

WHAT'S HAPPENING

Maryland Association for Family and Community Education, Inc. Newsletter

DECEMBER

- 1 State Dues and Membership Forms due to NAFCE
- 2 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
- 31 End of County 2019 Essay and Artwork Contest

FEBRUARY

- All Month **Birthday Month – Collect & send pennies to State FCE Treasurer (Pennies are for postage for the newsletter)**
- 1 “Look What’s Happening” deadline for items to Editor
Start county judging of Essay and Artwork Contest
- 3 10:00 AM MDAFCE Board Meeting, Extension Office Anne Arundel County
- 20 Send county winner of Essay and Artwork Contest to state president

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, Extension Office Anne Arundel County
- 8 International Women’s Day

Inside.....

From The President	2
From The Vice President for Public Policy	2
From The Vice President for Program	3
In and Around Maryland	4
Membership	5
Holiday Health Tips	5
10 Surprising Uses for White Vinegar	6
ACWW News	7
Rosemary Beet Phyllo Bites	8

CHARACTER COUNTS!® Contest

Send your CHARACTER COUNTS!® contest winning entry to Libby Wade, MDAFCE President by February 20, 2020.

MDAFCE Web Site is www.mdafce.org

Send newsletters, calendars and information to Libby Wade at dunade@aol.com. Check your county web site for accuracy.

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.



FROM THE PRESIDENT

What a great conference! If you missed it, our programs were on the American Suffrage Movement, Kitchen Kaizen, Are You Driving, Miss Daisy, What is ACWW?, Maryland History: Legend and Lore, Butterfly Gardening and Communicating in the 21st Century. We did something different this year, we took a tour of the English American Tailoring Company. That was fascinating and who knew there was a custom men's suit tailoring company in Westminster? They are also now making some women's clothing. We enjoyed the evening entertainment of music for all occasions. We received quite a few suggestions about future programs. Be sure to put our next conference on your calendar. Frederick County will be our host on October 19 & 20, 2020. We will again be at the Best Western in Westminster, MD.

Winter is coming! What can we do to have fun? Some things we can do with grandchildren, children or friends are: making paper snowflake cut-outs; having grilled cheese sandwiches with tomato soup; and baking cookies and sharing them with the kids or giving them to friends. My favorite activities are: rereading a favorite book; making a pot of mulled wine or spiced cider; wearing fuzzy slippers at home; and completing a jigsaw puzzle.

Reaching out to others is good any time of year. But top on my list is going thru my house to gather food/toys/clothing to donate to a local charity. I also like to mail handwritten cards to old friends. In this day and age, the computer has taken over all forms of communication. But I think that people still like to receive letters and cards that they know you took the time and effort to write.

What better time to get excited for your summer vacation than on a cold winter day? Planning ahead will help to warm up your bones. Take time to step it up from the on-the-run breakfast you usually have and make some French toast, bacon, or eggs to enjoy. Or try something different, but easy, like skillet apple pancakes. Other great favorites of mine are to take a nap and relive my childhood.

Of course, tis the season to be jolly. So, take a drive to admire your neighbors' holiday



lights. And, of course, my all-time favorite is to turn on the all-holiday-all-the-time radio station and sing along. But not with anyone within hearing distance because I cannot carry a tune.

Happy Holidays!

Libby Wade, President
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TREASURER'S REPORT

Copies of the treasury report are available from Elizabeth Heagy, Treasurer at momheagy@yahoo.com or 410-857-3388.



NEWS FROM THE VICE PRESIDENT FOR PUBLIC POLICY

As a veteran of the United States Air Force, as well as is my husband, I had a few thoughts cross my mind today, Veteran's Day. We went out to a free meal, provided by many commercial establishments today, to honor soldiers, past and present. This is such a nice way to be valued by our society for our service, past and present. Our Vietnam veterans had a different experience coming home 40 years ago. The country was divided (as it is now) and the frustration and social upset caused by that War was taken out on the soldiers who fought it. The fact that our government didn't have a clear purpose in being there was confusing for both society and our fighting men and women. What started out as fighting against Communism taking over another country, ended up leaving our country and our fighting soldiers ostracized and spiritually, mentally, and physically wounded. It has taken many years to redeem their place in this country as one of honor and bravery at having done what all our young men and women do when they are sent abroad to defend our values, principals, and way of life - they serve. I am glad they have seen the tide turn in their favor. However, there are still too many of them needing help. And now, with a new set of wounded veterans coming home from the longest war in our history, the need to take care of soldiers that have even more serious injuries, mental and physical, is even greater. Our government

sends these youngsters to war and does not provide all the help and support that is needed to return them, well-functioning, to civilian life. Plenty of funds are available for weapons, planes, drones, and ships. More funding for treatment is needed for the most vulnerable part of our military, our service men and women. In the past, there have been a goodly number of those who served, that were known and respected by us as having served. With fewer numbers represented in our society as having been in the military, the larger proportion of this society will not be cognizant of the special needs and problems that go hand in hand with military service. Fewer senators and congressmen have served. The resulting disconnect between the politicians being empathetic to and caring for our military members could result in even less funding and help for our wounded warriors. On this Veteran's Day, my prayers are that this war will end, that the multiple deployments by the same soldiers will stop, and that the needed support and resources will be there for all who return home to their families. We have all heard the saying, Freedom isn't Free. Without our military, past and present, freedom would just be a dream in some philosopher's essay, talked about but never realized. Many have died and fought to give us the chance to make freedom and justice for all, better and better, for each generation. A salute to all those men and women.

Debra Rausch
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NEWS FROM THE VICE PRESIDENT FOR PROGRAM

October has come and gone and we had another really great State Conference. Dora Townsend gave a very interesting program about the American Suffrage Movement, to start things off. This was followed by Kitchen Kaizen, a very helpful program on food safety presented by Shauna Henley, an FCE educator, and her able assistant. Shauna gave each of us several items, including an instant read thermometer and a refrigerator/freezer thermometer to help insure food safety in our kitchens at home.

During the business meeting, membership awards were given to the following : Ann Fishell,

60 years; Waltraut Staggs, 50 years; Ellen Robinson, 30 years; Charlene Dillingham, 30 years; Michele Cove, 10 years; Patricia Myers, 10 years; Alicia Rausch, 10 years; Genevieve Ricketts, 10 years; and Sue Ziegler, 10 years. Congratulations to them all!

A safe driving program, Are You Driving, Miss Daisy?, followed the business meeting. Then we were treated to a wonderful program on Maryland History: Legend and Lore presented by noted local author David Healey. Then Jeanne Purich enlightened us on What is ACWW? which included some photos from the recent triennial held in Melbourne, Australia,

The CHARACTER COUNTS!® winner read her essay, dinner and entertainment concluded the evening.

Tuesday morning, we had an extremely interesting and educational field trip to the English American Tailoring Company where we watched custom suits being made for both men and women.

Then it was back to the hotel for a program on butterfly gardening, following which we each made our own butterfly out of paper.

Barbara Perry told us about Communicating in the 21st Century and then it was time to wrap up the conference for another year.

Don't forget to let us know what topics you are interested in so each conference will be as good as this one. And don't forget to come next year! (October 19-20, 2020)

A friendly reminder to all counties: please get your reports in by December 31st! Thank you.

Sue Van Slyke
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Bulletin Board

Our heartfelt sympathy to Bev Roof and family (Montgomery County) on the loss of her husband.

Sympathy goes to the family of Zelda Shuman (Montgomery County) who passed away on November 18th.

Prince George's County - condolences to Barbara Marsh for the loss of her son, Ronnie. Our prayers are sent to her and her family.

IN AND AROUND MARYLAND

CARROLL COUNTY

October 21 & 22 was the Maryland State FCE Conference at the Best Western in Westminster. Six FCE Members from Carroll County attended. It was a wonderful conference and I think everyone enjoyed it. One of the things we did was tour the English American Tailoring Company in Westminster and it was a great tour. I was surprised at how many suits they make each day! We also had lots of wonderful speakers and the food seemed even better this year than last year. We all look forward to the conference next year – planned for October 19 and 20, 2020 also at the Best Western in Westminster.

November 18 was the last meeting we had here in Carroll County. Terry Serio came and spoke of “Eating Healthy Foods.” This was our Pot Luck lunch so everyone brought something to share! We had a nice variety of foods! December 9th will be our Holiday Party where everyone will bring Holiday Foods and we will play Bingo and give out lots of prizes! Debi promised to find us some other games to play also!

At the November meeting we also went over our booklet for next year and picked our foods and dates for the meetings. Members sign up for set-up at our meetings. We also chose which programs we hoped to have and Debi Gibson will work of seeing if she can line up speakers.

January 13th, 2020 will be our 1st meeting in the new year. That is our soup, salad and dessert lunch and I usually help with the soup but I will be coming home from Florida then so I will need to find a replacement. Joan hopes to get the booklet to Cheryl on Monday so we can have them ready for our January meeting. I will take Cheryl a list of members also on Monday!

Elizabeth Heagy, Carroll County
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FREDERICK COUNTY

Winter Activities Report

Frederick County FCE Homemakers Clubs held their Fall Annual Meeting on September 10th at the Mt. Pleasant Ruritan club with 6 clubs and 40

members and guests in attendance. The first part of the meeting was a Board of Directors meeting. The second part of the meeting our guest speaker, Ed Hinde, spoke to us on S.H.I.P. (Student Homeless Initiative Partnership). 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. To name a few: the Pleasant Walk made 11 Blankets, 21 heart monitor caddies, 12 walker caddies and is working on 40 Christmas Stockings for the nursing home; Gambrell Park is working on Christmas favors for the Willows at Homewood; and Urbana donated food to the Bush Creek Church of the Brethren. The weather was good and the turnout at the Frederick County Fair the week of September 16th was great! All clubs did craft demonstrations. The children’s book give-away on Friday was a huge success as always.

Frederick County FCE Homemakers will celebrate the Holidays with a gathering on December 4th at the Johnsville Ruritan club. Guests are welcome. There will be food, entertainment, and singing.

We have some interesting programs already in the works for next year. The listing has been finalized and will appear in next year’s Program books. We have also started planning next year’s spring and fall meetings.

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MONTGOMERY COUNTY

We held our yard sale this fall and it didn’t rain!!!! We made over \$1500, with the left-overs going to the thrift store for a few cents per pound. So we made money even on the left-overs. The Harvest Festival was held on a sunny Saturday in October. The crowd was lively and we made over \$1500 for our scholarship fund. The kids seem to really love the kid’s craft room and the free book! We had a Girl Scout troop showing their pets: frogs, spiders, and lizard, and then discussed the habitat for the animals.

In November we celebrated International Day by studying Australia. A Power Point presentation of Australia was presented.

We will have a cookie exchange on December 10th, play some games and make a craft or two. All are invited; bring 4 dozen cookies and the recipe. Afterwards we will go to lunch.

This year, MCFCE made 1,066 children's blankets and 707 baby hats that were distributed to local hospitals. We baked and sent 8,798 cookies, 473 Christmas stockings, 181 helmet liners, 84 ditty bags, and 69 pairs of socks to the troops. In addition, we sent miscellaneous items of toiletries and dental products to Operation Shoebox.

Jeanne Purich

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PRINCE GEORGE'S COUNTY

We look forward to the Thanksgiving and Christmas holidays- as usual, they are coming too fast to catch up with ourselves! The conference was great! Loved the tour of the English American Tailoring Company, the historian, David Healey, the butterfly lady, the awesome educator, Shauna, from Baltimore County, the granddaughter of the suffragette, the ACWW program, and the FCL Communication Program. Looking forward to next year. Happy Thanksgiving and Merry Christmas to all. Good health to all our members.

We will hold the following informational meetings in 2020.

March - FCL- All Stressed Up & A Million Places to Go by Sue Van Slyke

April - The Consequences of Surveys: Scam or No? by Debra Rausch

May- HF#70- Someone's in the Kitchen Using New Gadgets by Barbara Marsh

June - Spring Luncheon

August - Host State Board Meeting

September - Community Service Project/Make Conference Baskets

October - Community Service Project/ Make Conference Baskets

November - Community Service Project

December - Christmas Luncheon/Baked Goods/Gift Exchange?

Debra Rausch

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MEMBERSHIP

Thank you, county treasurers, for submitting membership forms and checks in a timely manner. The month of November is spent updating our Maryland records and forwarding required information to the National Association for Family and Community Education headquarters.

Thanks to Elizabeth Heagy for processing the membership checks and sending our MAFCE dues to National. Remember, it's possible to join MAFCE at any time of the year. In fact, we challenged each current member to invite a new member to join their club. Each new member recruited will qualify you and your new member for a chance to attend our fall conference at no charge. Submit new membership forms and checks to your county treasurer, as soon as you receive them, and I'll forward the information to the National office. It would be wonderful to see some new faces among the many great members we already have!

Susan Morris, Membership Chair

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Holiday Health Tips

by Jeff Hartman



1. Take a Walk after Large Meals

To make it the best – include the whole family!

2. Wash Hands Frequently

With family visiting from all over, they can carry all kinds of potentially harmful bacteria.

3. Don't Drink Alcohol in Excess

Most alcohol is loaded with carbs and unnecessarily high calorie counts.

4. Drink Plenty of Water

Water helps flush out toxins and cleanse the body.

5. Try to Avoid eating Heavy Meals Late at Night

6. Seek Flavoring Alternatives

Try to avoid simply adding salt and butter.

7. Watch Your Carbohydrates

Dinner rolls and biscuits are heavy things to eat and can fill you up fast.

8. Keep a Regular Sleep Schedule

10 Surprising Uses for White Vinegar

By Marc Lallanilla

1. Natural Weed Killer

Vinegar is strong enough to kill weeds, as well as plants you actually like, so instead of spraying it recklessly around your yard or garden, try painting it directly on the leaves of whatever plant you're trying to get rid of. Of course, if you're attacking weeds that sprout up from cracks in your asphalt, fire at will. For best results, use white vinegar on a day of dry, sunny weather; vinegar needs some time in the sun to work its deadly magic on weeds.



2. Vinegar and Pet Care

Dogs and cats can often be bothered by itchy, scaly ears, especially if you have a dog with floppy ears like a retriever. Dilute white vinegar in a 1-to-4 ratio (1 tablespoon vinegar to 4 tablespoons water, for example), and let it soak into a clean rag. Then use the rag to wipe out the inside of your pet's ears. And if your pet gets sprayed by a skunk, vinegar is an easier acid to use than ketchup for getting rid of the smell, since ketchup itself doesn't rinse off all that easily. Finally, if unwanted cats are creeping around your yard, spray or pour vinegar onto their favorite litter box; felines can't stand the stuff!

3. Vinegar in the Dishwasher

There are at least two great uses for vinegar in your automatic dishwasher. First, it can be used as a cheap, effective rinsing agent to get your glasses, plates, and other dishes sparkling clean.

Second, it can help to clean the dishwasher itself: Once a year or so (more if you have hard water), pour a cup of white vinegar into an empty dishwasher, then run it for a short cycle to get rid of the lime and soap build-up that can prevent your dishwasher from working at peak efficiency.

4. Vinegar and Car Care

Still sporting a bumper sticker you'd rather not display any longer? Remove it with a few squirts of undiluted white vinegar. You may need to reapply the vinegar a few times to completely loosen the bumper sticker. Additionally, vinegar can be used as a glass cleaner and deodorizer in your car; you

can even add it to your windshield wiper reservoir to keep your glass shiny if your car's owner's manual suggests it. Vinegar is acidic enough to ruin some motor parts, so don't add it to your windshield-washer fluid if your owner's manual advises against it. You can also wipe down your windows with diluted vinegar in winter to keep them frost-free.

5. Vinegar and Cut Flowers

There are all kinds of theories about ways to extend the life of cut flowers. Some folks swear by a copper penny, and others add lemon-lime soda or an aspirin. Try adding a few tablespoons of white vinegar to the water, plus a dash of sugar.

6. Vinegar and Cleaning Tiles

Most people reach for the bleach when confronted with grungy or discolored tile, grout, and caulk. But white vinegar is not only effective at cleaning and whitening tiles and grout, but it's also safer than chlorine bleach (especially for households on a septic tank, where bleach should never enter). Just spray full-strength vinegar on grout and caulk in the shower or kitchen, let it soak in for at least an hour, then scrub it off with a brush.

7. Vinegar and the Laundry

Vinegar has so many laundry-related uses that it's often stored right next to the detergent in green laundry rooms. For removing stains like mustard, ketchup, tomato sauce, grass, and underarm deodorants, spray a little white vinegar onto the stain before laundering. Soaking whites in vinegar will help bring back their whiteness.

And just like in your dishwasher, vinegar helps to break down detergent when added to the rinse cycle, making clothes fresher, more colorful — and it gets rid of funky towel mildew. One cup should be plenty; add less when using a front-loading washing machine

Warning

Never add vinegar to chlorine bleach; it will create noxious chlorine gas, a potentially deadly compound.

8. Kitchen Cleaning With Vinegar

Clean your coffee maker out with diluted vinegar every month or so. (Remember to run fresh water through it before making coffee.) White vinegar and salt can clean stainless-steel cookware and sterling silver, and undiluted vinegar disinfects cutting boards, especially those made of wood. And for cleaning microwaves, just pour a little vinegar

into a bowl of water and microwave it for a few minutes — you can then easily wipe out grunge from the inside of your microwave.

Finally, if your sink is clogged or smelly, try pouring ¼ cup of baking soda down the sink, then add 1 cup of vinegar and cover the drain tightly. The reaction between these two compounds can power out clogs. You may need two or more applications for tough clogs.

9. Hard-Water Stains and Vinegar

If your toilet bowl, bathtub, or sink has lime deposits from hard water, soak or spray vinegar onto the grit. It should loosen the deposits enough to remove them easily. And for any appliance or fixture that's not working right because of hard water — especially irons, showerheads, and faucets — soak or spray white vinegar and let the deposits crumble away.

10. House Cleaning With Vinegar

Vinegar is one of the world's best all-purpose green cleaners with dozens of cleaning uses. Diluted white vinegar is excellent for cleaning windows, hardwood floors, carpet stains, fireplace bricks and irons, CDs and DVDs, shower curtains, upholstery, mattresses, wood furniture (when combined with olive oil), and glassware.

Warning

Do not use vinegar on marble or other stone surfaces. The acid in vinegar (and lemon and wine) can permanently damage these surfaces, so keep vinegar away from these stones.

ACWW News

FOCUS ON Food Sovereignty

Food Sovereignty is the right of peoples to healthy and culturally appropriate food produced through ecologically sound and sustainable methods, and their right to define their own food and agriculture systems. The right of all people, at all times, to have physical, social and economic access to sufficient, safe and nutritious food which meets



their dietary needs and food preferences for an active and healthy life.

Since its foundation, ACWW has concerned itself with the sharing of sustainable agricultural practices and planning for a sustainable future. At the 1936 Triennial Conference in Washington, one of the speakers quoted Benjamin Kidd:

Women's eyes always look to the future because they are the mothers of the next generation. If women would participate more fully and more universally in world affairs, we would plan for the future more than we do now. ACWW knows that Rural Women are uniquely positioned to address the issues of Food Sovereignty and Food Security, and indeed, already have the skills and knowledge to do so. Collaboration allows us to harness these skills and knowledge and share with others until every community, every family, and every person has access to food.

It is the belief of ACWW that all people have the right to healthy and culturally appropriate food, produced through ecologically sound, safe and sustainable methods.

Food security, as defined by the World Food Summit in 1996, will exist when “all people, at all times, have physical and economic access to sufficient, safe and nutritious food to meet their dietary needs and food preferences for an active and healthy life”.

ACWW's members urge national agricultural programs to adopt the principals of Food Sovereignty, and ensure that there is equity and full access to resources for all women, families and communities. This would reduce poverty, environmental degradation and assist with achieving food security. There is also a need for local producers to have access to local markets, thus supporting their continued existence and contribution to local communities.

Associated Country Women of the World
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“The test of our progress is not whether we add more to the abundance of those who have much; it is whether we provide enough for those who have too little.”

Franklin D. Roosevelt

Rosemary Beet Phyllo Bites

Taste of Home Test Kitchen

TOTAL TIME: Prep/Total Time: 25 min.

YIELD: 6 dozen.

Ingredients

- 1 jar (16 ounces) pickled whole beets, drained and chopped
- 1 tablespoon olive oil
- 2 teaspoons minced fresh rosemary
- 1 teaspoon grated orange zest
- 2 cups fresh arugula, torn
- 72 frozen miniature phyllo tart shells
- 3/4 cup crumbled feta cheese



Directions

1. Pat beets dry with paper towels; place in a small bowl. Add the olive oil, rosemary and orange zest; toss to combine.

2. Divide arugula among tart shells; top with beet mixture. Sprinkle with feta cheese.



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