

WHAT'S HAPPENING

Maryland Association for Family and Community Education, Inc. Newsletter

DECEMBER

- 1 State Dues and Membership Forms due to NAFCE
- 1 10:00 AM MDAFCE Board Meeting, Montgomery County Extension Office
- 31 **Counties Annual reports due Vice President for Program; County's Presidents' Reports due to State President; Membership Appreciation Award due to Vice President for Program**

JANUARY

- All Month Complete and Mail All Annual Reports
- 5 10:00 AM MDAFCE Board Meeting, Anne Arundel County Extension Office
- 31 End of County 2014 Essay and Artwork Contest

FEBRUARY

- All Month Birthday Month – Collect & send pennies to State FCE Treasurer
- 1 “Look What’s Happening” deadline for items to Editor
Start county judging of Essay and Artwork Contest
- 2 10:00 AM MDAFCE Board Meeting, Anne Arundel County Extension Office
- 20 Send county winner of Essay and Artwork Contest to state VP of Program

MARCH

- All Month Women’s History Month
- 1 Heart of FCE & Spirit of FCL Award entries due State President
- 2 10:00 AM MDAFCE Board Meeting, Anne Arundel County Extension Office
- 8 International Women’s Day
- 31 Essay and Artwork Contest ends

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FCE Brochure Contest

County entries due February 2 at state board meeting.

CHARACTER COUNTS!® Contest

Send your CHARACTER COUNTS!® contest winning entry to Libby Wade, MDFCE President by February 20, 2015.

MDAFCE Web Site is www.mdafce.org

Send newsletters, calendars and information to Libby Wade at dunade@aol.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 to jcpurich@cs.com.



“When we do the best we can, we never know what miracle is wrought in our life, or in the life of another.” - **Helen Keller**

FROM THE PRESIDENT

I hope everyone had a great time at the Annual Conference. I know I did. Thank you for electing me to another term as President of MDAFCE. I will continue to do my best to help lead and educate the Women of Maryland. I also want to thank everyone involved with the planning and execution of all aspects of our great two days. A special shout out goes to the Carroll County FCE for hosting this year's event. Prince George's County is scheduled to host our conference next year. I know they will need help and support to plan the event.

I always think about family now that the end of the year is drawing near. Thanksgiving is a great time for reflecting on what family means to each of us. It is also a time for gathering together. The upcoming religious holidays are a time for reflection and rejoicing. The ringing in of the New Year is a time for setting up resolutions to better ourselves and our families.

As always, I hope that you will bring your ideas for ways that your board and I can help you in your daily lives.

Happy Holidays!

Libby Wade, President
dunade@aol.com

301-831-8661

FROM THE VICE-PRESIDENT FOR PROGRAM

Our Maryland FCE had its annual convention in Westminster recently. For those of you who did not attend, you missed some great educational programs and an opportunity to visit with old friends and share ideas for successful programs. We want to thank Carroll County for hosting this conference and the attendees who continue to support FCE.

The three most popular presentations at the conference were:

- An update on farming in Pakistan
- ACWW India
- Rosie the Riveter



All of the topics were interesting and the evaluations were unanimous that the programs were valuable to take back to the counties.

It was definitely a learning and fun experience. We hope to have a larger group attend next year's conference.

Please get your annual program reports in to me as soon as possible. Remember, I need numbers in these reports not just descriptions of your activities. It is necessary to show the actual numbers of attendees at meetings and numbers of items donated. The report forms are in your Standing Rules (starting SR 3B).

Have a very Merry Christmas and a Happy and Healthy New Year.

Evelyn M. Ziegler, Vice President for Program
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NEWS FROM THE VICE PRESIDENT FOR PUBLIC POLICY

I hope that all members voted for a candidate that represents their views. If knowledgeable people don't vote, the election would be left to the extremist voters.

The General Assembly meeting each year has to act on more than 2,300 bills. The members and the governor serve 4 year terms. Each senator or delegate must be a citizen of Maryland and a resident of the state for at least one year preceding their election. A prospective legislator must have resided for six months in the legislative district he or she seeks to represent. A senator must be 25 at election time and a delegate at least 21.

All passed bills except budget bills and constitutional amendments must be on the governor's desk within 20 days of adjournment of the assembly. The governor has 30 days after presentation to act on the bill. All bills not vetoed become law. Vetoed bills need a three-fifth vote of both houses. Constitution amendments cannot be vetoed but must be ratified by the voters at the next election.

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

Maryland Annual Conference Report

We had a wonderful state conference here in Carroll County on October 13 and 14. I do hope you were able to come. We started Monday morning with registration and breakfast at 8 to 9 AM. Libby Wade opened the conference shortly after 9 and the Inspiration was given by Joan Antonio. Terry Serio, CES Educator from Carroll County presented a program on Food Safety and Jeanne Purich told us about the ACWW meeting and India. After lunch we held the business meeting, reports from all the members of the board and also the presidents of each FCE county. Before breaks, Evelyn Zeigler did balance and exercise activities. At the end of the day, we learned how to stretch our food budget. After dinner on Monday, we were entertained by the Elderly Brothers – a Quartet from Carroll County.

Also on Monday we learned there were no new candidates for President, V.P. for Public Policy or Treasurer – so for the ones in office to run again, we needed to change the by-laws. After the by-laws change was approved, we re-elected Libby Wade for President; Marilyn Simonds for V.P. for Public Policy and Louise Ediger for Treasurer.

Tuesday we started with breakfast and the Inspiration by Elizabeth Heagy. Chuck Schuster, CES Educator from Montgomery County came and gave us an update on Farming in Pakistan. Then Martha Moser and Michelle Close did a program on “Do You Fear Public Speaking?” After lunch, we installed the officers for next year and learned how to develop a brochure to promote FCE or an FCE project. Again, Evelyn Zeigler continued her balance exercises before breaks.

Each county provided a basket to be raffled off. During the conference, everyone bought tickets and placed them in a container near the basket they wanted. Before the conference ended Michelle Close drew tickets so we could learn who won the baskets. It was a lot of fun watching as the winners were called.

Next year, the State Conference will be in Prince George’s County. The date should be announced soon.

Elizabeth Heagy, Carroll County

IN AND AROUND MARYLAND

ANNE ARUNDEL COUNTY

Don't Forget to be Safe During Holiday Shopping.

The Christmas season is once again upon us and we will be busy shopping and going places. Our minds will be so occupied with what to buy for relatives and friends that we will not be paying much attention to what is going on around us as we scurry around from mall to mall. Our county had a program on "Safety" last spring that contained good information that is very relevant now with common sense reminders to keep ourselves safe during the Christmas shopping season.

Car Safety

- Never leave your car running or leave keys in the car.
- Always roll up windows and lock doors.
- Never leave valuables in plain view.
- Carry registration and insurance cards with you. Do not leave in car.
- Approach your car with key in hand and be aware of your surroundings.
- Look around and inside your car before getting into it.
- At gas stations, do not leave purse on seat and lock car while filling up.
- If a stranger is in your car, do not drive away, gun the car and crash it. (Then run if able)
- Park in well lighted areas near stores.
- Keep car in good running order with plenty of gas.
- Have a working cell phone in case of trouble.
- Do not use cruise control on wet or icy roads.
- If someone or something makes you feel uneasy, trust your instincts and go where there are people.

Financial Safety

- Only give credit card information to places you call or merchants you know.
- Check out charity before donating money, and make checks out to charity, not individual person.
- Wire money only to people you have known a long time. Watch out for over the phone "grandparent scams."
- Buy lottery tickets only in US.

- Tell telephone callers you need to think things over before you commit. If they don't want to do this, it is probably a scam.
- If caller is telling you something that sounds too good to be true, it is more than likely not true.
- Never carry social security card, birth certificate, passport or more checks than you will need at any time.

Out and About

- Do not go out alone at night, have someone with you.
- Carry only money and credit cards you will need that day.
- If someone tries to rob you, give up valuables.
- Sit close to driver or exit when on bus or train.
- Pay attention to your surroundings.
- Do not wear clothing that will restrict your movement.
- Carry a whistle or pepper spray.
- Don't overburden yourself with packages.
- Look in elevator before entering and stay near controls. If someone bothers you, hit the alarm buttons and as many floor buttons as you can.

Have a safe and happy Christmas shopping adventure and a Very Blessed Christmas to all.

Judy Ammenheuser
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CARROLL COUNTY

Carroll County did not have a meeting in September or October but we did have planning dates getting ready for the state meeting here in Carroll County on October 13 and 14th. The state conference was held at the Best Western Conference Center.

In October, we helped with a Boscov Day – October 21st – where we sell \$5 tickets that the person holding the ticket can get 25% off most things at Boscov that day. Some tickets were sold at the August meeting and some were sold to friends and family. Then on October 21, Waltraut Staggs and Linda Payne sat outside Boscov from 11 – 1 PM selling the tickets to the public.

On October 29th, we went on a bus trip to the Dutch Apple Dinner Theatre to see “Crazy for You.” It was a great musical and I think everyone who went enjoyed it. The bus trips and our sales of

the Boscov tickets help fund the \$750 scholarship we give each year to a graduating senior in Carroll County. (Last year, due to a tie we actually gave 3 \$750 scholarships.)

Our November 10th FCE meeting was a covered dish meal so everyone brought a favorite dish (or 2) and we had a wonderful meal prepared by Carroll County cooks. The program was presented by Dr. Virginia Brown, who is with the CC Ag Office, and spoke about the cleaning products we should be avoiding. During her talk she pointed out the “green” product we should be using. She also talked about the harmful side effects of each product.

In December we have a Holiday Party planned, on December 8th. We will all be bringing holiday foods to share, and playing games like Bingo. We look forward to this event every year and sharing time with each other.

Elizabeth Heagy, Carroll County
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FREDERICK COUNTY

Fall/Winter Activities Report

Frederick County Clubs held their Fall Annual Meeting on September 9th at the 4-H Center on Basford Road, with 8 clubs and 35 members present. The first part of the meeting was a Board of Directors meeting. Katherine Nicodemus installed Linda Parker as President and Donna Bowles as Secretary. An interesting speaker from the Community Foundation of Frederick kept everyone's attention. A potluck meal was shared by all those in attendance. We also had a Friendship Table, with many donated items for sale. Proceeds from the sale will be used to support our future educational activities.

All clubs have been extremely busy this year working on projects for the community. Over 70 tuck-able bibs and 60 tie-on bibs have been donated to various nursing homes and special needs schools, as well as over 30 baby blankets to Frederick Memorial Hospital. The Pleasant Walk club is making Christmas stockings for every Citizens Nursing facility resident; Mid-Valley has made 50 blankets and taken non-perishables to the Food Bank; while the Johnsville club served dinner to 50 at the Soup Kitchen. Gambrill Park and Lewistown have also donated to the Food Bank.

The weather was good and the turnout at the Frederick County Fair the week of September 14th was great! Most clubs did craft demonstrations. Just to name a few, there were sessions on making a ribbon wreath, embroidery, how to make a simple door hanging, "Zentangle" String Art, and piecing a quilt made by squares from each club. The week was culminated by a children's book give-away on Friday, September 19th. Over 2,000 books were given away.

Frederick County will celebrate the Holidays with a Poinsettia themed Christmas tea on December 2nd. The Gambrell Park club is hosting the event at the Frederick Church of the Nazarene. Christmas tea party attire and hats are welcome. The menu includes small sandwiches, cookies, muffins, scones, fruit, candies and tea will be served. The program will consist of Christmas music, demonstrations, poinsettia information, and games. Tickets will be drawn for door prizes.

We have some interesting programs already in the works for next year: Spending Less, Eating Better; Zentangle String Art; Avoiding Scams; as well as 10 Ways to Kill a House plant. We will have additional craft demonstrations/lessons, along with a cooking class from our own Michelle Close.

We have also started planning next year's spring and fall meetings.

Donna Bowles
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MONTGOMERY COUNTY

The October Harvest Festival was cancelled this year so our money making for two scholarships at Montgomery College was severely compromised. But being FCE members, we came up with another plan. We have taken our "wares" to flea markets, community sales, the Blue Grass Festival and club meetings to try to make up the amount. I don't have a final count yet, but I think we are very close to the magic number of \$1200 to \$1500.

We will have a cookie exchange December 9th, play some games and make a Christmas craft or two. All are invited, bring 4 dozen cookies and the recipe. Afterwards we will go to lunch at the old County Buffet in Gaithersburg.

This year, MCFCE made 1,234 blankets and 1,928 baby hats for sick children that were distributed to local hospitals. To support the troops, we made cookies, helmet liners, ditty bags, Christmas stockings and wrote many letters.

PRINCE GEORGE'S COUNTY

Prince George's County has just finished sponsoring a "Tea Party" to raise funds for a joint project of ACWW (Associated Country Women of the World) and Salt of the Earth to help rural women in poverty. It was held at the Clinton Extension Office, October 21, 2014. Our guests included Karol Dyson, Extension Director, Prince George's County, and Esther Mitchell, Master Gardener. Friends of Sue Van Slyke from her church, band, and neighborhood, attended or donated to the tea. Our membership invited family and friends to our party, with Sharon Adamoyurka's granddaughter, Megan Colvin at three years old, being the youngest member there. I won't add numbers in the other direction, Ha ha! Sue, our vice president for program, is an individual member of ACWW and saw an article in their publication, *The Countrywoman*, urging groups to have a fund-raising "Tea Party" to celebrate International Day of Rural Women in October, 2014. The funds raised help reduce the deprivation of women living in rural poverty. It was discussed, brought to a vote, and our club decided to hold a tea party.

Tables were decorated in different styles of china, teapots, flatware, table cloths, cloth napkins, centerpieces, and tea assortments brought by members. We started with scones, clotted cream and raspberry jam. Sandwiches and appetizers followed-tuna salad, cucumber, crab appetizers, small quiches, small wraps, chicken salad, puffs, etc. Cheese and fruit followed, with desserts (toffee bars, petite cheese cakes, oh my!) last, but not least. What a feast and such a delicious way to raise funds....and our scales!!!!

Jean Bilsky, a member who also belongs to the Red Hat Society, brought donations from those ladies to help our effort. Thank you so much, ladies! Tea cozy's were made and sold to add to the total raised. This was a wonderful example of what we can accomplish as a group when we work together. Thanks to all who participated to make it work out! We raised a total of \$250.00.

100th Anniversary Celebration of Anne Arundel Extension



The Maryland Family and Community Education Conference was held October 13-14, in Westminster, Maryland. Jean Bilsky and Sue Van Slyke, presented an interesting and informative program entitled “How Can We Stretch Our Food Budget?” Sue gave a true or false quiz on the subject and Jean led a game related to the subject. Many helpful tips were given on how to save money at the grocery store. This was the first time Sue and Jean presented a program at the state conference and it was well received.

Election Day is done and Thanksgiving and Christmas will soon be here. We continue to work on our ongoing projects-comfort dolls, Christmas Stockings, coupon saving (slow, but needs more working on), and contributions of bags, canned goods, and money to the Baden Food Bank. Christmas means party time and maybe a cookie or two?

We`ll have to see what our plans work out to be. Meanwhile, it`s time to get those volunteer hours together and get ready to put the end of year report together. Happy New Year to one and all.

Debra Rausch, PCGFCE Treasurer
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Article also by Sue Van Slyke, Margie George, and Marie Moeller

MEMBERSHIP

Thanks to all the county treasurers who sent their membership forms, checks and information in on time this year. During November, I updated our information and forwarded it to the National Association for Family and Community Education headquarters. It is always possible to join MDAFCE at any time of the year. This year we are challenging each current member to invite a new member to join their club. Remember, each new member qualifies you to receive a gold star from National FCE. Just send the forms and checks to your county treasurer as soon as you get them. Wouldn`t it be nice to see some new faces among the many great members we already have?

Martha Moser, Membership Chairman
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Several AAFCE members had the opportunity to attend the 100th Anniversary Celebration of the Anne Arundel Extension of the University of Maryland on October 24, 2014. The Extension Office and surrounding grounds at the former Naval Academy Dairy Farm were alive with activity. Dave Myers was making homemade ice cream in the beautiful fall air, 4-H members were showing their friendly animals to all the children who were attending.

Inside the Extension Office, we each received an insulated lunch bag along with a card to be stamped as we worked our way through the wonderful exhibits hosted by: Finance, Agriculture, Master Gardeners, and 4 - H. All of the Educators and office staff were on hand to share their thoughts about 100 years of Extension. After we enjoyed delicious refreshments, we were invited to drop our completed cards into the basket in hopes that we would win a door prize. We enjoyed the beautiful plantings that the master gardeners used to landscape the patio outside of the office. We strolled the grounds, watching children enjoy pony rides, folks joining a hayride to survey the Farm, and some folks gathering to attempt to traverse the famous corn maze across the road. This anniversary event was a great reminder that Extension is alive and well in Anne Arundel County.

Virginia McKenzie

ACWW News

Up-date on exposure to Bisphenol A in Europe

The last Triennial Conference, voted to 'Stop the use of Bisphenol A.



Bisphenol A (BPA) is a chemical that is mainly used in combination with other chemicals to manufacture plastics and resins. It's one of the most common chemicals we're exposed to each day, and it's in everything from food and drink containers to dental fillings and thermal receipts. BPA is a synthetic estrogen that can disrupt the hormone system, particularly when exposures occur while babies are still in the womb or in early life. Even miniscule exposures increase risks for breast cancer, prostate cancer, infertility, early puberty, metabolic disorders and type-2 diabetes. Some BPA alternatives, such as BPS, have come on the market, but have yet to be proven safe. The US Food and Drug Administration has banned BPA from baby bottles and infant formula packaging.

See: <http://www.breastcancerfund.org/clear-science/radiation-chemicals-and-breast-cancer/bisphenol-a.html>

The European Food Safety Authority (EFSA) is responsible for setting the standards for safe use of this chemical within all EU countries. In January 2014, the EFSA presented the second part of its draft opinion relating to the human health risks posed by exposure to BPA. This was also accompanied by the launch of an eight-week public consultation. In the draft opinion, EFSA identified likely adverse effects on the liver and kidney and effects on the mammary gland as being linked to exposure to the chemical. It therefore recommended that the current tolerable daily intake (TDI) be lowered by 10%, from its current level of 50 microg/kg bw/day (or 0.05 mg/kg/bw/day) to 5 microg/kg bw/day (or 0.005 mg/kg/bw/day).

This reduced TDI is only temporary however, as the Authority intends to wait to see the outcome of research from the US National Toxicology Program (NTP) which will address many of the current uncertainties about the potential health effects of BPA. In the meantime, the EFSA have concluded that BPA poses a low health risk to consumers as

normal exposure to the chemical is well-below the temporary TDI.

Learn More

1. Calafat, A. M., et al. (2005). "Urinary concentrations of bisphenol A and 4-nonylphenol in a human reference population." *Environ Health Perspect* 113(4): 391-5.
2. Cone, Marla. "FDA shifts stance on BPA, announces 'some concern' about children's health." *Environmental Health News*, January 15, 2010.
3. Heimeier, R. A., B. Das, et al. (2009). "The xenoestrogen bisphenol A inhibits postembryonic vertebrate development by antagonizing gene regulation by thyroid hormone." *Endocrinology*:150(6):2964-73.
4. National Toxicology Program, Bisphenol A Evaluation. September 2008 NIH Publication No. 08 – 5994.
5. vom Saal, F. S., et al. (2007). "Chapel Hill bisphenol: An expert panel consensus statement: integration of mechanisms, effects in animals and potential to impact human health at current levels of exposure." *Reprod Toxicol* 24(2): 131-8.
5. Read NRDC's Factsheet on bisphenol A. NRDC Protecting People from Unsafe Chemicals

Bulletin Board

Marcie Burroughs, Montgomery County, is on the mend after back surgery and some complications. Yvonne Novak, Montgomery County, passed away in September from pancreatic cancer.

TREASURER'S REPORT

Copies of the treasury report are available from Louise Ediger, Treasurer
rlrediger@yahoo.com or 301-898-9945.

Turnip and Sweet Potato Gratin

This warming dish, a great addition to the holiday table, is so simple that you'll want to make it all year long.

Prep Time 20 minutes

Total Time 1 hour, 30 minutes

Serves 8

INGREDIENTS:

1 ½ pounds turnips (about 3 medium), peeled and cut into ¼ -inch-thick rounds

Coarse salt and ground pepper

¼ cup all-purpose flour

1 pound sweet potatoes (about 2 medium), peeled and cut into ¼ -inch-thick rounds

2 tablespoons unsalted butter, cut into pieces

¾ cup low-sodium chicken or vegetable broth

¼ cup dry white wine, such as Sauvignon Blanc

1 cup grated Gruyere cheese (4 ounces)

DIRECTIONS:

1. Preheat oven to 350°. In an 8-inch square baking dish, arrange a single layer of turnips and sweet potatoes, overlapping slightly. Season with salt and pepper and sprinkle with one-third of the flour. Repeat to make three more layers, sprinkling with salt, pepper, and flour between layers. Dot top layer with butter, then slowly pour broth and wine into dish, keeping layers intact. Cover with foil and bake until vegetables are tender when pierced with a knife, 45 minutes.

2. Increase oven temperature to 425°. Remove foil and sprinkle cheese over dish. Bake until cheese is golden and bubbling, 12 to 15 minutes. Let gratin sit 10 minutes before serving.

**Maryland Association for
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