tend to lack. Additionally, it's a good source of minerals such as iron, magnesium and zinc, plus it offers some calcium and potassium. "Most kids love pasta, and amaranth can be used as a substitute for couscous or orzo," said Nancy Z. Farrell, MS, RDN, who is a spokesperson for the Academy of Nutrition and Dietetics. "Use amaranth flour to make tasty baked products like zucchini bread, carrot cake or blueberry muffins and pancakes."

Barley

Barley is a fiber powerhouse. Hulled barley has more fiber-rich bran than pearled barley, "but both contain beta-glucan soluble fiber that slows the absorption of glucose, and helps to keep blood sugar levels stable, thus providing sustained energy throughout the day," says Farrell. Barley also contains selenium, a powerful antioxidant. Barley is great added to soups or used to make a pilaf. It can even be made into a hot breakfast cereal. Hulled barley will take more time to cook than pearled barley, about 50 to 60 minutes.

Oats

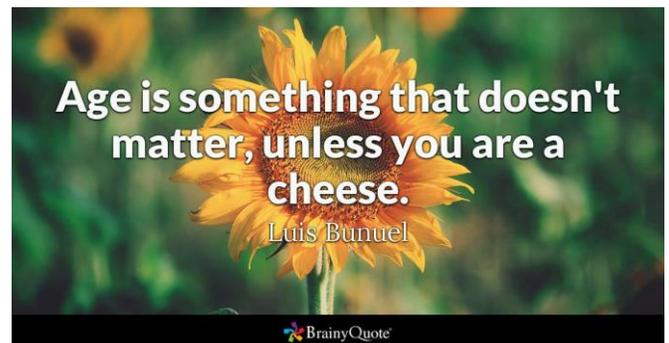
Oats also contain beta-glucan fiber which can lower cholesterol and help strengthen the immune system. Oats boast polyphenol compounds that have antioxidant and anti-itch properties. Besides the age-old favorite oatmeal for breakfast, oats can be added as a binder to meatloaf and burgers. Oats also work well in baked goods including oatmeal cookies, as a crunchy topping to crisps and crumbles, and even in casserole dishes.

Quinoa

Like amaranth, quinoa contains all nine essential amino acids and is gluten-free. Moreover, quinoa is an excellent source of magnesium and a good source of zinc, iron and folate. "Quinoa is easy to make," said Farrell. "While not required, toasting quinoa before boiling it in liquid enhances flavor, as does cooking it in vegetable or chicken broth." Quinoa can be made in a rice cooker, as well. Before cooking, use a fine mesh strainer to rinse the quinoa and remove the outer coating, called saponin, which can give the quinoa a bitter taste. Quinoa is fun for kids because it pops in the mouth when chewed and comes in several colors: beige, red, black and even purple. Mix quinoa with beans or nuts for a tasty side dish, or add to salads and stir-fries.

Teff

Of these five grains, gluten-free teff is highest in calcium and protein. Teff also is a rich source of fiber, iron and thiamin. Teff grains are tiny and have a mild nutty flavor. It's an indispensable grain in Ethiopia where it's used to make the traditional flat bread, injera, and it's grown in the United States in Idaho. Cook the grain into a creamy hot cereal or a tasty polenta. You can also mix teff with veggies for a side dish.



Healthy Grain and Veggie Bowl



168 calories, 55 min. preparation, Easy difficulty

Ingredients

1 ½ cups Quinoa (rinsed)
3 cups low-sodium vegetable stock
1 ½ tablespoons olive oil
1 large, red Bell pepper (diced)
1 large, red Bell pepper (diced)
1 large zucchini (diced)
4 scallions (finely sliced)
Basil leaves (to garnish)
salt, freshly ground peppers

Directions:

- Place the quinoa in a large saucepan and cook over a medium heat until dried out and starting to toast.
- Cover with the stock, stir well, and bring to a simmer over a moderate heat. Once simmering, cover with a lid and cook over a low heat for 15 - 20 minutes until tender.
- Remove the quinoa from the heat and leave to cool, covered, for 10 minutes.
- Meanwhile, heat the oil in a large sauté pan or wok set over a moderate heat until hot. Add the vegetables and a pinch of seasoning, sautéing for 5 - 6 minutes until softened and starting to color.
- Fluff the quinoa with a fork and add to the vegetables, tossing and stirring well. Season to taste with salt and pepper. Serve in bowls with a garnish of basil leaves on top.

**Maryland Association for
Family & Community Education
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