

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
 - 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**



EARTH DAY!

- 29 ACWW Women Walk the World

MAY

- 1 **LOOK WHAT'S HAPPENING** deadline for items to Editor
NAFCE Conference deadline in Clakamas (Portland) OR on July 23 - 26
- 4 10:00 AM Board Meeting, Frederick County Extension Office

JUNE

- All Month** **Nominees for State Officers, Group II President-elect becomes President, VP for Public Policy, Treasurer**
- 1 10:00 AM Board Meeting, Carroll County Extension Office

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ANNUAL CONFERENCE

The MDAFCE annual conference on October 19 & 20, will be hosted by Frederick 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. Tweet. Social media can be a great way to increase your membership. Get the word out about all the great things you do!



Send information and calendar for your county's 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 at jcpurich@cs.com



FROM THE PRESIDENT

Let's think about what we can do to help others. If we start with friends and family, the best we can do is ask them what we can do to help. Then we need to offer our help before they need to ask you. Of course, then you need to actually do whatever you offered to do or what they have asked you to do. Simply asking won't actually help. Also, asking just once should be turned into a regular occurrence. What else can we do? How about listening! Sometimes what people need is simply someone who will listen to them. Sometimes we need to keep our own feelings and thoughts to ourselves. We need to avoid making judgments. How about offering to do some chores or jobs that have slipped through the cracks? If people are too busy or stressed to take care of things that need doing, try to find out what you can do to help. How about making a meal or offering to watch someone's children for free to give the parents a much-needed break.

How can we let people know that we are thinking of them? A lot of times people can feel cut off from their friends and family and very alone. Just let a friend or family member know that you're thinking of them and that they are important to you. It doesn't have to be a big, grand gesture, something small will do. We can write them a nice email or how about an old fashion letter. Tell them you remember something fun or silly that the two of you did together. What about making up a care package? Maybe put in some home-baked goods or some little thing that they might enjoy. Just remember to help others.

Libby Wade, President
dunade@aol.com

301-831-8661

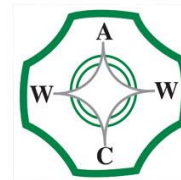
With courage
you will dare
to take risks,
have the strength
to be compassionate,
and the wisdom
to be humble.
Courage
is the foundation
of integrity.

-Mark Twain

TheArtOfObservation.com



ACWW NEWS



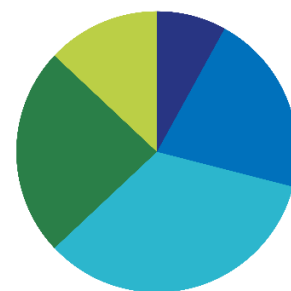
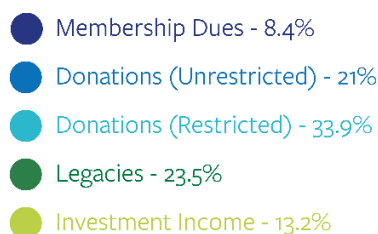
What is "Pennies for Friendship"?

Pennies for Friendship is the general fund of ACWW. It enables us to maintain the office and staff, which is the hub of ACWW's work, giving a place to carry out the day-to-day activities, host Board and Committee Meetings, and keep the extensive archive. Pennies for Friendship also allows us to facilitate the network that connects women across the globe. We produce awareness-raising material, advocate for rural women at the United Nations, and our Area Presidents carry extension work all over the world.

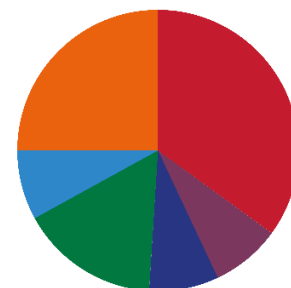
The History

Pennies for Friendship was established in the 1930s to secure the young ACWW's future. The idea was simple: every member and member of member societies would give one small coin in addition to their membership payment. This led to the establishment of the Million Members Campaign – as ACWW grew, so would the funds which were – and are – needed to maintain this great organization.

ACWW Income 2018



How resources were used 2018



PUBLIC POLICY NOTES

What Have We Learned?

The most recent skirmishes between the Republican and Democratic members of our “governing bodies” are a lesson in what one should not be doing when sent to Washington to work for the American Public, that expected them to serve that Public’s interests. You have heard the saying, “politics aside”, which means exactly what it says. Congress, the Senate, and the White House function at the pleasure of the American People, not the other way around. In putting their politics front and center, and working their positions into a barricade that prevents any forward movement to legislate the business of getting things done, the waters around and in Washington are not a swamp, they are a quagmire. If the current state of affairs worsen, it will turn into a dry pit. Our public servants have lost their way and the longer they flail in the dark, uglier things like hatred, prejudice, and violence will slither into the light. As adults, what kind of role models do these public servants think they present to the young people that watch them on TV or in social media? The tearing down of and fear that is being shown to all immigrant groups in this country is unconscionable with our immigrant historical foundations! The internment’s in WWII, the Chinese Exclusion Laws early in the last century, the prejudice against Irish, Italian, Jewish, Hispanic, and African immigrants, all bring forth ugly periods in our history. They get discussed, public apologetics get tossed into the discussion, we say never again, then the scenarios repeat themselves, and we are at each other’s throats again. Enough is enough. Playground antics and backstabbing are not tolerated by adults with their children, why do we see these tools being used by the personages on each side of the political isle? Ladies and gentlemen, leave those party politics at the door of your working chambers and get going on the issues you were sent to Washington to find solutions for: infrastructure rebuilding, immigration reform, a realistic tax reform that helps all of society, not just the upper crust, health care reform that makes sure everyone can see a doctor and not go broke doing so, and a secure internet that foreign governments can’t use to influence or direct against our choices in fair elections. The list of what needs doing gets longer,

the more time politicians take precedence over governing servants. They might just find that working together to mediate solutions to these and other outstanding issues that their separate politics will not get in the way of teamwork. Our founding fathers learned, as Benjamin Franklin said at the formation of the start of the Revolution: “Surely we must all stand together, or we shall surely all hang together”. The issue of working together is not just a wish, it is a must do, or our national security and our very governing model will not make another centennial celebration. It may actually do itself in before any outside influence can.

Debra Rausch, Vice President for Public Policy
rauscdula@gmail.com 301-498-8806

IN AND AROUND MARYLAND



CARROLL COUNTY

Carroll County FCE started 2020 with a meeting on January 13th - our soup, salad, and dessert lunch. Barbara Perry came to Carroll County to present "Communicating in the 21st Century". It was a one hour program - just like the one at the Maryland State Conference last October, which many of our members did not attend. Barbara presented us with the Family Community Leadership certificates so we could save them for future use.

Our next meeting will be March 9th. This is our BBQ lunch with salad and dessert. Our program will be “Driving Miss Daisy”. Debi Gibson has contacted AARP who will provide us with a speaker on Seniors Driving today.

Carroll County usually has CHARACTER COUNTS!® entries by now, so I put in a call to Bonnie Finch to see if she has gotten any entries back from the teachers. Bonnie is our contact person with the school board staff who we give the information to and she sends it out to the schools. Hopefully, I will hear from her soon so we can pick a winner for this year! More to come on that.

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

FREDERICK COUNTY

Frederick County FCE Homemakers held their Holiday Lunch on December 4th at the Johnsville Ruritan Center. The theme was "Remembering Holiday Cheer". The Johnsville Club hosted the event. There was entertainment and guest speakers. The festivities ended with names being drawn to win door prizes.

There was no lesson in January, but February's lesson was given by Aleena Steel. The lesson was about Essential Oils. March's lesson will be given by Ann Marie Cramer of the Frederick County Solid Waste Division. April's lesson will focus on relaxation techniques.

Next up on the agenda is the Frederick County Annual Meeting. It will be held April 21st at the Jefferson Ruritan Club. The meeting will be hosted by Frederick County Homemakers Club Board of Directors. The program, On Living Green, will be given by Carrie Sorensen of the Frederick County Extension office. Each club will make a table centerpiece to be used as a door prize as well as updating their scrapbooks to document their 2019 activities. There will be a Memorial service for all departed members.

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

MONTGOMERY COUNTY

In February, MCAFCE made 102 Valentines for the Coalition of the Homeless. It was a fun project and made our hearts "grow 3 sizes that day".

On March 10th, we will have a program entitled *Behind Prison Walls*. Speakers - Jim and Susannah Hills Rose are from the Maryland Alliance for Justice Reform of Prisoner Visitation and Support and Patapsco Friends Meeting. We are anxious to hear about what is being done to help those that are released from prison.

On April 14th, Dorelle Laffal, a Certified NSPA Personal Trainer and Functional Aging Specialist, will explain *The Benefits of Staying Active*.

Please feel free to attend any program.

You are invited to "Women Make a Difference" **Spring Luncheon** at 10:30 AM on

May 9th at the Montgomery County Extension Office, 18410 Muncaster Road, Derwood, MD. Cost is \$15.00.

Send check made to MCAFCE by April 25th to:

Jeanne Gillis 301-926-1038

101 Rolling Road

Gaithersburg MD 20877-2043

Hope to see you at the luncheon.

Jean Purich
jcpurich@cs.com

301-384-2805

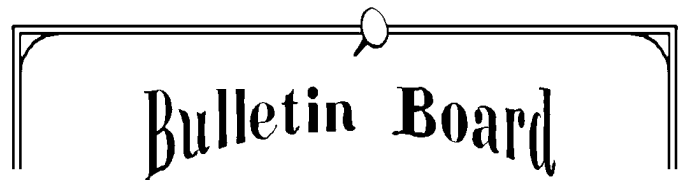
PRINCE GEORGE'S COUNTY

The New Year is here and we aren't, yet. As we will meet in March (because of the bad weather that was expected and never came), we will start our "new year" then. Watch it snow Looking forward to the State Conference in October. Other than Sue having shoulder replacement surgery, things have been quiet. Soon, the birds will sing and the bees will hum. When there is more news, we will let you know!

Hopefully the news out there will not continue to be the broadsides by all the political parties tearing each other and the nation down further. One can hope and pray that we have hit the bottom in bad behavior on both sides and the only solution is reaching up towards a better vision of living and practicing the golden rule. Yes, this is a continuation of the public policy piece. I am finished, for now.

Debra Rausch
rauscdula@gmail.com

301-498-8806



Our deepest sympathies to Susan Morris, Montgomery County, on the loss of her sister, Nancy. From Susan Morris:

"With a grateful heart, I thank you for the prayers, emails, cards and hugs received when my sister, Nancy, died suddenly in December, after a fall. Thank you for your compassion and concern".

Speedy recovery to Sue Van Slyke, Prince George's County, after shoulder replacement surgery.

LAUGHTER IS THE BEST MEDICINE

Authors: Lawrence Robinson, Melinda Smith, M.A., and Jeanne Segal, Ph.D. Last updated: November 2019

It's fun to share a good laugh, but did you know it can actually improve your health.



It's true: laughter is strong medicine. It draws people together in ways that trigger healthy physical and emotional changes in the body. Laughter strengthens your immune system, boosts mood, diminishes pain, and protects you from the damaging effects of stress. Nothing works faster or more dependably to bring your mind and body back into balance than a good laugh. Humor lightens your burdens, inspires hope, connects you to others, and keeps you grounded, focused, and alert. It also helps you release anger and forgive sooner.

With so much power to heal and renew, the ability to laugh easily and frequently is a tremendous resource for surmounting problems, enhancing your relationships, and supporting both physical and emotional health.

As children, we used to laugh hundreds of times a day, but as adults, life tends to be more serious and laughter more infrequent. But by seeking out more opportunities for humor and laughter, you can improve your emotional health, strengthen your relationships, find greater happiness—and even add years to your life.

Laughter is good for your health

Laughter relaxes the whole body. A good, hearty laugh relieves physical tension and stress, leaving your muscles relaxed for up to 45 minutes after.

Laughter boosts the immune system. Laughter decreases stress hormones and increases immune cells and infection-fighting antibodies, thus improving your resistance to disease.

Laughter triggers the release of endorphins, the body's natural feel-good chemicals. Endorphins promote an overall sense of well-being and can even temporarily relieve pain.

Laughter protects the heart. Laughter improves the function of blood vessels and increases blood flow, which can help protect you against a heart attack and other cardiovascular problems.

Laughter burns calories. OK, so it's no replacement for going to the gym, but one study found that laughing for 10 to 15 minutes a day can burn approximately 40 calories—which could be enough to lose three or four pounds over the course of a year.

Laughter lightens anger's heavy load. Nothing diffuses anger and conflict faster than a shared laugh. Looking at the funny side can put problems into perspective and enable you to move on from confrontations without holding onto bitterness or resentment.

Laughter may even help you to live longer. A study in Norway found that people with a strong sense of humor outlived those who don't laugh as much. The difference was particularly notable for those battling cancer.

Laughter helps you stay mentally healthy

Laughter makes you feel good. And this positive feeling remains with you even after the laughter subsides. Humor helps you keep a positive, optimistic outlook through difficult situations, disappointments, and loss.

More than just a respite from sadness and pain, laughter gives you the courage and strength to find new sources of meaning and hope. Even in the most difficult of times, a laugh—or even simply a smile—can go a long way toward making you feel better. And laughter really is contagious—just hearing laughter primes your brain and readies you to smile and join in the fun.

The link between laughter and mental health

Laughter stops distressing emotions. You can't feel anxious, angry, or sad when you're laughing.

Laughter helps you relax and recharge. It reduces stress and increases energy, enabling you to stay focused and accomplish more.

Laughter shifts perspective, allowing you to see situations in a more realistic, less threatening light. A humorous perspective creates psychological distance, which can help you avoid feeling overwhelmed and diffuse conflict.

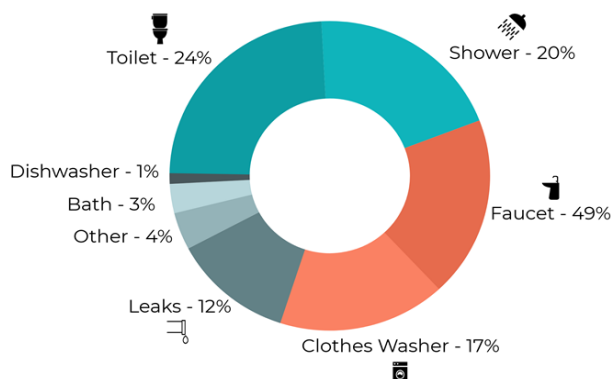
Laughter draws you closer to others, which can have a profound effect on all aspects of your mental and emotional health.

SAVING WATER

Clean water is a critical element of cleaning.

The vast majority of water on Earth's surface, over 96%, is saline water in the oceans. Which means, even though water is plentiful there are limited resources of fresh water to rely on. Beyond cleaning, we also need water to drink and to grow food. The average household may use 88,000 gallons of water per year. Within your home, faucets and clothes washers make up a significant portion of water use.

Source: Water Research Foundation



(<http://www.waterrf.org/PublicReportLibrary/4309A.pdf>)

Through many modern innovations the average daily use of water has decreased 22% per household from 1999 to 2016. Efficiency in appliances has created dramatic reductions in water use overall. In 2016, a washing machine averaged 31 gallons of water per load, compared to 41 gallons in 1999, a 36% decrease.

Dishwashers have decreased water usage from 10 gallons per load in 1999, to 6.1 gallons in 2016.

Even with these improvements, it is important to consider how each of us can do our part to conserve water where possible.

WATER SAVING TIPS

Do it efficiently

- **Aim for Full Loads:** The dishwasher uses the same amount of water and energy whether there's an entire cabinet's worth of dishes in there, or just a spoon. So aim for efficiency. Same with your laundry.

- **Go Automatic:** Studies show that automatic washing via an appliance is likely to use less water per load than washing by hand.
- **Turn off the Tap:** When you wash your hands or hand wash your dishes and clothes, be sure to turn off the tap when it is not in use.
- **Upgrade:** Replace old appliances with newer energy efficient models when possible.

Do it Once

- **Do it right the first time:** As much as possible, try to avoid re-washing the same items again. Re-washes means we use double the water!
- **Avoid Pre-rinsing:** It is best to avoid pre-rinsing whenever possible. Instead scrape the food off the plate into the garbage or disposal, then place those dishes right into the dishwasher.
- **Pre-treat stains:** By pretreating stains before washing, we can avoid rewashing the whole garment again if the stain is not removed.

MEMBERSHIP

We received **twelve** membership forms in December 2019 and January 2020. Kudos to Montgomery County FCE for recruiting three new members, in addition to eight 2020 renewals.

Frederick and Carroll County FCE each recruited a new member, as well. Congratulations and welcome to our newest FCE members!

MD FCE information has been updated and forwarded to the National Association for Family and Community Education headquarters. As of February 2, 2020, we have **134** MDAFCE members!

Remember: We welcome new MDAFCE members at any time during the year. Just send the completed membership form and check to your county treasurer as soon as you get them

Bonus: If you recruit a new member, you and your new member will qualify for a chance to go to our fall conference at no charge. Win-Win!



Susan K. Morris, Membership Chairman
24317 Welsh Road, Gaithersburg, MD 20882-3931
skmorris1@verizon.net 301-482-0439

WHAT YOU MAY NEED TO KNOW ABOUT CANCER

Cancer symptoms

The early warning signs of cancer may be difficult to detect because the symptoms may be similar to less serious conditions, such as the flu. General early warning signs of cancer include:

- Fatigue
- Unexplained weight loss/gain
- Fever
- Pain that does not go away
- Loss of appetite
- Nausea, vomiting
- Skin changes, such as a rash, redness, tenderness or swelling
- Blood in the stool, urine, semen or sputum
- Persistent cough or hoarseness
- Difficulty emptying the bowel or bladder

Many symptoms share characteristics of other, non-cancerous conditions. If you experience persistent symptoms or other changes in your health, it's important to see a doctor as soon as possible.

Although men are more likely to develop cancer than women, many common cancers, such as lung, colorectal, bladder, melanoma, leukemia and lymphoma, and their symptoms may occur in either gender. Certain cancers, however, are gender specific and may cause unique symptoms.

Cancer symptoms in men

Cancers unique to men affect the male reproductive system—the prostate, testicles and penis. Symptoms of these cancers include:

- Difficulty urinating
- Painful urination or ejaculation
- Blood in the urine or semen
- Lumps, growths or physical changes in the penis or testicles
- Pain in the groin, abdomen or lower back

Cancer symptoms in women

Breast cancer and cancers specific to women may affect the breasts and the female reproductive system. Symptoms of these cancers include:

- A lump or growth
- Red, itchy or swollen breasts
- Changes in the appearance of the breasts
- Nipple discharge
- Vaginal discharge or bleeding
- Abdominal pain
- Pain during intercourse

- Difficulty urinating
- Bloating or a feeling of fullness

The following are symptoms typically associated with certain cancer types:

Breast: Common symptoms of breast cancer may include physical changes in one or both breasts—such as swelling, redness, flaky skin, nipple discharge, a lump or growth, pain, swelling or tenderness under the arm.

Colorectal: Common symptoms of colorectal cancer include constipation and/or diarrhea, blood stool or bleeding from the rectum, cramps or abdominal pain, a bloated or full feeling, and thin, ribbon-like stool. Other common gastrointestinal cancer symptoms include gas pain, changes in bowel/bladder habits, anemia and/or jaundice.

Prostate: Common symptoms of prostate cancer include difficulty urinating, burning or pain during urination, incontinence, blood in the semen or urine, difficulty getting an erection, or painful ejaculation.

Gynecologic: Common gynecologic cancer symptoms include abnormal vaginal bleeding (after menopause, between periods, following sexual intercourse), pain during intercourse, pelvic/back pain, pain on urination, and/or watery, white or pinkish vaginal discharge.

Head and neck: Common symptoms of head and neck cancers include persistent pain, difficulty swallowing, voice changes, mouth sores, dry mouth, changes in appearance, and/or taste changes.

Hematologic: Common hematologic cancer symptoms include flu-like symptoms, fever, chills, joint/bone pain, anemia, night sweats, lymph node swelling, itching, persistent cough, shortness of breath, abdominal discomfort, headaches, easy bruising or bleeding, and/or frequent infections.

Skin: Common skin cancer symptoms include a change in a mole's size, shape and color in the form of asymmetry, border or color irregularities or diameter (larger than 1/4 inch), itchiness, pain and/or oozing around the affected area.

Lung: Common symptoms of lung cancer include a persistent cough, pain in the chest area, shortness of breath, hoarseness, wheezing, coughing up blood, blood in phlegm or mucus, neck or facial swelling, and/or headaches.

(editor's note: These are general symptoms, not meant to be a diagnosis. If you have any concerns, please consult your physician.)

Ham Casserole

TOTAL TIME: Prep: 10 min. Bake: 40 min.

YIELD: 6 servings.

Ingredients

- 1 can (20 ounces) pineapple tidbits
- 1/2 cup mayonnaise
- 1 teaspoon salt
- 1 teaspoon prepared mustard
- 1/4 teaspoon pepper
- 3 cups cooked rice
- 2 cups cubed fully cooked ham
- 1 cup chopped green pepper
- 1-1/2 cups shredded Swiss cheese, divided
- 1/3 cup chopped onion

Directions

1. Drain the pineapple, reserving 1/2 cup juice; set pineapple aside. In a large bowl, combine the mayonnaise, salt, mustard, pepper and reserved pineapple juice; mix well. Fold in the rice, ham, green pepper, 1 cup of Swiss cheese, onion and pineapple.
2. Transfer to a greased 2-qt. baking dish. Cover and bake at 350° for 30 minutes. Sprinkle with remaining cheese. Bake, uncovered, for 10 minutes or until heated through and the cheese is melted



**Maryland Association for
Family & Community Education
15500 Gallaudet Avenue
Silver Spring, MD 20905**

