

WHAT'S HAPPENING

Maryland Association for Family and Community Education, Inc. Newsletter

JUNE - Register for State Conference – Page 7

- All Nominees for State Officers, Group I President-elect, Vice President for Program, Secretary
- 12 Maryland FCE Board Meeting, 10:00 AM. Montgomery County Extension Office
- 13 Montgomery County FCE Board Meeting 10:00 AM (reference room)
- 15 Fun Day at Gettysburg – Registration required (\$10.00). Details on page 5.
- 22 FCE Blanket Making, 10 AM – 8 PM. Extension Office Garage

JULY

- 4 Happy Birthday America
- 10 Maryland FCE Board Meeting 10:00 AM. MC Extension Office
- 13 FCE Blanket Making Day, 10 AM – 3 PM. Extension Office Garage



AUGUST

- 1 **NEWSLETTER** deadline - send items to Editor
- 7 Maryland FCE Board Meeting, 10:00 AM Montgomery County Extension Office
- 3-6 National FCE Annual Conference, Florence KY
- 10 Set up Montgomery County Fair Booths 10 AM
- 11 - 19 All Day 74th Annual Montgomery County Fair – “Saddle Up for Fun”
- 24 – Sept. 10th Maryland State Fair, Timonium, MD
- 29 Montgomery County FCE Executive Board Meeting – 10:00 AM (reference room)

SEPTEMBER - COLLECT DUES

- All CHARACTER COUNTS![®] Essay and Artwork Contest starts – “Trustworthiness” National Literacy Month
- 1 FCE Blanket Making Day, 10 AM – 8 PM. Extension Office Garage
- 4 Extension Office Closed (Labor Day)
- 11 Maryland FCE Board Meeting, 10:00 AM Montgomery County Extension Office
- 12 Montgomery County Association Meeting, 9:45 AM Refreshments: Derwood. Install 2024 Officers “Domestic Violence and Child Abuse” Speaker Debbie Feinstein, Chief Victims Division, State Attorney Office.
- 21 Set-up for Yard Sale (15500 Gallaudet Ave, Silver Spring), 10 AM
- 22 - 23 Yard Sale
- 25 FCE Blanket Making Day, 10 AM – 3 PM. Extension Office Garage

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.

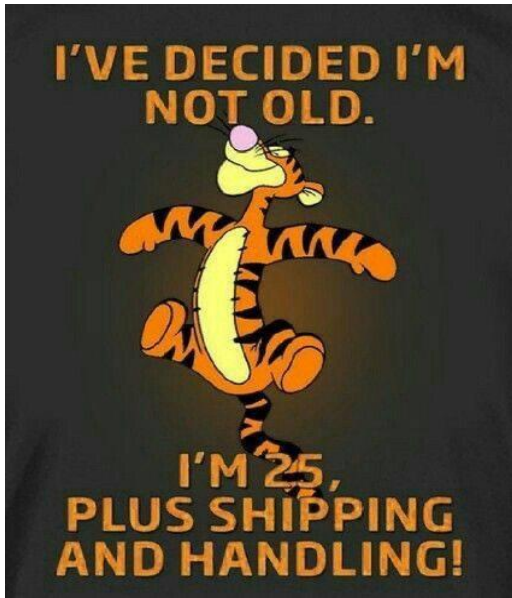
Newsletter Deadline: August 1

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



“Keep your face always toward the sunshine - and shadows will fall behind you”.
Walt Whitman

FROM THE PRESIDENT



It's Spring. What do you want to do first now that we can go outdoors without freezing. Winter is finally over. However, to be exact, April 28, 1898 was the record last snow date for the Washington, DC area. But the average last date is March 15. We can now look forward to flowers and plants beginning to bloom and temperatures warming up. Animals are coming out of hibernation and starting to nest and reproduce. I will be spending more time outside especially now that we will have more daylight. We can start growing fruits and vegetables. Just think about how fresh they will be when harvested. As Laura Ingalls Wilder said: "Some old-fashioned things like fresh air and sunshine are hard to beat."

What are some of the activities that we can do to have fun? How about a picnic with family and friends? I know some of you will be planting a garden. I enjoy eating at outdoor cafes. With our grandkids, we can go to the playground and swing on the swings. How about feeding the ducks at a pond or skipping stones across that pond. We can help the grandkids draw pictures on the sidewalk with chalk.

Everyone needs to think about coming to the Annual Conference. I hope everyone is saving the dates of October 16-17. We are going to Holiday Inn Express Kent Island, 1020 Kent Narrows Rd., Grasonville, MD. 21638. See you there!

Libby Wade, President
dunade@aol.com

301-831-8661

PROGRAM NOTES

MARYLAND FCE CONFERENCE



Last year we held an in-person Maryland FCE State Conference for the first time since 2019. It was held in Westminster, in the same hotel where we had gathered for several years. We were not numerous, but a good time was had by all! Photos

may be viewed at

<https://photos.app.goo.gl/VCCgyxiRDybyF9NL9>.

This year we will hold our in-person Maryland FCE State Conference at a new place with new local attractions to appreciate — Kent Island on the Chesapeake Bay. We have reserved rooms at the Holiday Inn Express, 1020 Kent Narrows Road, Grasonville MD 21638. The program being



developed will include interesting speakers, an excursion to the Old Wye Mill, and the opportunity to walk and sit along the shore of the Chesapeake Bay. Breakfast is included for those who stay at the hotel. Lunch and dinner will be included in your registration package. You may want to arrive at the hotel on Sunday, October 15, to take advantage of hotel amenities and Chesapeake Bay cuisine in a local restaurant.

The conference program will begin with registration at 10:00 AM on Monday, October 16th, and will continue through mid-afternoon on Tuesday, October 17th. Confirmed programs include a talk about the bay and oysters from the Chesapeake Bay Environmental Center. "It's About Thyme" (the growing and cooking herbs) will be presented by the Queen Anne's County Extension.

Quakers' core beliefs about equality among all people—men and women, black and white, young and old—made them, along with other qualities, feminists. The "Quakers and Feminism" program

will describe Quakers' beliefs and history, especially in the United States, and focuses on many of the Quaker women who led the fight for suffrage, for the abolition of slavery and for the alleviation of poverty. Diane Kendall will lead us in cookie decorating, which will be our dessert for dinner. Monday evening entertainment will be "Stories and songs from the Age of Sail on the Chesapeake Bay". After a Tuesday morning program and excursion to the Old Wye Mill (a working grist mill established in 1682), we will be treated to a luncheon at the 1721 Old Wye Church. We will conclude the conference with our



traditional basket raffle.

Full registration details are published in this newsletter and will be posted online by June 1st. <http://www.mdafce.org/lwhnews.htm>.

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

PUBLIC POLICY NOTES

Truth vs. Personalities in the Public Sphere

The last several articles I have produced have flitted around the topics of each citizen's responsibility in a democratic society through their actions in voting, thinking and processing information correctly, and seeing the total picture of history, past and present, to be a successful participant in our country's future. To think and process diverse information correctly and clearly depends on the sources available to be drawn from - in today's arena - these sources are not only books, newspapers, and magazines (all old school sources), but now include mechanical/digital sources, and computers of all types. The overall sources that control these are human beings. And, these human beings, therefore control how these old school and new age sources are

used and ultimately created. They control the narrative and the truth in and of the narrative.

The news media has always had a rough time of things in relating the stories they tell and produce to an audience wanting the "scoop" on events happening in their world. Some things directly affect one, others we are highly interested in because we are a somewhat "nosey" social creature! It is always interesting to see how the other half lives, even if we wouldn't touch that style of life with a 10-foot pole! The fact is media is both a curse and a necessity in a free society. How far they adhere to telling the real truth in the matters they report determines the health of that free society. When media and politics mix, that social health can only remain functioning if the consumer (you and I) can separate the truth of the reporting from the garbage being dumped.

Fox News is the latest splash in the journalistic pool to come to everyone's attention. Some of their reporters admitted lying on their broadcasts and knowing that the content of their reports was wrong. Instead of going to trial, Fox settled out of court and fired some of those reporters, not because they were in the wrong, but because their image as a news media station would be more tarnished if anything else defamatory came out in the trial. This situation highlights what is very wrong in today's public arena both in politics, the news media, the importance of morality in both, and the values we are teaching our kids.

Truth in journalism was once a high standard to reach for. Nowadays, the popularity of the personality seems to be the benchmark that they are measured against, not the content of what they produce. Shame over getting caught with one's drawers down seems quaint today. Having news media and politicians lie right to one's face and finding out later does not give a person a whole lot of faith in the system or the people we look up to, to inform us and run our cities and states. Our country needs to promote the "general welfare and secure the blessings of liberty for ourselves and our posterity". In short, public policy needs to focus more on the truth of the thing instead of the personalities or media organization that is promoting different things. We are only as good as the ingredients in the recipe, and lately, the product being put out there for public consumption has been pretty bad!

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

MEMBERSHIP NEWS

The Membership Drive for 2023 has now ended, and we have 99 members. Our 2024 Membership Drive will start in August but you can join at any time! Don't forget that you can receive an FCE Star pin for every new member you recruit as well as a chance for you and the new member to attend the 2024 fall state FCE conference for free.

Try inviting someone to one of our summer functions: a blanket making session, a club meeting, Fun Day or even to the Montgomery County fair to see the FCE booths. This is a great introduction to FCE activities and will help others join our circle of friends. Our goal for 2024 is to break 100! Enjoy the summer!

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

SCAMS USING FCE MEMBERS EMAILS AND TEXTS

We all know that it's important to stay safe on computers, cell phones and other electronic devices. It seems like every other day there's another scam – so much information to keep track of to and to stay aware of current dangers! We all like to be helpful, but sometimes scammers take advantage of this kindness.

Know that **FCE members will NEVER ask you for funds or gift certificates**. Recently, some in our organization have been contacted by email and/or texts from someone that appears to belong to FCE. It's happened to me multiple times from people at both the Maryland and Montgomery County levels. First, they ask if you "have some time to help with something" or "please help me with a favor." Most often, they say they are out of town or in a meeting and the need is urgent. Then, if you respond, they may ask that you purchase some gift certificates (example, they asked me to purchase \$800 in gift cards for the VA Hospital at Christmas) OR wire money (another example, they asked me to wire money to help with a purchase in Kentucky). Again, no one in FCE will ask you for money this way. Check the email address to see if you recognize it. **When in doubt, call the person directly!** Be careful

with responding to unsolicited emails, text and phone messages.

Also, check your "account settings" on your digital accounts (email, computers, bank accounts) to make sure that no one has added a phone number, changed your email or added an "external account".

And just another thought, your grandchildren are not in jail and they don't need gift cards to get them out! (The court or police do not take gift cards!)

Jeanne Gillis

DO YOU EAT YOUR VEGGIES?

Here's a quick list of the common vegetables that pack a punch of helpful nutrients and minerals. Be sure to rotate these winners onto your grocery list!

- **Green beans** are a good source of vitamin C, folic acid, iron, and potassium.
 - **Dried beans** provide protein, B vitamins, folic acid, iron, magnesium, and potassium.
 - **Cabbage** is high in vitamin C, folic acid, calcium, potassium, and fiber.
 - **Carrots** are rich in beta-carotene, vitamins A and K, and potassium.
 - **Sweet corn** is high in beta-carotene and lutein.* It also supplies B vitamins, iron, magnesium, potassium, and folic acid.
 - **Leeks** are a good source of fiber, iron, and vitamins A and C, and they contain the cancer-fighting phytochemical diallyl sulfide.
 - **Okra** provides vitamin C and the B vitamins, magnesium, lutein, and potassium.
 - **Peas** pack plenty of protein, B vitamins, vitamins C and A, manganese, iron, potassium, and lutein.
 - **Peppers** have lots of beta-carotene; vitamins B6, C, and A; and potassium.
 - **Potatoes**, with skins, are a good source of protein, iron, vitamin C, and potassium.
 - **Shallots** are a good source of potassium, vitamin B6, manganese, and folic acid.
 - **Summer squash** is high in vitamin C, fiber, potassium, and magnesium. Both dark green and yellow squashes are excellent sources of lutein.
 - **Sweet potato** is an excellent source of vitamins A, B6, and C, iron, fiber, and potassium. Plus, just 1 cup of sweet potato contains four times the recommended daily allowance of beta-carotene!
- *Lutein is an antioxidant that helps prevent blindness.*

Montgomery County News

Spring Luncheon FCE Lights Up Our Lives

Forty-two (42) members and friends enjoyed Diana McDonough explain why we are “Stuck in the Onesies”. Attendees donated books for newborns (52) for the hospital and plants for The Ranch. We were treated to a delicious lunch, lovely decorations and favors. Thanks to all of you for all your effort and attention to details. It was truly lovely.

FUN DAY June 15

Fun Day is a fun day of comradery, food, sightseeing, outlet shopping, boat rides or lazing around the porch. We will be entertained with Chamber music. PLEASE BRING A DISH TO SHARE (and let us know what it is)!

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

PLEASE RSVP to Jeanne Gillis (jeannegillis2326@gmail.com – 301-926-1038).

Activities start at 10:30, lunch approximately at 1:00 PM, dinner at 6:00 PM.

FCE BLANKET MAKING DAYS June 22 Thursday 10 AM to 8 PM July 13 Thursday 10 AM to 3 PM September 1 Friday 10 AM to 8 PM September 25 Monday 10 AM to 3 PM



Thank you for all the hard work, time and effort each of you have put into continuing this project. We are so pleased to be distributing to some of the hospitals as well as all the other agencies. We need yarn and fleece, we do not need fabric, except for kids’ prints. Call Kathie at 301-270-5367 for more info.

FAIR BOOTHS “Saddle Up for Fun!”



August 11 – 19

Planning and working on the **Fair Booths** has begun. If you would like to design a display to

present at the Fair, please let me know. We have display boards that you can borrow or you can design a free style booth. Also, if you can spend some time at the Fair to sit by the booths and talk about FCE, blanket making, etc., please contact me, Jeanne - 301-384-2805.

BACK to SCHOOL SUPPLIES



In July, August and September, we will collect school supplies. Items can be dropped off on blanket days, our September Association meeting, at my house, with Kathie Mack, or when you come to the yard sale. Thank you very much for your help. I know the schools and students are very appreciative of these supplies.

“DOMESTIC VIOLENCE AND CHILD ABUSE” Speaker Debbie Feinstein, Chief Victims Division September 12 9:45 AM Extension Office

On average, nearly 20 people per minute are physically abused by an intimate partner in the United States. 1 in 15 children are exposed to intimate partner violence each year, and 90% of these children are eyewitnesses to this violence. Although we have had similar programs, we need to be kept aware of what is going on and what is being done. Learn what is happening in Maryland.

YARD SALE Set-up Thursday September 23 September 24 and 25 (Friday and Saturday) 15500 Gallaudet Silver Spring

The tables will be on the front porch starting in August 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 for the sale days.

Have a safe and healthy summer. Hope to see you soon.

Jeanne Purich

jcpurich@cs.com

"At first people refuse to believe that a strange new thing can be done, then they begin to hope it can be done, then they see it can be done—then it is done and all the world wonders why it was not done centuries ago."

Rural Women in Action: ACWW's Strategy 2022-2026



(Note the new logo)

What is ACWW? 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 access to political processes. ACWW's membership spans 82 countries, over 90 million women and since 1947 we have passed more than 180 policy resolutions by popular vote. The key concept behind each of these is the empowerment of rural women in all their diversity. This continues to be our driving priority.

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. Associated Country Women of the World exists to change that.

ACWW amplifies the voices of Rural Women, so that the problems they face and the solutions they raise are heard and acknowledged by national and international policy-makers and legislators.

Reaffirming the earliest statements from our founders, ACWW calls for co-operation among women's organizations to ensure action to secure meaningful, quality education for all young people. The advancement of education is a pathway to the relief of poverty and the relief of sickness and preservation of health.

Our work is rooted in the fundamental principles of human rights, and we work on behalf of those who experience intersecting injustices and inequality. ACWW stands against discrimination in

all its forms, and works towards gender equality, accessibility, global citizenship, solidarity with those facing discrimination, and sustainable development.

We will work with peers to redress racial inequalities and leverage our partnerships to ensure positive joint working, promoting, sharing, and learning from best practice wherever possible to encourage greater accountability and advocate for meaningful change. ACWW commits to being an anti-racist organization, and aims to equip all members to address racism within their own communities and collaborate to ensure that the voices of women of color and indigenous communities are heard

Final Report: Project 1042 Sexual and Reproductive Health Education

Project in numbers:

- 75 volunteers trained in Sexual and Reproductive health education
- 68 young women given training in assertiveness and communication
- 118 men trained in sexual health and rights, and taught about equal partnership and consent
- 90 young women trained to recognize signs of exploitation and abuse
- 95 girls taught about menstrual health and safer sex.



“You Can't Cross the Sea Merely by Standing and Staring at the Water”.

Bengali Poet & Philosopher Rabindranath Tagore

Maryland FCE Annual Conference 2023
Monday October 16th - Tuesday, October 17th, 2023

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

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

Name: _____ Classification (check all that apply)
 Address: _____ _____ FCE Member
 _____ _____ 1st Time Attendee
 _____ _____ Guest
 County: _____ Phone: _____
 Roommate: _____
 _____ E-mail Address (PLEASE)

Full Conference Registration (Registration starts at 10:00 AM, meeting starts at 10:30 AM)

Includes: Conference materials, meeting rooms and speakers, **1 night lodging** (10/16), 1 breakfast (10/17, included with room stay), 2 lunches (10/16 & 10/17), and 1 dinner (10/16).

(check here) POSTMARKED BY:	September 5	September 6 – September 10
_____ Single Room	\$ 200.00	\$ 210.00
_____ Double Room	\$ 140.00 (EACH)	\$ 150.00 (EACH)

Dietary restrictions (list) _____

Handicapped room needed YES NO (please circle)

Commuter Registration:

_____ 2-day Commuter Conference materials, meeting rooms and speakers, 2 lunches (10/16 & 10/17), 1 dinner (10/16)	\$ 75.00	\$ 85.00
_____ Monday only 10/16 Conference materials, speakers, meeting rooms and 1 lunch, NO dinner (if staying for dinner, call for additional cost)	\$ 50.00	\$ 55.00
_____ Tuesday only 10/17 Conference materials, speakers, meeting rooms and 1 lunch	\$ 50.00	\$ 55.00

If you are staying at the hotel Sunday, October 15, check here. _____

You will pay the hotel directly but we will tell them you are coming. Cost \$ 119.00/night plus 6% occupancy tax.

Make check payable to – **Maryland FCE (MDAFCE)**

Mail check and form to:

Chris Hager econchris@earthlink.net
 842 Azalea Drive Rockville, MD 20850-2017

301-279-2037

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

Direction to Annual Conference

Holiday Inn Express Kent Island

1020 Kent Narrows Road, Grasonville, MD 21638

Phone: 410-857-4454

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

