

WHAT'S HAPPENING

Maryland Association for Family and Community Education, Inc. Newsletter

SEPTEMBER - COLLECT DUES

- All CHARACTER COUNTS!® Essay and Artwork Contest starts – “Respect”
National Literacy Month
- 1 Extension Office Closed (Labor Day)
- 5 FCE Blanket Making Day, 10 AM – 8 PM.
Extension Office Garage
- 8 Maryland FCE Board Meeting, 10 AM
MC Extension Office
- 9 Montgomery County Association Meeting, 9:45 AM Refreshments: Lunch Bunch.
“Keeping Seniors Safe - Cyber Crime”
Speaker Walter Houser is a volunteer with the Financial Crimes Section of the Montgomery County Police Department.
- 13 Blue Grass Festival at the Agricultural History Farm Park
- 18 Set-up Yard sale. See page 5.
- 19-20 Yard sale
- 30 FCE Blanket Making Day, 10 AM – 3 PM.
Extension Office Garage

OCTOBER

- 3 10 AM Harvest Festival Set-up
- 4 10 AM Harvest Festival
MC Extension Office
- 9-30 Close Encounters with Agriculture 4th grade program, Montgomery County Extension
- 12-18 National FCE Week
- (13) 14-15 MD FCE Annual Conference,
Holiday Inn Express Kent Island, MD
- 15 Rural Women’s Day
- 16 World Food Day
- 19-25 CHARACTER COUNTS!® Week
- 24-26 Craft Sale 15500 Gallaudet Ave, Silver Spring

Newsletter Deadline: November 1

Send all articles, Bulletin Board items, or address changes for the newsletter to:
Jean Purich at jcpurich@cs.com.

NOVEMBER

- 1 LOOK WHAT’S HAPPENING deadline for items to Editor
- 10 Montgomery County Association Meeting
9:45 AM Refreshments: Derwood
“Emergency Preparedness in Montgomery County, MD”
Speaker Sareem Streater, MS is the Community Outreach Coordinator
- 16-22 National Family Week
- 18 Executive Board Meeting, 10 AM.
Newsletter Folding, MC Extension Office
- 21 FCE Blanket Making, 10 AM – 8 PM.
MC Extension Office garage
- 27 Office Closed (Thanksgiving)

DECEMBER

- 1 State Dues/Membership Forms to NAFCE
- 1 10:00 AM Maryland FCE Board meeting MC Extension Office
- 9 Montgomery County Association Meeting
9:45AM Cookie Exchange and Crafts,
MC Extension Office Garage. Refreshments
Burtonsville.
- 15 Send yearly reports and outreach hours to
President, Jeanne Purich

MARYLAND FCE CONFERENCE

Register NOW for the 2025 conference on October 14th – 15th. The registration form was in your last newsletter and is on the web.

<https://www.mdafce.org/lwh%20June-Aug%202025.pdf>

We are on The Web!

The web site is a great place to look up information and events. So, if you need to find something, don’t forget to check out –

www.mdafce.org

FROM THE PRESIDENT

I participated in several conferences this year. The first was using zoom for the National midyear conference. We talked about pollinators, whole grains and public policy.



The second was the combined ACWW USA and National FCE conference. We had a National FCE Business meeting and many learning sessions. They included: We Support Girls (a bra donation center); Horticulture Therapy; Pollinators: Not Just Bees; Whole Grains; Crafting; 16 Days of Activism; Wreaths Across America; Environmental Wellness and Public Policy. The most exciting session for Maryland was winning the National Essay and Artworks contest. Samantha Lamerew won with her writeup on the Power of Trustworthiness. She came with her whole family to Cincinnati. Maryland also had eight MDAFCE members attend! It was very impressive with the quality of the speakers and their topics.

I hope that everyone will come to the 2025 MDAFCE state conference on October 13-15, in Grasonville, Maryland. We had a great time last year and this year we are looking forward to many new programs. Please see the Vice President's report for more detailed information. There will also be entertainment and some fun activities.

Libby Wade, President
dunade@aol.com

301-831-8661

NEWS FROM THE VICE PRESIDENT FOR PROGRAM

MARYLAND FCE CONFERENCE

The 2025 Maryland FCE Conference will be held October 14-15 at the Holiday Inn Express, 1020 Kent Narrows Road, Grasonville MD 21638, on Kent Island on the Chesapeake Bay. This is the same hotel where we held the 2024 conference.

The conference will include interesting speakers and activities, performances, and the opportunity to walk and sit along the shore of the



Chesapeake Bay. An ample breakfast is included for those who stay at the hotel. Lunch on October 14-15 and dinner on October 14 will be included in your registration package. If you arrive at the hotel on Monday, October 13 (all costs on your own), you can join us some for Chesapeake Bay cuisine at the Dock House Restaurant at 4:30. After dinner we will return to the hotel for an evening of games and crafts (approximately 6:30 PM).

The conference program will begin with registration at 10:00 AM on Tuesday, October 14, and will continue through mid-afternoon on Wednesday, October 15. Confirmed programs include:

- Judy Wink from the Chesapeake Bay Environmental Center will return to tell us more about migrating birds of the Bay.
- Mark SubbaRao of the NASA Scientific Visualization Studio will use data visualization in his program "Fire and Water."
- Kathie Mack and Steve LaRocque will introduce us to Frances Perkins, the woman behind so much social legislation in the 1930s, including the Social Security Act.
- Beekeeper, Alicia Rausch will tell us about bees and other pollinators.
- Barbara Perry will lead us in Amazing Facts Bingo.

Mark Hanak Music will bring us a duo of their music to a performance on Tuesday evening.

There will also be a business meeting, awards, exercise breaks, and of course meals.

The conference will conclude with drawing winning tickets for the many items in the silent auction. Full registration details are published in the June-August newsletter and at

<https://www.mdafce.org/lwh June-Aug 2025.pdf>.

Please contact me for more information.

Kathie Mack

kpmack2@gmail.com

301-270-5367

"Girls are capable of doing everything men are capable of doing. Sometimes they have more imagination than men." – ***Katherine Johnson***, mathematician and one of the first African-American women to work as a NASA scientist

"Tremendous amounts of talent are being lost to our society just because that talent wears a skirt." – ***Shirley Chisholm***, first Black woman elected to U.S. Congress

NEWS FROM THE VICE PRESIDENT FOR PUBLIC POLICY

What I Took Home from The National FCE Conference

The July National FCE hosting of the ACWW USA Area Conference that Alicia (my daughter) and I attended on July 21-24 in Erlanger, Kentucky, as first-time attendees was a positive experience. Since it was a “two-fer” special session, that is a one-day National FCE Business Meeting and hosting of the three-day USA Area Associated Country Women of the World Conference (ACWW), I think we would have to return next year to see what a NAFCE Conference by itself would be like. (Looking forward to another road trip, Alicia!).

The World President of ACWW, Maggie de Kock, was an active participant all during the conference and was a positive representative of that organization. She even had a story to take home of being placed in a cooler with others at a Cracker Barrel restaurant during a tornado alert Sunday night when Alicia and I were driving into Erlanger during that same storm! The drive from West Virginia to Kentucky was lovely. You cannot appreciate how much beauty is contained in this country of ours unless you drive on its roads. Flying saves much time and stress, but you miss the “bigness” of it all around each bend of the road. A road trip gives a modern-day taste of what drew our ancestors to explore beyond the next horizon.

Speaking about horizons, the variety of subjects covered in the many learning lessons presented were targeted at getting each person activated in being knowledgeable and involved in solving the many problems that face us today. The solutions come down to you and me. Just as the current negative trends assaulting our constitution, institutions built upon that constitution created by our founders, and the voice of each voter being able to be heard by fair elections, the solution to these threats will be provided by the American populace. (You all knew I would squeeze in some comments about current public policy!)

I was especially enlightened by the many ways other FCE clubs and ACWW affiliate societies carry out programs with solutions in their communities to improve the plight of women, children, and families. They partner with other organizations, government

officials, and community activists to provide tangible solutions.

For instance, we learned about the program “We Support the Girls”. It started out as a need that homeless women need bras. Not just any bra, but a properly sized and fitted bra. When you can’t afford housing, how will you afford to buy a bra? This eventually morphed into having gently used bras donated, then corporate donors of new bras, expanded to what about menstrual and hygiene related needs, and what if you get out of homelessness and need clothes for a job interview, which resulted in vans that would have pop-up locations to serve these populations, and started a movement that grew to 62 affiliates in 5 countries. The beautiful thing about all this is that there are programs in communities across our country like this serving their community’s local problems with unique solutions. Making these actions public to encourage the growth of grassroots action in other areas promotes the betterment of women particularly and humanity in general. That is a positive thing about FCE and ACWW as community-based organizations with an international reach.

That in short is what I walked away with. Understanding how FCE and ACWW work together in promoting the betterment of women’s rights, economic development, security, education, health, and social growth through their programs and partnerships with other entities was eye opening for me. The acronyms for FCE and ACWW now have a meaning for me after 37 years being a member that donated to Pennies for Friendship (now the Rural Women Fund). Now, I have a solid grasp of what those donations support.

Debra Rausch, VP for Public Policy
rauschda@gmail.com 301-498-8806

CHARACTER COUNTS!®

We are pleased to announce that our state winner Samatha Lamew was the first-place National FCE winner. She received a certificate and \$250.00 from National FCE. Her entire family attended the National conference and award ceremony.

The contest for 2025-2026 is Respect. The FCE essay and artwork contest runs from September 1, 2025 to January 31, 2026. The requirements for the contest are available from Jeanne Purich.

2026 Dues - Do Not Delay – Pay Today!

MEMBERSHIP

It's time for the 2026 FCE membership drive!! Please renew your FCE membership for 2026 AND recruit a new member. Don't forget to submit your signed FCE membership form, along with a form for any new member you recruit. We had 91 members in 2025, with 4 new members. With your help, we can get over 100 for 2026. Don't forget that with every new member you recruit, both you and the new member will be eligible for a special drawing to attend the 2026 Maryland FCE conference for FREE.



Special invitation to all teen members supporting our blanket making project: if you are under 18, you can join our organization for \$5.00. Why? With your signed application, you will become a member of our charitable [501 (c) (3)] organization, at the national, state and county levels. Wouldn't that enhance your college application or internship/employment resume? Please consider and contact me for a membership form.

Jeanne Gillis, Membership Chairman
101 Rolling Rd, Gaithersburg, MD 20877-2043
jeannegillis2326@gmail.com

Bulletin Board

Speedy recovery for Carolyn Laney who is recovering from a fall and some broken bones.

Condolences to the family of Charlene Englebright from blanket making. She passed away after a fall. She was always the first to ask visitors to "sign in" as soon as they came through the door at blanket making. She came early to "set the table" for the coffee and snacks. Charlene was willing to do whatever was asked of her. She will be missed. [Beltway Cremation Center](#) for her obituary.

Best wishes to Rosemarie Castillo for needed complete reconstruction on her home due to severe damage from a summer storm.

SCHOLARSHIP

At the May MCAFCE Board meeting, funding for 2 scholarships to Montgomery College was approved. These scholarships are donated in the memory of Mary Irene Waters. Each scholarship is for \$2,500. Accordingly, funds were forwarded to Montgomery College earlier this summer. Your support for our various fundraisers is making a difference!

Jeanne Gillis, Scholarship

STAMPS

Helping Those Who Have Served Our Country

Do you have used or unused postage stamps? Maybe there is a collection lost and lonely in the basement or garage. Please consider bringing them to your monthly FCE meeting where they will be collected and donated to **Stamps for the Wounded**. Stamps for the Wounded (a non-profit organization) was founded in recognition of the tremendous therapeutic value of philately (stamp collecting). It relies on your generous donations of stamps and stamp supplies that are distributed to ill and wounded servicemen and women who are patients at hospitals throughout the country as well as to veterans who are convalescing at home. The various facets of stamp collecting can help relight the spark of interest in life. By providing philatelic materials, idleness, boredom, loneliness, and despair can be fought, and the joys of accomplishment be created. Even withdrawn and mentally disabled veterans can take pleasure in using stamps in therapeutic projects. Donations can include: Mint stamps and stamp sheets, used stamps – please do not soak off from envelopes, first day covers Philatelic supplies include stamp albums, album pages, stamp mounts, hinges, stock books, tongs, perforation gauges, etc, or stamp catalogues, preferably less than 10 years old (older if they are Specialty Catalogues). Thank you for your interest and support in this project. Please contact me if you have any questions.

Louise Lewis
LouisePLewis@comcast.net

Montgomery County News

FAIR BOOTHS

FCE presented and maintained **4 Fair Booths** at the MC Agricultural Fair. They were: *Blanket Making* by Kathie Mack; *Preserve & Protect our Potomac* by Cathy Reals; *Chemicals in Foods* by Jean Purich, and *Is It a Scam?* by Sharon Hume. Thanks to all who participated and to those that came to the Fair to sit at the booths. We spoke to many people, gave out a plethora of blanket calendars and information about FCE.

BACK to SCHOOL SUPPLIES



We will continue to collect school supplies through September. Items can be dropped off on blanket days, at our September Association meeting, at my house, or with Kathie Mack.

Thank you very much for your help.

“Keeping Seniors Safe - Cyber Crime”

Speaker Walter Houser is a volunteer with the Financial Crimes Section of the Montgomery County Police Department.

September 9 (Tuesday)

9:45 AM Extension Office

We all know about scams; financial, romance, job, credit card, immigration and many more. We will hear about another type – Cyber Crime. Learn the signs and what you can do to protect yourself.

FCE BLANKET MAKING DAYS

September 5 (Friday) 10 AM to 8 PM

September 30 (Tuesday) 10 AM to 3 PM

November 21 (Friday) 10 AM to 8 PM

Making this project a success is all thanks to your hard work, time and effort. Don't forget there are 2 blanket days in September and none in October due to the office being used the entire month for Close Encounters with Agricultural.

We need yarn and fleece, we do not need fabric, except for kids' prints. Call Kathie at 301-270-5367 for more information.



YARD SALE

**Set-up Thursday September 18
September 19 and 20 (Friday and Saturday)
15500 Gallaudet Silver Spring**

The tables are on the front porch for you to drop off your items for the yard sale. We will need lots of help for the set-up day on Thursday and on the sale days. This is a major money maker for the scholarship fund.

HARVEST FESTIVAL

**Set-up October 3 - 10 AM (Friday)
Festival October 4 – 10 AM to 5 PM (Saturday)
Multipurpose room, Extension office**

We will be in the multipurpose room with kids' games and grab bags, a bake sale and our wonderful crafts for sale. In the small conference room, we will have kids' crafts. We **NEED HELP** on both days. If you can, please bake for the bake sale — cookies, brownies, quick breads, etc — **NO** pies or cakes. Please pack the cookies or brownies in 2-to-4-piece packs as they will be purchased for immediate consumption.

STATE CONFERENCE

**Holiday Inn Express Kent Island
October 14 – 15 (Tuesday and Wednesday)**

Register NOW for a wonderful conference, fun and some games, don't be late. Interesting speakers, good food, lovely setting, friends — what more could you want? Be sure to read the VP for Program report on page 2 for details.

“Emergency Preparedness in Montgomery County”

**Sareem Streater, MS
Community Outreach Coordinator
November 10 (Monday)
9:45 AM Extension Office**

The Montgomery County Office of Emergency Management and Homeland Security (OEMHS) will discuss best practices for emergency preparedness, review various natural and human-caused hazards within the County, and review practical steps for preparedness. It is sure to be a very interesting talk.

Hope to see you soon.

jcpurich@cs.com

301-641-4878

ACWW

Rural Women's Health

Rural women make up over a quarter of the world's population but continue to face disproportionate barriers to quality, affordable and accessible health care. This includes a lack of access to comprehensive health information and education, affordable health services and medication, and local healthcare centers, hospitals, and services.



Women have historically suffered a lower standard of medical care, and interventions have often focused predominantly on maternal and reproductive health, thus ignoring the wide range of other health issues that impact women and girls in rural areas.

ACWW is focused on increasing rural women's access to comprehensive, gender sensitive, and accessible healthcare. This includes nutrition, mental health, sexual and reproductive health and rights, access to healthcare and provision for women as they age.

Climate Smart Agriculture

Food and agriculture production systems across the world are facing unprecedented challenges in the face of climate change. Without action, this will lead to unpredictable growing seasons, failed crops, loss of soil health, reduced biodiversity, and increased hunger and food insecurity.



Small-scale subsistence farmers in Africa, Asia, and South America are disproportionately affected by the impacts of climate change, increasingly unpredictable weather patterns and increased risk of draught leading to poorer harvests and reduced

income. Women make up 48% of agricultural employment across low-income countries - fulfilling vital roles in the management of natural resources and food production.

Despite their vital role in the global food system, women face disproportionate challenges compared to rural men; they are more likely to be food-insecure, lack access to land, resources and market information and tend to have less decision-making power. ACWW is committed to promoting sustainable Climate Smart Agriculture through small-scale project funding. Climate Smart Agriculture helps farmers to respond effectively to the impacts of climate change through choosing indigenous seed varieties for drought resistant crops, building irrigation systems, rainfall forecasting and rainwater harvesting.

ACWW works in 2 ways:

1. Empowering women to take their place in decision-making in their communities. This can be achieved by promoting awareness of the rights of women, providing access to a network of supportive women, and sharing knowledge.
2. Engaging with UN processes that hold governments to account when they fail Rural Women. This can be achieved through our consultative status with the UN Economic and Social Council, where we have access to key deliberative opportunities. We use our network and contacts through multiple governments, organizations, and mechanisms at the UN to lobby for the rights of rural women globally.



THE PENCIL

A pencil maker told the pencil 5 important lessons just before putting it in the box:

1. Everything you do will always leave a mark.
2. You can always correct the mistakes you make.
3. What is important is what is inside of you.
4. In life, you will undergo painful sharpening, which will make you better.
5. To be the best pencil, you must allow yourself to be held and guided by the hand that holds you.

Author Unknown



PARKINSON'S DISEASE

Parkinson's disease is a movement disorder of the nervous system that worsens over time. The nervous system is a network of nerve cells that controls many parts of the body, including movement.

Symptoms

Early symptoms may be mild, and you may not even notice them. Symptoms often begin on one side of the body, then affect both sides.

Parkinson's symptoms may include:

- **Tremor.** This rhythmic shaking usually begins in the hands or fingers. Sometimes tremors begin in the foot or jaw.
- **Slow movement, also called bradykinesia.** Parkinson's disease may slow your movement, making simple tasks more difficult.
- **Rigid muscles.** You may have stiff muscles in any part of your body.
- **Poor posture and balance.** Your posture may become stooped. You may fall or have balance problems.
- **Loss of automatic movements.** You may be less able to make certain movements that you typically do without thinking, including blinking, smiling or swinging your arms when you walk.
- **Speech changes.** You may speak softly or quickly, slur, or hesitate before talking. Your speech may be flat or monotone.
- **Writing changes.** You may have trouble writing, and your writing may appear cramped and small.
- **Nonmotor symptoms.** These may include depression, anxiety, constipation and sleep problems.

In Parkinson's disease, nerve cells in the brain called neurons slowly break down or die. Symptoms are caused by a loss of neurons that produce dopamine.

Decreased dopamine leads to irregular brain activity. People also lose norepinephrine that controls body functions, such as blood pressure.

The cause of Parkinson's disease is unknown, but several factors seem to play a role, including:

- **Genes.** Specific genetic changes are linked to Parkinson's disease.
- **Environmental factors.** Exposure to certain toxins or other environmental factors may increase the risk of later Parkinson's disease.

Many changes happen in the brains of people with Parkinson's disease. Researchers are studying why the

changes happen and the roles they play. These changes include:

- **The presence of Lewy bodies.** Clumps called Lewy bodies of proteins in the brain are associated with Parkinson's disease
- **Alpha-synuclein is found within Lewy bodies.** Alpha-synuclein is a protein found in all Lewy bodies. It occurs in a clumped form that cells can't break down.
- **Altered mitochondria.** Mitochondria are powerhouse compartments inside cells that create most of the body's energy. Changes to mitochondria can cause cell damage.

Risk factors

Risk factors for Parkinson's disease include:

- **Age.** The risk of Parkinson's disease increases with age. Usually, it starts around age 50 or older. The average age is 70.
- **Genetics.** Having one or more first-degree relatives increases your risk.
- **Male sex.** Men are more likely to develop Parkinson's disease than are women.
- **Exposure to toxins.** Ongoing exposure to herbicides and pesticides may slightly increase your risk of Parkinson's disease.

Complications

People with Parkinson's disease may have other complications that may be treatable. These may include:

- **Trouble thinking clearly.**
- **Emotional changes and depression**
- **Trouble swallowing and chewing**
- **Sleep problems and sleep disorders.**
- **Bladder problems.** You may have problems such as urgency.
- **Constipation.** You may have a hard time passing stool.
- **Blood pressure changes.** You may feel dizzy, lightheaded or faint when you stand up due to a sudden drop in blood pressure.
- **Loss of smell.** You may fully or partially lose your sense of smell.
- **Tiredness.** You may feel very tired and lack energy, especially late in the day.
- **Pain.** You may have pain or cramps in your muscles and joints.
- **Sexual symptoms.** You may have a decrease in sexual desire or performance.

Don't forget the annual conference, October 14 & 15. Registration is in the summer newsletter, on the web, or contact Jeanne Purich or Kathie Mack.

**Holiday Inn Express Kent Island
1020 Kent Narrows Road,
Grasonville, MD 21638
Phone: 410-857-4454**



**Dock House Restaurant
110 Piney Narrows Rd
Chester, MD**

From West:

From the beltway, take **50** east across the Bay Bridge; take Exit **41**, head **right** on the ramp for **MD-18** toward **Kent Narrows West**; Turn **left** onto **MD-18/Main St** toward **Piney Narrows Rd/MD-18/Main St**; Turn **left** onto **Kent Narrow Way N** (Road name changes to **Kent Narrow Way**): Turn **left** into parking lot

**Maryland Association for
Family and Community Education
15500 Gallaudet Avenue
Silver Spring Maryland 20905**

