

WHAT Should our New Name be?

You Decide

March – May 2023

www.mdafce.org

The Maryland Association for Family and Community Education, Inc. Newsletter

Happenings

March

All Month Women's History Month

- 1 Heart of FCE, Spirit of FCL Award, Outstanding Unit Award
Entries due to Libby Wade, State President
- 6 State Board Meeting 10:00 AM. Montgomery County (MC) Extension Office
- 8 **International Women's Day (ACWW)**
- 13 FCE Blanket Making, 10 AM – 3 PM. MC Extension Office Garage
- 14 Association Meeting 9:45 AM. MC Extension Office, Refreshments: Derwood
Program "Rabies – Facts and Fears" – Kathie Mack and Jeanne Gillis
- 31 Essay and art work contest ends



April

- 3 State Board Meeting 10:00 AM. Montgomery County (MC) Extension Office
- 6 FCE Blanket Making, 10 AM – 8 PM. MC Extension Office Garage
- 11 Association Meeting 9:45 AM. Refreshments: Lunch Bunch
Program "Potomac, a History of the River and the Land" by Jim Johnson from
Montgomery History
- 15 All State Reports, Outstanding and Superior Unit Awards due to NAFCE
- 28, 29 Gas and Steam Engine Show. Agricultural History Farm Park. MCAFCE will be selling their
handicrafts. Free admission; come and see what we have.
- 29 **ACWW Women Walk the World**

May

- 1 State Board Meeting 10:00 AM. Montgomery County (MC) Extension Office
- 5 Set-up for Spring Luncheon 10 AM
- 6 Spring Luncheon, MC Extension Office 10:30 AM - 2 PM
"FCE Lights Up Our Lives" See pages 5 & 8 for details.
We will engage in Women Walk the World prior to lunch.
- 9 FCE Blanket Making, 10 AM – 3 PM. MC Extension Office Garage
- TBD Volunteer Recognition, 5:30 PM, MC Extension Office
- 29 Office Closed (Memorial Day)
- 30 Montgomery County Executive Board Meeting, 10 AM, Extension Office



June

- 5 State Board Meeting 10:00 AM. Montgomery County (MC) Extension Office
- 15 Fun Day at Gettysburg – Registration required (\$10.00). Details will be forthcoming (page 6).
- 22 FCE Blanket Making, 10 AM – 8 PM. MC Extension Office Garage

All Month - Nominees for State Officers, Group I: (odd years) President elect, Vice President for Program, Secretary. Group II: (even years) President-elect becomes president, Vice President for Public Policy, Treasurer

LOOK WHAT'S HAPPENING

Montgomery County Hi-Lites

Changes are Happening!

"Hear ye! Hear Ye", the town crier would call as he rang his bell. Communication was and still is important for getting the word out to the right people at the right time. In early days as Homemakers, we ran from house to house with news and future plans. As history shows us, next came the radio, telephone, newspapers, television, movies, videos and you know where we are today.

The Homemaker's organization was changing also as it expanded into small clubs within communities of the counties. Likewise, the counties needed to share within the state. Thus, the counties developed "yearbooks" for members containing dates of programs, activities, officers, interesting trivia, etc. Some clubs also made their own handbooks.

In the 1980's the wish for sharing more state news was being answered and appeared on a large type written sheet periodically. By the 1990's with electric typewriters and early versions of computers we advanced to the idea of a formally organized newspaper. We collected clip art (pictures cut out and pasted) which we filed in categories. We got serious and developed columns for the newsletter and a couple of standard columns that would always appear like "Bulletin Board" and "In and Around Maryland". We ran a contest throughout the state to create a masthead for the paper and

"LOOK WHAT'S HAPPENING" was the winner. The paper has grown into and remains a fine reference published four times a year.

When all of this took place, we had active Homemakers in all 24 Maryland counties and Baltimore City. Unfortunately, that is not the case today. Four counties remain (Frederick, Carroll, Prince George's and Montgomery). Montgomery County comprises the majority of the membership and has its own newsletter, comparable to the state one. (As luck would have it, both of these publications have been edited together simultaneously by two different editors during the past thirty years.)

Now is the time to make another modification and combine the state and

Montgomery County newsletters. The goal is to keep the same four-page letter with a separate page dedicated to Montgomery County news. Scheduled activities and messages from the state and county presidents would remain along with news from The Associated Country Women of the World (ACWW) and the Country Women's Council (CWC). The "Bulletin Board" and "Around Maryland" will still be newsworthy. With exception of a few "filler" articles the papers will be very much the same as we have, but will be all in one edition.

The question is: **What shall this paper be called?** The current papers are: *Family and Community Education Hi-lites* and LOOK WHAT'S HAPPENING

Send your thoughts on the name and any other contributions are always welcomed to jcpurich@cs.com
One named suggestion is already in - "Look - Happenings and Hi-Lites" but we really want to hear all your thoughts.

Remember the new combined newsletter is



The format has not finalized and we are exploring the best way to present the information to you. Please be patient but again let us know what you think.

Jeanne Purich, Editor
jcpurich@cs.com

Check out the WEB with MDAFCE
www.mdafce.org

Send newsletters, calendars, information and calendar updates for your 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 - jcpurich@cs.com with your information.



FROM THE MARYLAND STATE FCE PRESIDENT



I had a hard time coming up with a subject for this issue of the newsletter. So, I guess I will go with a personal subject with which I am dealing. We are trying to decide whether my daughter and her husband should move in with us and let their sons have their townhouse. In some ways, it is a good idea because she is a stay-at-home Mom and can take over a lot of the household activities. But on the other hand, do I want her always around telling me what to do? I don't know how many of you have had to make this decision but I know it is not easy. We love our children, but we have also become used to living separately.

Things to think about: "What will she expect me to do? What will I expect of her? How will she change the running of the house? The answer here is communication; we have to sit down and talk about each other's expectations. It is a lot to think about but I am sure it will work out because of the love we all have for each other.

In FCE, we are starting to plan the for the Annual Conference. I hope everyone is saving October 16-17. We are going to Holiday Inn Express, Kent Island, 1020 Kent Narrows Rd., Grasonville, MD. 21638. Hope to see you there!

Libby Wade, MDAFCE President
dunade@aol.com

301-831-8661

PUBLIC POLICY NOTES

Being a child born in the fifties, I can remember the excitement of going to the Nevada State Fair in Reno where a model of the Telstar Satellite was on display. The possibilities of space and communications combined in a piece of

gadgetry was truly awesome to me. Then, when John Glenn orbited the earth, WOW! On TV, I loved the space themed stories enacted by the doll-like characters of "Fireball XL5", the animated cartoon "The Jetson's", Lost in Space, and the show that really inspired my imagination, the original Star Trek of 1966-1969. Yes, I did attend a Star Trek Convention in 1976 and wore a Trekkie windbreaker! The development of technologies connected to and created from space exploration make up many of the modern day advancements in medicine, the development of computers and Artificial Intelligence, and the basis of our whole online connected world. How far everything will morph and how fast it will happen in the future, no one knows. But....there are times we see old fashioned ideas still being put to use...yes, those famous Chinese "weather balloons" that have made the front page news and are covered by social media! Almost like NORAD tracking Santa's progress.

The past 2 weeks have seen one package the size of a bus travel from sea to shining sea only to get shot down over the Atlantic and Lake Huron, one being shot down before reaching Alaska, and another reported somewhere over Latin America. All the expensive modern radars we have at our disposal, and the big news is that we are tracking weather balloons. What these flying objects were doing in our airspace and what information they were garnering will occupy many officials for some time to come, no doubt. These balloons are definitely much bigger than the purported weather balloons that were said to be the cause of the UFO event in Roswell, New Mexico, in 1947. We have to admit, though, the low-tech weather balloon mated to high-tech information gathering instruments definitely engages the imagination! One wonders what will be the next application of old-tech with high-tech to be turned loose on the world?

I definitely need to go back and watch more of those old sci-fi shows and see if any more ideas show up in the skies above us or another country!! Time to check out the "X-Files", again...

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

PROGRAM NOTES

Preparations are underway for the MDAFCE annual conference that will be held on October 16 & 17 in a new and exciting location: the Grasonville Holiday Inn

Express on Kent Island. We will have wonderful views of the Chesapeake Bay, a boardwalk, and an introduction to Maryland's

Eastern Shore, all only an hour's drive east of Montgomery County.

An excursion is planned to the Old Wye Mill, a grain mill from 1682 that is still grinding and selling flour.



In addition, we are planning exciting speakers on topics that **you** suggested at last years' conference. Put these dates on your calendar now and perhaps

plan to come on Sunday and have a relaxing evening on the Bay. Look for more information and a registration form in the next issue of this newsletter.

Kathie Mack, MDAFCE Vice President for Programs
kpmack2@gmail.com 301-270-5367

Prince George's County News

We are still 3 members, as far as I know. Alicia had her Nissan Sentra attacked by a deer trying to cross the road. Parts were found to replace the bent ones, and the car is running, hopefully faster than any more deer out there. That's the news from our county this time around. We will see what there is of interest to report next issue.

Debra Rausch, PG Treasurer



MEMBERSHIP

As of February 10, 2023, we have 98 members, including 6 **new members**. Don't forget that you will receive an FCE Star pin for every new member you recruit name and your name and the new members' name will be entered into to a drawing for a free registration to the MDAFCE annual conference.

Please welcome our 6 new members:

Cindy Coleman, Leigh Guiel, Anne May, Eleanor Newman, Peggy Poole and Betty House.

Please contact me if you need a membership form. Stay safe and healthy!

Jeanne Gillis, Membership Chairman
101 Rolling Rd, Gaithersburg, MD 20877-2043
jeannergillis2326@gmail.com 301-926-1038

POTATO ROAST

Ingredients

- 3 lbs Yukon Gold potatoes, peeled
- 6 tablespoons butter, melted
- 1 teaspoon dried thyme
- 1/2 teaspoon dried rosemary
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 1 cup chicken broth
- 2-3 cloves garlic, peeled and crushed
- 2 tablespoons fresh chopped parsley

Instructions

1. Preheat oven to 475°, use middle rack. Spray a large rimmed baking sheet with non-stick cooking spray.
2. In a small bowl, combine melted butter, thyme, rosemary, salt, and pepper.
3. Cut potatoes into 3/4- to 1-inch-thick slices. Toss potatoes in butter mixture. Arrange in a single layer on prepared baking sheet.
4. Roast potatoes for 15 minutes. Remove from oven and flip potatoes over. Return to oven and roast for an additional 15 minutes.
5. Remove potatoes from oven and flip one more time. Add the broth and garlic to the pan and carefully return to oven. Roast for an additional 10-15 minutes, or until potatoes are tender. Sprinkle with parsley and serve.



Montgomery County President's Paragraphs

“RABIES: FACTS & FEARS”

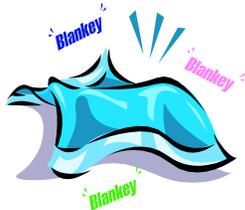
Jeanne Gillis & Kathie Mack

March 14, 2023

Association Meeting 9:45 AM Extension Office



This workshop will explore facts about rabies and why we even need to learn about it. Rabies is a fatal but preventable viral disease. It can spread to people and pets if they are bitten or scratched by a rabid animal. In the United States, rabies is mostly found in wild animals like bats, raccoons, skunks, and foxes. However, in many other countries dogs still carry rabies, and most rabies deaths in people around the world are caused by dog bites.



FCE Blanket Making

Extension Office Garage

March 13 Monday 10 AM – 3 PM

April 6 Thursday 10 AM – 8 PM

May 9 Tuesday 10 AM - 3 PM

June 22 Friday 10 AM - 8 PM

We are going full force, loving all our volunteers and donating everything to so many worthy causes. Come and sit a spell, bring a sandwich and we will provide drink and dessert.

During 2022, FCE members, students and friends made **1,204** blankets (25,228 total since 2002) and **458** baby hats (13,708 total).

“POTOMAC, A HISTORY OF THE RIVER AND THE LAND”

By Jim Johnson, Montgomery

History, April 11

Association Meeting

9:45 AM Extension

The Potomac River, the dominant geological feature of Montgomery County, has also



played a dominant role in American history. It was the first interstate waterway in North America, the spawning ground for the Constitution, and a protective barrier in the Civil War. To travelers today, it is a time tunnel to 250 million years of history.

WOMEN WALK THE WORLD FOR ACWW

Thursday, April 29



On or around ACWW Day, April 29, 2023 friends throughout the world are joining in **Women Walk the World**, aiming to raise funds for ACWW's work. ACWW

would like members to take part by arranging walks locally. We will do our walk prior to lunch at the May 6th Spring Luncheon, but you are welcome to arrange a walk on your own.

Spring Luncheon, May 6

“FCE Lights Up Our Lives”

10:30 AM Extension Office

Plans are underway for the Spring Luncheon. The Burtonsville Club is organizing this wonderful day. As FCE members, we know what pleasure, friendship and knowledge we get from being FCE members. Don't you wish everyone knew that? Besides having a great time, you may light up someone's life.

Each club is to provide a minimum of 3 door prizes (more is appreciated) and a flat of annuals for The Ranch. Individual members in the Lunch Bunch club should bring a 6-pack of flowers/vegetables. Everyone is to bring a “Book for a Newborn”. Registration form on page 8.

FUN DAY

Thursday, June 15

Mark your calendars now for Fun Day, Thursday, June 16th. See page 6 for registration details. Program information will be forthcoming and we will send out an email as well.

If you have suggestions on meetings, topics or activities, please contact me or our VP for Program, Kathie Mack (kpmack2@gmail.com).

Jeanne Purich

jcpurich@cs.com

Notes from Frann Peters

ACWW

STAMPS

As of now, we have **NO** place to donate our stamps. If you know of any organization that would like to have cancelled stamps, please let me or Jeanne Purich know. At this time, we will still collect stamps in hopes that we find another outlet for them.

Montgomery College Scholarship:

Two nursing students were awarded \$2,000.00 each for the 2022-2023 school year. Our 2 recipients are Jeanette Mejia and Tamsyn Desormeaux.

Hopefully these recipients will be able to come to the spring luncheon.

FCE also donated \$500.00 to the Student Emergency Assistance Fund. This fund helps students with books and expenses that if not paid may prevent the student from attending classes.

Laytonville Veterans Home (formally Laytonville Safe Havens)

The Home greatly appreciated the donations of personal care items, books, games and magazines. They can use gently used and clean towels and twin sheets.

Thanks for always doing great things!

Frann Peters 301-253-2589

FUN DAY

When: Thursday June 15th

Time: 10:30 AM for coffee until after dinner.
Snack, lunch and dinner provided.

Where: 197 Longstreet Drive, Gettysburg, PA.
Food, fun, sightseeing, outlet shopping – only \$10.00 per person – all proceeds benefit the Mary Irene Waters Scholarship Fund.

Make check payable to MCAFCE for \$10.00 per person and send to:
Jeanne Gillis 301-926-1038

101 Rolling Road
Gaithersburg MD 20877-2043
For additional information contact:
Frann Peters at 301 253 2589



The Associated Country Women of the World...
...was founded in 1929 to bring together rural women and their organizations all over the world, and in so doing address the challenges they faced as a result of the isolation of their communities, discrimination against women, and their lack of standing in political processes.

Rural Women are the backbone of families, communities, and nations, but they suffer the worst impacts of climate change and conflict, go unheard in legislation, and remain unprotected and unsupported.

Your “Pennies for Friendship” collection is renamed the “Rural Women in Action Fund”. As in the past, this fund supports the ACWW headquarters and their projects. To make it easy for the treasurer, paper money would be appreciated.

Education and Community Development

ACWW believes that sustainable change requires building networks of rural women and promoting women-led empowerment projects. We have a long history of providing support to education and capacity building projects which have enabled women to come together and share skills; build entrepreneurship activities for increased income and financial independence; develop financial literacy; establish community-led savings and loan schemes; and life-long learning opportunities.

Rural women have faced systemic barriers to education due to traditional patriarchal cultural norms, conflict and a lack of practical access to schooling. UN Women have identified that globally, two-thirds of illiterate adults are women. This means that a high proportion of rural women face struggles in completing basic education, resulting in reduced income potential, poorer health and nutrition outcomes for their families, reduced decision-making ability and community participation.



SPRING: THE SEASON OF RENEWAL

Winter's almost over! It's time for new life and new growth. Trees begin to bud, flowers start to poke above ground and hopefully, the weather begins to stay warm. Something to look forward to after the cold, sometimes dreary days of winter.

The change from winter to spring is so significant that many cultures, countries and religions celebrate holidays and festivals at this time. We are familiar with St. Patrick's Day, Easter, Passover and Cinco de Mayo. The White House Easter Egg Roll is an annual tradition, but did you know about these other rituals and celebrations?

Most fascinating to me is England's Cooper's Hill Cheese Roll, near Gloucester. The tradition is thought to be hundreds of years old; the first record of this event is from Town Crier records in 1826. Originally begun to mark property boundaries, a 7-9-pound wheel of Double Gloucester cheese (of course) is rolled down the very steep, uneven road from the top of Cooper's Hill. Teams chase the wheel, and the winner gets to keep the cheese. (Clarification: the winner is the first runner to reach the bottom of the hill still standing upright). To date, no one has caught the prize yet, probably because the cheese reaches speeds of 70-80 miles-per-hour due to the angle of the hill and the rough terrain. Volunteer ambulances and paramedics wait at the bottom of the hill to attend to the racers who lose their footing, or to spectators injured when the cheese veers off course.

Less violent and more beautiful is the annual Flower Parade of the Bollenstreek in Holland. There is Holi in India, the "Festival of Colors", which celebrates the triumph of good over evil. Participants there bring containers of colored powder to the celebration, and fling handfuls of the powder into the air and at the other participants. Folks can go home looking like a 1960s tie-dyed tee shirt!

If you'd like to fling something around without staining your clothing or your skin, go to Thailand and celebrate Songkran, the Thai New Year. There you can toss water here and there in the hope of enough rain to ensure a good harvest.

Back to beauty: it's hard to beat the Spring Equinox in Egypt. Two days a year, in March and September, the sun sets on the shoulder of the Sphinx (half man/half lion). What a beautiful vision! During the Vernal Equinox the Northern and Southern hemispheres each receive equal amount of light, so the day and night are equal in length.

The Vernal Equinox is also celebrated in Tetihuacán, Mexico in case you can't make it to Egypt . . .

Look all of these up, if you wish. It makes for fascinating reading!

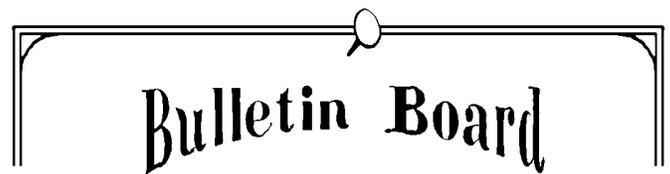
In addition to all the existing celebrations, perhaps we can look at this season of renewal and hope to consider personal changes, a renewal of energy. Why only make resolutions on January 1st? We are all works in progress, after all. Try using spring as a time to develop new habits – investigate outdoor activities or try new recipes that feature spring produce. Renew those New Year's resolutions, one at a time.

I suggest a book called, "52 Small Changes: One Year to a Happier, Healthier You", by Brett Blumenthal. His philosophy is to make one small change per week. Week One – drink enough water. Not too onerous. Week Two – keep drinking enough water, plus add another small change to your lifestyle. You're on your own. No need to report to anyone or to follow all the steps. But the longest journey begins with one small step. Where will you be a year from now?

I offer my best wishes for a happy, healthy, and beautiful spring, 2023. May we all enjoy everything it brings.

Susan Goldberg, Contributor
susan.m.goldberg@gmail.com

301-528-4635



Speedy recovery to Susan Hughes, Montgomery County, who recently had surgery.

Speedy recovery to Jeanne Purich and Pam Carrigan, Montgomery County, who recently had cataract surgeries.

Spring Luncheon May 6, 2023

Registration due by April 25, 2023

"FCE Lights up Our Lives"

Speaker **Diana McDonough**, author of "Stuck in the Onesies". You will be introduced to Barb and Ellie as the 60's swirl around them!!!

Registration and get together **10:30 AM**

Program **11:00 AM**

Lunch **12:30 PM**

Announcements/Door Prizes **1:30 PM**

Make check payable to MCAFCE for \$20.00 per person and send to:

Jeanne Gillis 301-926-1038

101 Rolling Road

Gaithersburg MD 20877-2043

Circle (T) or (V) your sandwich **Uptown Turkey Avocado (T) Veggie Tomato Mozzarella (V)**
Name email (if no email use phone number)

_____ T or V _____

**University of Maryland
Montgomery County Extension
18410 Muncaster Road
Derwood, MD 20855**

FIRST CLASS MAIL

