

WHAT'S HAPPENING

Maryland Association for Family and Community Education, Inc. Newsletter

JUNE

- All Nominees for State Officers, Group II
- 2-10 ACWW Meeting Turku, Finland
- 4 10:00AM Executive Committee Meeting, Anne Arundel Extension Office
- 14 Flag Day

JULY

- 9 10:00AM Executive Committee Meeting, Anne Arundel Extension Office
- 4 Happy Birthday America

AUGUST

- 1 **LOOK WHAT'S HAPPENING** deadline for items to Editor
- 9-12 NAFCE Annual Conference, Omaha, Nebraska
- 15 **Early Bird Deadline MDAFCE Conference**
- 20 10:00 AM Executive, Education & Finance Committee Meeting Anne Arundel Extension Office

SEPTEMBER

- All Character Counts Essay and Artwork Contest starts
Collect 2008 Dues-Membership Drive
National Literacy Month
- 1 **All County Associations' List of Officers and Committees for 2007 should be sent to State President**
- 10 10:00 AM Executive & Education Committee Meeting, Anne Arundel Extension Office
- 15 Deadline for MDFCE Conference
- 26-29 ACWW Area Meeting hosted by CWC, Springfield, Illinois

Inside.....

From The President	2
News from the VP for Program	2
Public Policy Notes	3
Family & Community Leadership	3
ACWW News	3
In and Around Maryland	4
Hearth Fire Series	4
Keeping Your Home Clean and Safe	5
Food Safety for People with Cancer	6
MDFCE Annual Conference	7
Directions to the Conference	8

MDFCE ANNUAL CONFERENCE



Don't forget to register for the Maryland FCE Annual Conference by August 15th to get the early bird discount. The meeting will be held at the Holiday Inn, Laurel MD on Oct 16th and 17th. Contact Alice Irwin (301) 372-8562 and see page 7 for registration information.

Character Counts Essay WINNER!

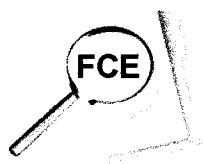
Akunna Mezu from Carroll County placed first in Maryland in the National FCE Character Counts Essay and Artwork Contest. Akunna received a \$100.00 savings bond from MDAFCE.

MDFCE Web Site is www.mdafce.org

Continue to update your web page. Send newsletters, calendars and information to Marie Moeller. E-mail mariemoeller@yahoo.com

Newsletter Deadline: August 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. Please email me at jcpurich@cs.com with your information.



FOCUSING ON THE FUTURE WITH FCE – 2007

Maryland FCE is "Focusing on the Future" having recently completed two very successful regional meetings. The morning program discussing retirement issues was full of very valuable information for those considering downsizing. This program came about because Eleanor Grieb and Jean Ehlers from Howard County began looking into alternative housing for themselves. They enlisted the expertise of Madeleine Greene, Extension Educator Family and Consumer Sciences, and the three of them assembled all the facts and figures and did a presentation for our members.

In the afternoon, our talented Judy Pugh demonstrated an easy way to make an ice mold centerpiece. In Montgomery County Susan Morris presented "Who Gets Grandma's Yellow Pie Plate?" and in Carroll County Joanne Hamilton presented "Everything Old is New Again." The Hearthfire Series #25, "What Records Do I Keep?" and an FCL Certificate for 1.5 hours of Issue Analysis were given to each attending member. I hope this information is shared with the various counties, clubs and other civic organizations. Our thanks go to the above presenters and to Carroll and Montgomery Counties for hosting these events.

Our Character Counts Essay and Art Contest winner was Akunna Mezu from Carroll County and her entry was submitted to National.

The Maryland Heart of FCE Award was given to Kathryn Frock of Carroll County. Her name was also sent to National FCE.

Judy Pugh submitted an Action Display Board and an accompanying award book on our "Books – the Other Channel" program. This is an ongoing project so keep collecting and distributing children's books.

The National FCE Conference will be held in Omaha Nebraska, August 8 – 12, 2007 and Maryland will be well represented. We look forward to returning with new ideas and programs.

The ACWW Triennial will be in Turku, Finland in June and we will have more detailed

information about the international programs when we return from the National conference.

Be sure to mark your calendar and get your registration in for our Annual Conference on October 16 and 17th, 2007 at the Holiday Inn in Laurel, MD

Thank you for your continued support of FCE and please continue to try to recruit new members.

Have a happy, safe and relaxing summer.

Evelyn M. Ziegler - President
zieglers@comcast.net
410-465-3587

NEWS FROM THE VICE PRESIDENT FOR PROGRAM

ABOUT PROGRAMS...

It was great seeing many of you at the spring regional meetings. And it was obvious you enjoyed the program offerings. Expanding on our FCE program "What Records Should I Keep?" some of our favorite Extension folks--Madeleine Greene, Susan Morris and Joanne Hamilton--shared information on housing and care options to consider and how to determine what and to whom we should leave our "treasures." We also discussed getting rid of "stuff" (that would be junk no one else wants). I have been so motivated by these programs I have given away or thrown away at least 10 items everyday! Much of my "stuff" has been donated to a yard sale that will benefit education for women through scholarships.

Now we are planning for our Annual Conference in October. Even if YOU are not traveling the cyber highway, your children and grandchildren are! We'll be looking at FCE's "Cyber highway--Friend or Foe" so you will know about the benefits and dangers. And for those of you who are quilt enthusiasts you don't want to miss a very special feature on CRAZY QUILTS from a real pro. We'll also be taking a new and review look at volunteering--this will be especially helpful for those of you looking toward FCL certification.

Now we would like to hear more from you--do you have ideas for speakers, topics and programs? Do you have a program and/or a

demonstration you would like to share? I'd love to hear from you:

Judy Pugh, Vice President for Programs
fdjrpugh@aol.com
410-398-4536

THANK YOU COUNTY PRESIDENTS

Thank you county and club presidents for your informative and interesting annual reports. They were read and reread and summarized for our state report to national FCE. In order to streamline your reports county presidents will be receiving a new "fill-in-the-blank" form—PLEASE make copies for your club presidents so we can all be on the same page. The new form will be in the state president's summer letter.

Judy Pugh
Vice President for Program

PUBLIC POLICY NOTES

FCE Seeks Law to Limit Violent TV Shows

Federal regulators concerned about the effects of television violence on children will recommend that Congress enact legislation to give the government unprecedented powers to curb violence in entertainment programming. This could start a legal battle with the FCC and the cable network to regulate for violence content.

The FCC is finalizing its recommendations amid heightened sensitivity to the issue given around the cable TV news coverage of the shooting rampages at Virginia Tech.

Farm – Raised Fish Given Tainted Feed

Per government investigators, the tainted Chinese ingredient that was in U.S. pet food and later found also in chicken and pig feed, was neither wheat gluten nor rice protein, but was wheat flour seriously contaminated with melamine to make it look like protein enriched flour. It was mixed into fish food in Canada and also exported to the United States, where it was also fed to fish raised for human consumption. Thus some American fish may be laced with this industrial toxin, which shows the many ways in which food chains for pets, farm animals and humans are internationally

intertwined. Lawmakers are demanding a better tracking system for the sources of food and ingredients, their biochemical composition and their safety. An analysis of the human health risk is planned. Rep. DeLaw has called for the creation of an independent food safety agency. Food and Drug Administration and the Department of Agriculture currently handle food safety.

Marie Moeller, Vice-Pres. for Public Policy
mariemoeller@yahoo.com
301-292-2365

FAMILY AND COMMUNITY LEADERSHIP (FCL) CERTIFICATION

After you receive your FCL Leader Certificate, What Next? See page 3-15 & 3-16 of the 2007 National FCE handbook.

FCE members can become certified as FCL Trainers when they complete 30 hours of FCL Training with 3 hours in each of the following categories (a total of 18 hours) plus 12 more hours in any combination of these categories: Leadership, Group Process, Issue Analysis and Resolution, Public Policy, Volunteerism and Teaching Techniques. (See back of certificate and/or National FCE Handbook). Fill out page SR 5b in your Maryland Standing rules (each county president has one or I would be happy to send you the info). Send the complete package to me and I will send it to National. You will receive your FCL Trainer name badge.

If you have received your FCL Certified Leader Badge since 1995 or if you lack hours in any category, let me know so that the MDAFCE Educational Committee can plan educational programs in those areas.

Marie Moeller, Vice-Pres. for Public Policy

ACWW NEWS

UNITED NATIONS NEWS

The illegal trafficking of women was made worse by the 2006 World Cup football competition in Germany, spread over 12 cities, which led to dramatic increases in the demand of



sexual services and consequent trafficking of many women from former Soviet states.

The National Women's Council of Ireland launched an awareness campaign earlier last year titled "Buying Sex is Not a Sport", joining women's organization across Europe in protest against the trade. In the UK, Operation Pentameter launched under the Government's anti-trafficking initiative resulted in the rescue of a number of women brought into the country illegally and forced into prostitution. They were mostly of Eastern European nationalities but included Africans and Chinese.

Pentameter looked at only 10 per cent of the open sex market and there is much work to be done in the provision of after-care for victims, for that is what they are.

Turkey is fast becoming one of the largest markets for trafficked women from nearby former Soviet states such as Moldova and Ukraine.

From a report by Molly Hughes

IN AND AROUND MARYLAND

ALLEGANY COUNTY

Allegheny County held their International Luncheon on Wednesday May 16th at the Cresaptown Methodist Church. The program was on the Philippines. We also toured the glass factory outside of Oakland and had lunch at Brenda's Pizzeria on Deep Creek Lake. We all had a GREAT time!

June 11th, our county club is having a talk by a local owner of an alpaca farm. We might go on a tour of the farm after this talk, if there is enough interest.

ANNE ARUNDEL COUNTY

The June meeting was "Making Your Stash Last a Lifetime" by Joanne Hamilton, Extension Educator.

HOWARD COUNTY

Howard County FCE held their annual spring luncheon on April 27, 2007. The guest of honor was Madeleine Greene who will be retiring soon. She will be missed and we wish her well in her future endeavors.

MONTGOMERY COUNTY

Sixty-eight (68) FCE members and guests attended our Spring Luncheon entitled "Kentucky Derby Days". Madeleine Greene's, sister gave us her insights on the Derby with personal antidotes, pictures, and mementoes. Madeleine Greene was honored on her retirement.

A Yard Sale will be held June 8th & 9th at 15500 Gallaudet Avenue, Silver Spring to support the scholarship fund. Items can be dropped off at any time.

Upcoming program for June 12th is "Pampering You." We would like to see all of our members there.

PRINCE GEORGE'S COUNTY

Five FCE members attended the April 17th Regional II. A Spring Luncheon Tea was held May 24 at the Retro Antique Depot Tea Room in Bowie Maryland. Members are busy preparing for the MDAFCE Annual Conference October 16 & 17.

Several attended the Adelphi Club meeting brown-bag lunch with a Mary Kay Cosmetics Program.

Six FCE members worked with youth on 4-H Project Days making healthy snacks in the kitchen. This was huge success with 110 people served.

HEARTH FIRE SERIES

This is a current this list of all the Hearth Fire lessons that are available from either your county president or National FCE and are great mini lessons to use in your local meetings

1. Someone's in the Kitchen Cooking for One or Two
2. Someone's in the Kitchen Basic Cooking Techniques
3. Someone's in the Parlor Minding Their Manners
4. Someone's in the Super Market Buying Safe Food
5. Someone's in the Family Room Asking "Mommy, What Can I Watch?"
6. Someone's in a Meeting Serving As A Delegate

7. Woman to Woman Searching For CHOCOLATE!
8. Woman to Woman Educating for Good Health
 - a. Person to Person...Does Your Engine Purr?
9. Someone's in the Living Room With an Eye for Redecorating
10. Someone's in a Meeting Making Good Decisions
11. Someone's in the USA Showing Respect for the Flag
12. Someone's. K.I.S.S.ing in Public - a quick "how-to" on Eye Catching Displays
13. Women to Women Bone Breaking Facts
 - a. Person to Person...Here's to Your Health
14. Someone's Saying Don't Do It! Delegate!
15. Someone's Saying Move the 'Write' Way
16. Woman to Woman Body Talk
17. Someone's Saying Electronic Manners Count Too!
18. Woman to Woman Do I have Diabetes?
19. Someone's in the USA Prepared For a Natural Disaster
20. Someone's in the USA Making Plains to Travel
21. Someone's in a Meeting Practicing Proper Protocol
22. Woman to Woman Forgetfulness of Alzheimer's
23. Person to Person More than Skin Deep
24. Person to Person Polishing Your Social P's and Q's
25. Someone's Asking What Household Records Do I Keep?
26. Woman to Woman Celebrate!(your health)
27. Someone's in the USA Saying Show Me the Power of Healing Foods
28. Someone's in the USA Asking Can I Be a lobbyist?
29. Woman to Woman Why Should Love Hurt?
30. Woman to Woman Resisting the Deadly Triangle of Violence
31. Person to Person Serving on a Board

32. Person to Person Can We Talk?
33. Person to Person Resolving Conflict
34. Organization to Organization Recruiting and Keeping Members
35. Person to Person Here's to a Healthy Heart
36. Person to Person Guidelines for Developing a Dynamic Group
37. Someone's in the USA Court(ing) the Judicial System
38. Video Games! Coming To A Screen Near You
39. Someone's Asking...is the Cyberhighway friend or foe?
40. Books, the other Channel
41. Someone's in the kitchen... Making Concoctions

Keeping Your Home Clean and Safe

Tips for creating a safer home

The Home Safety Council (HSC) is a national nonprofit organization dedicated to preventing home-related injuries that result in nearly 20,000 deaths and 21 million medical visits on average each year. June is Home Safety Month and this year's campaign theme – Hands on Home Safety – asks the public to take some simple hands-on steps to create a safer home environment from such leading hazards as falls, fires and burns, and poisonings. Here are a few suggestions:

1. **Keep stairs and pathways clear of clutter.**
2. **Promptly wipe up spills** and splashed bathwater.
3. **Test the temperature of your hot water.** If it is higher than 120° F, turn down the water heater dial.
4. **Keep all household products in their original packages.** Packaging includes useful first aid information in the event of accidental exposure or ingestion.
5. **Keep all medicines, including vitamins, in their original, childproof containers** and store them high up out of children's reach. Discard all medications and prescriptions that have expired.
6. **Install child-safe locks** on cabinets that house cleaning supplies and medicines.

one hour if the temperature outside is above 90° F.

- Never assume a cabinet is too high for a curious, climbing toddler.
7. **Check all smoke alarms to make sure they are in working order.**
 8. **Don't leave cleaning buckets unattended.**
Even those with a small amount of liquid pose a danger to "top heavy" toddlers. If the child falls into a bucket, it may not tip over and he or she could drown. Even the water in the toilet can be a hazard to toddlers, so make sure all family members remember to close the lid.
 9. **Place throw rugs over a rug-liner or choose rugs with non-skid backs** to reduce your chance of falling.
 10. **Post the Poison Control Center phone number** (1-800-222-1222) by every land phone in your home and save it on your cell phone

For additional information about food safety for cancer patients, the publication "*Food Safety for People with Cancer*" can be downloaded in PDF format by visiting www.fsis.usda.gov/PDF/Food_Safety_for_People_with_Cancer.pdf

Bulletin Board

Kathryn Frock has provided strength and meaning to FCE for over 60 years. She has held numerous club, county and state roles. Her leadership, mentoring and citizenship skills have enriched the lives of our members, our organization and the community. She has shared educational opportunities with 4-H club members and leaders, GED candidates and adult enrichment classes. Her community involvement includes Ag Board representative, church member, Sunday School teacher, Church Women United officer and Election Judge. She is known for her sewing, heritage arts and teaching skills. Kathryn is "the heart" of FCE.

Get well wishes to Beverly Kane of Anne Arundel County who recently had a back operation and to Mary Hacken of Montgomery County who took a fall.



LET'S TAKE A TRIP

There has been interest in visiting the Women's Veterans Memorial in Arlington Virginia. It is located at the entrance of Arlington Cemetery. We would travel by either car or Metro on Monday October 15 (prior to the meeting). You would have to arrive at the Holiday Inn Hotel by noon on Monday. Cost for the Metro would be approximately \$7.00. If you would be interested please check the box on your registration form. You will be contacted if there is enough interest.

Food Safety for People with Cancer

Practice safe food handling to avoid extra stress on the immune system

Food safety is important for everyone but for those diagnosed with cancer it is of particular concern. That's because cancer and its treatments can weaken the immune system, which makes the patient more susceptible to many types of infections. The list of possible infections includes those brought on by disease-causing bacteria and other pathogens that cause food borne illnesses.

To help avoid contracting a food borne illness, both cancer patients and their caregivers must be especially vigilant when handling, preparing, and consuming food. Nancy Bock, Vice President of Education at The Soap and Detergent Association, offers some basic steps to food safety.

- **Clean:** Wash hands and food preparation surfaces often.
- **Separate:** Keep raw meat, poultry, seafood, and eggs away from other foods in the shopping cart, grocery bags, refrigerator, and on preparation surfaces.
- **Cook:** Use a food thermometer to ensure that all foods are cooked or reheated to the proper temperature.
- **Chill:** Refrigerate or freeze meat, poultry, eggs, seafood, and other perishables within two hours of cooking or purchasing – within

Maryland FCE Annual Conference 2007
Tuesday, October 16th – Wednesday, October 17th, 2007
Holiday Inn, Laurel, MD

Please print or type (complete form for each person attending).

Name: _____
 Address: _____

 County: _____
 Phone: _____
 Roommate(s): _____

Classification (check all that apply)
 _____ FCE Member
 _____ Educator/Advisor
 _____ Past State President
 _____ State Officer
 _____ County Officer
 _____ 1st Time Attendee
 _____ Guest

_____ Check here if arriving on Monday _____ E-mail Address (PLEASE)
INTERESTED IN GOING TO THE WOMEN'S VETERAN MEMORIAL _____ **YES** _____ **NO**

Full Conference Fee Includes: Educational materials/speakers, 1 night lodging (10/16), 2 lunches (10/16, 10/17), 2 breakfasts (10/16, 10/17), 1 dinner (10/16).

Select One Filet Mignon Dinner _____ **OR**
 Chicken Marsala _____

(check here) POSTMARKED BY:	August 15	August 16-September 15
_____ Single Room	\$193.00	\$203.00
_____ Double	143.00	153.00
_____ Triple	126.00	136.00
_____ Quad	120.00	130.00

Commuter Registration:

_____ 2-day Commuter [2 lunches (10/16, 10/17), 2 breakfasts (10/16, 10/17), 1 dinner (10/16), Educational materials/speakers]	\$ 93.00	\$ 103.00
_____ Tuesday only 10/16 (1 breakfast, 1 lunch, 1 dinner, Educational materials/speakers)	\$ 65.00	75.00
_____ Wednesday only 10/17 (1 breakfast, 1 lunch, Educational materials/speakers)	\$ 30.00	40.00

Make your check to – **Maryland FCE**

Mail your check and form to:

Alice Irwin (301) 372-8562
 6112 Church Drive
 Brandywine, MD 20613-9365

If you are staying Monday night (10/15), the Hotel stay will cost \$99 (plus tax) for the room. You **MUST** make your own hotel reservations for Monday, October 15. Mention the fact that you are attending the MD FCE Conference on Tuesday and Wednesday, October 16th – 17th, 2007. The deadline for the extra room reservation is September 15, 2007.

Contact: Holiday Inn 15101 Sweitzer Lane Laurel, MD 20707
 Phone – 301-776-5300 Fax – 301-776-8164

NO REFUNDS OF ANY MONEY.
YOU MUST FIND YOUR OWN REPLACEMENT IF CANNOT ATTEND.

DIRECTIONS TO THE CONFERENCE

From the Northwest:

Travel Route 70 or 32 East to Route 29 South. Take the Route 198 (toward Laurel) exit. Make a left at the first traffic light onto Route 198 East. Go through 3 more lights and at the fourth (4th) light turn right onto Sweitzer Lane. Go past the Exxon Station and turn left into the parking lot of the Holiday Inn.

From the North:

Travel Route 95 South to the Route 198 (Burtonsville) West exit. After leaving the exit ramp go immediately to the left lane and then into the left turn lane; turn left onto Sweitzer Lane. Go past the Exxon Station and turn left into the parking lot of the Holiday Inn.

From the South

If traveling Route 97 North take the BWI parkway west to Route 198 West. Continue on Route 198 until you pass Route 95 and then at the next light turn left onto Sweitzer Lane. Go past the Exxon Station and turn left into the parking lot of the Holiday Inn. If traveling on Route 95 North, exit at Route 198 West (Burtonsville), turn left at the next light onto Sweitzer Lane. Follow directions from the Exxon Station.



Maryland Family & Community Education, Inc
15500 Gallaudet Avenue
Silver Spring Maryland 20905-4176