

WHAT'S HAPPENING

Maryland Association for Family and Community Education, Inc. Newsletter

DECEMBER

- 1 State Dues and Membership Forms due to NAFCE
- 5 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 Annual Reports
- 31 End of County 2022-2023 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
- 6 10:00 AM MDAFCE Board Meeting, Montgomery County Extension Office
- 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
- 6 10:00 AM MDAFCE Board Meeting, Montgomery County Extension Office
- 8 International Women's Day

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CHARACTER COUNTS!® Contest

Send your CHARACTER COUNTS!® contest winning entry to Libby Wade, MDAFCE President by February 20, 2023.

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

ANYONE can send articles, announcements, 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.



“Never doubt that a small group of thoughtful, committed, citizens can change the world. Indeed, it is the only thing that ever has.”

Margaret Mead

FROM THE PRESIDENT



And one of the best things that happened to me, and I hope to you, was our attendance at our annual conference at the Best Western in Westminster in October. Even though the numbers were down, we at least were able to get together in person this year. In addition to you, the other people in my life like family and friends, are slowly getting back to normal. Of course, we all should still be taking precautions when getting together. Our speakers and subjects were outstanding. We learned about Mental Health, Depression, Suicide, and Social Well Being; Life is a Sandwich; The History of Home Sewing Patterns; The Humane Society of Carroll County; Trampling the Serpent (Viet Nam); and Zero Waste Living. As we look to the future, what should we do for the end of the year and next year? Your Board would love to hear suggestions about what programs and speakers you would like us to plan for next year's conference.

On another note, here come the holidays. I know a lot of people get stressed out at this time. We need to learn to roll with all of the events that come up. We make plans and, all of a sudden, they change. A lot of people get very upset and can't handle changes well. I have learned to roll with the punches. I ask myself, "Why can't we do it this another way, rather than saying there is no way we can".

Lastly, Happy Holidays and Happy New Year!

Libby Wade, President
dunade@aol.com

301-831-8661

NEWS FROM THE VICE PRESIDENT FOR PROGRAM

The Maryland Association for Family & Community Education held its annual conference over October 17-18 in Westminster. Conference attendees appreciated informative presentations on Mental Health, Depression, Suicide, and Social Well Being; Life Is a Sandwich; The History of Sewing Patterns; The Humane Society of Carroll County; Avoiding Scams and Keeping our Information Safe; Trampling the Serpent (a Viet Nam War POW's account of his experiences); and Zero Waste Living. In the evening, after dinner at Baugher's family restaurant, 30 dog chew toys were made as a donation to the Humane Society of Carroll County. Officers for the next year were inducted. The new officers are:

Libby Wade – President

Kathie Mack - Vice President for Program

Debra Rausch - for Vice President for Public Policy and Secretary

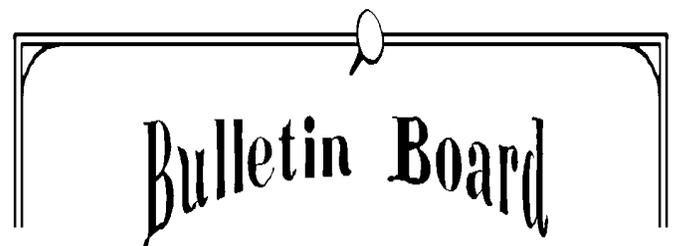
Chris Hager – Treasurer

Meals were shared, and raffle tickets were drawn for a handmade queen-sized quilt and seven gift baskets. A good time was had by all! Maybe you would like to join us as a member and come to next year's conference? Visit <http://www.mdafce.org> for more information.

Photos to choose from may be found at:

<https://photos.app.goo.gl/VCCgyxiRDybyF9>

NL9



Speedy recovery to Ruth Higgins, Montgomery County, after suffering a stroke. She is doing well in Asbury rehab.

Speedy recovery to Elizabeth Heagy, Carroll County, who is in the hospital with pneumonia. She is feeling better and hopes to go back to the rehab center soon.

NEWS FROM THE VICE PRESIDENT FOR PUBLIC POLICY

One of the most important rights we have is the ability of the common citizen to exercise their voice at the ballot box in how and who carries out public policy.



Historically, landed gentry (males only) held this power, with the common man exempt from the system. Women have only recently entered the arena of power politics to work in and try to equalize the playing field. We have just gone through the midterm elections and are awaiting the final results of several contested seats in Congress and the Senate to see if any of the control of the party politics has changed or if we are gearing up for a really big clash of personalities in 2024. What has all this to do with the right to vote? Lots.

After the “MAGA” political uproar of the 2020 Presidential Election and the January 6th attempted “insurrection” by the “MAGA” followers of President Trump, voting rights and their federal and state protections became at risk. How?

Questioning the very foundations of our electoral system, trying to redefine what these protections are, and who should be protected against interference with a person’s right to vote are some of the areas many states are working on and have legislated into law recently. The problem arises when the powerful majority tries to legislate voting rights against the feared growth of minorities. The growth of white supremacy groups and racial discrimination attitudes increases in proportion to the attacks on voting rights. Why the concern about the midterm elections?

The huge attention and coverage by the news media of the 2020 elections brought the American political picture into sharp focus for the world to see America’s social and political experiment is under great stress as much from within as without. The midterm elections did not see as much, if any, media focus. The number of voters seemed much lower. The willingness of younger, politically active and able-to-think-straight Americans participating in the responsibility of voting for the future of their country does not seem to be in force. The fewer numbers that get engaged in this country’s future equal a

weakening foundation for voting rights. If it is not exercised by the “people”, it may be lost to other political influences that care not for common people’s concerns. By the time they wake up to do something about it, it may already be too late to act. In short, the teaching of and the participation in civics has become of critical importance to the next generations. It is too bad the older generation sees this more clearly than the younger one does at this time.

Debra Rausch
rauschda@gmail.com

301-498-8806

REPORT FROM THE TREASURER

I was elected treasurer of Maryland FCE and sworn in on Tuesday, October 18th. Libby Wade, President, and I will meet to make the



necessary changes with the bank so I can write checks and monitor funds. Also, I will obtain the necessary bonding to safeguard your funds. Money has been deposited from the Quilt raffle (\$872), basket raffle (\$258) and the conference. My next responsibility will be to make the payment to County Women's Council of USA so MD FCE is in good standing in 2023.

Copies of the treasury report are available, please email me.

Chris Hager
econchris@earthlink.net

301-279-2037

How much money is printed each day?

The Bureau of Engraving and Printing produces 38 million notes a day with a face value of approximately \$541 million. That doesn’t mean there is \$541 million more money circulating today than there was yesterday because 95% of the notes printed each year are used to replace notes already in circulation.

IN AND AROUND MARYLAND

MONTGOMERY COUNTY

We have planned all of our 2023 programs and projects and are so happy to be back in person and doing the things we love. But we are aware of the trifecta of viruses going around – COVID, RSV and Flu. So, we encourage everyone to get vaccinated and wear a mask when you are in a crowded situation or traveling.

We have had an excellent return for our blanket making days at the Extension. The number of students participating has dropped off now that they are back in school full time. But that is ok, they are still doing a great job and many are dropping off multiple blankets each time. The adults are filling in the gap as more and more come back to join us on our blanket day. Everyone seems a bit happier and I'm seeing more smiles. We are so grateful for all.

We have continued to collect socks, hats, and gloves to donate along with our blankets, some of which are going to the shelters and food banks.

I also want to say what a wonderful State Conference we had. The speakers were fantastic and it was just fun to be together. Think about attending next year (mark your calendar for October 16 & 17), you will enjoy it. If you have questions about it, just ask anyone that attended.

Merry Christmas, Happy Holidays and stay safe.

Jeanne Purich
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301-384-2805

PRINCE GEORGE'S COUNTY

Prince George's County entered the first lap of the race to disbanding. Alicia Rausch and Debra Rausch cleaned out the storage closet at the Extension Office on Friday, November 4. Having to decide who gets grandma's yellow plate would be an easier task. Rita Bastek, a past state president, arranged many years ago to have a file cabinet and several boxes of unsorted records from the closet delivered to the Maryland Historical Society. Alicia and I sorted some and filed in 4 boxes what was of possible historical interest and cleaned out what wasn't. So, officially, FCE is out of the office and

soon to be a memory, when the last lap of the race is done with the closing down of our last club. We have wonderful memories of our ladies walking down the hall to our meeting room. I am glad to have known them in my life.

Debra Rausch
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MEMBERSHIP



Our 2023 FCE membership drive is progressing well. As of November 10, 2022, we have 95 members. Please give a warm welcome to our 5 new members: Cindy Coleman, Leigh Guiel, Anne May, Eleanor Newman, and Peggy Poole. There's still time to renew **AND** recruit! Remember that you receive an FCE Star pin for every new member you recruit **PLUS** a chance for you and your new member to attend our October 2023 Maryland FCE Conference for **FREE**. Hint: Make your holiday shopping easy with a gift membership! You can always contact me for a membership form. Stay safe and healthy.

Jeanne Gillis, Membership Chair
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**"START WHERE
YOU ARE.
USE WHAT
YOU HAVE.
DO WHAT
YOU CAN."**

ACWW News



ACWW believes that systemic problems require systematic solutions

Women-Led Development Priorities

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 lead 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.

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 service.

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 provisions for women as they age.

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.

TOMB OF THE UNKNOWN SOLDIER



1. How many steps does the guard take during his walk across the tomb of the Unknowns and why?

21 steps. It alludes to the twenty-one-gun salute, which is the highest honor given any military or foreign dignitary.

2. How long does he hesitate after his about face to begin his return walk and why?

21 seconds for the same reason as answer number 1

3. Why are his gloves wet?

His gloves are moistened to prevent his losing his grip on the rifle.

4. Does he carry his rifle on the same shoulder all the time and if not, why not?

He carries the rifle on the shoulder away from the tomb. After his march across the path, he executes an about face and moves the rifle to the outside shoulder.

5. How often are the guards changed?

Guards are changed every thirty minutes, twenty-four hours a day, 365 days a year.

6. What are the physical traits of the guard limited to?

For a person to apply for guard duty at the tomb, he must be between 5' 10" and 6' 2" tall and his waist size cannot exceed 30." Other requirements of the Guard: They must commit 2 years of life to guard the tomb, live in a barracks under the tomb, and cannot drink any alcohol on or off duty for the rest of their lives. They cannot swear in public for the rest of their lives and cannot disgrace the uniform

{fighting} or the tomb in any way. After two years, the guard is given a wreath pin that is worn on their lapel signifying they served as guard of the tomb. There are only 400 presently worn. The guard must obey these rules for the rest of their lives or give up the wreath pin. The shoes are specially made with very thick soles to keep the heat and cold from their feet. There are metal heel plates that extend to the top of the shoe in order to make the loud click as they come to a halt. There are no wrinkles, folds or lint on the uniform. Guards dress for duty in front of a full-length mirror. The first six months of duty a guard cannot talk to anyone, nor watch TV. All off duty time is spent studying the 175 notable people laid to rest in Arlington National Cemetery. A guard must memorize who they are and where they are interred. Among the notables are: President Taft, Joe E. Lewis {the boxer} and Medal of Honor winner Audie Murphy, {the most decorated soldier of WWII} of Hollywood fame. Every guard spends five hours a day getting his uniforms ready for guard duty.

In 2003 as Hurricane Isabelle was approaching Washington, DC, our US Senate/House took 2 days off with anticipation of the storm. On the ABC evening news, it was reported that because of the dangers from the hurricane, the military members assigned the duty of guarding the Tomb of the Unknown Soldier were given permission to suspend the assignment. They respectfully declined the offer, "No way, Sir!" Soaked to the skin, marching in the pelting rain of a tropical storm, they said that guarding the Tomb was not just an assignment, it was the highest honor that can be afforded to a serviceperson. The tomb has been patrolled continuously, 24/7, since 1930.

**ETERNAL REST GRANT THEM O LORD,
AND LET PERPETUAL LIGHT SHINE UPON
THEM.**



“True patriotism springs from a belief in the dignity of the individual, freedom and equality not only for Americans but for all people on earth.” *Eleanor Roosevelt, former First Lady.*

How to Build the Perfect Snowman

by Corinne Sullivan



Step 1: Wait for the right type of snow, and find a flat spot.

The first step to building a snowman is to make sure the snowfall is "**pliable and workable — not too dry that it doesn't stick, or too frozen solid.**" In other words, you want snow that's easily packable — if it's too fluffy, it'll fall apart. Once you've determined you have the right kind of snow and you're all bundled up in your snow gear, it's time to find a flat surface to construct your masterpiece — in a shady spot on your lawn is ideal.

Step 2: Start rolling the bottom section of your snowman.

The classic snowman is composed of three spherical sections, stacked vertically. You typically want to start with the largest one at the bottom, and flatten the top and bottom [of the section] a little so it sits more robustly, and adjoins on the next snowball on top. People say that the perfect ratio is 3:2:1 — but I think that, while this might be true, you just want to make sure that the bottom one is larger than the middle one, and that one is larger than the top one.

To make your bottom section, form a snowball and start rolling it across the ground, accumulating snow and packing it tightly as you go. Remember to **roll in different directions**, because if you push your snowball in just one direction, then you might end up with more of a jellyroll shape than

a globe. When you're satisfied with the size of your base, pack extra snow around it to keep it in place.

Step 3: Create the middle section.

Start with a new snowball to create your torso, making it slightly smaller than your base (and **not so big that you can't lift it onto your base once it's complete**— about two feet is good!). Lift it on top of the bottom section, and center it.

Step 4: Roll a smaller section for the head.

Scoop up one final snowball to create the head, which should be smaller than the torso — aim for it to be about a foot wide (you may want to create it in your hands, instead of rolling it). Place it on top of the snowman's body. Finally, scoop up a bit of extra snow and pack it around each section to finish it off.

"The way to assure that everything goes well for all ages of kids is to make it clear that **all sizes of snowmen are good.**" Making a two-foot-high snowman is just as good as the world's records.

Step 5: Gather materials and decorate your snowman.

After your snowman is constructed, then it's time for the fun part: decorating. Start by gathering your snowman-decorating supplies — for this part, anything can work - buckets, cookie cutters, balls, and anything found in the garage that's not valuable can all make great accessories for your snowman or snow-woman.

Once you have your supplies gathered, you'll want to **create a nose, eyes, mouth, and arms for your snowman.** A traditional snowman has a raw carrot for a nose, buttons for eyes, a row of pebbles for a mouth, sticks for arms, and is topped off with a corn cob pipe, a hat, and a scarf. But remember: **There's no wrong way to decorate a snowman.** Snowman-making is the first and probably the last time we will ever make a full-size portrait, and one of the few times in one's life someone is not telling you how to do something... so just go out and have fun.

Now get out there and make a snowman that'll even make Frosty proud!



CORNFLAKE CHRISTMAS WREATH



Ingredients

- 1 16 oz package large marshmallows
- 6 Tbsp salted butter
- 1-2 tsp green food coloring (different colors can be used for different holidays/birthdays, etc) adjust until desired color is reached
- 1 tsp pure vanilla extract
- 5 cups corn flakes or frosted flakes
- 1 tube green and red cookie icing
- Seasonal nonpareils, mini-M & M's, red hots or sprinkles for decorating

Directions

1. Spray a Bundt pan with cooking spray. Set aside.
2. On the stovetop over medium-low heat, melt butter in a large pot.
3. Add marshmallows. Cook over medium-low, stirring constantly to prevent sticking, until melted. Turn off heat, add green food coloring, mix until fully blended. Adjust color adding more food coloring until desired color is reached.
4. Remove from heat, add vanilla, and stir. Add cornflakes. Stir using a large nonstick silicone spatula or large spoon sprayed with cooking spray, until cornflakes are completely coated.
5. Drop by spoonful into Bundt pan. Spray hands with cooking spray and press firmly and evenly into pan. Set aside to cool for 1 hour, or just until set.
6. Turn out onto cake stand or platter. Use cookie icing to glue decorations to wreaths. Decorate as desired. Let dry completely.
7. Use a knife to cut or pull apart to serve.
8. Store on wax paper in an airtight container at room temperature for up to one week.



**Maryland Association for
Family & Community Education
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