

# WHAT'S HAPPENING

Maryland Association for Family and Community Education, Inc. Newsletter

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
- 1 FCE Blanket Making, 10 AM – 3 PM. Montgomery County (MC) Extension Office Garage
- 4 State Board Meeting 10:00 AM. MC Extension Office
- 8 **International Women's Day (ACWW)**
- 14 Association Meeting 9:45 AM. MC Extension Office, Refreshments: Derwood  
**Program** "International Day – Malaysia" – Chris Hager
- 18 **NAFCE Mid-Year** meeting on zoom, 2 & 8 PM. You will get an email invite to sign up to receive the zoom link.

### April

- 1 State Board Meeting 10:00 AM. Montgomery County (MC) Extension Office
- 9 Association Meeting 9:45 AM. Refreshments: Burtonsville  
**Program** "Bali-hoo and How-to: Indonesian Fabrics" by Helen DeRoo
- 15 FCE Blanket Making, 10 AM – 8 PM. MC Extension Office Garage
- 15 All State Reports, Outstanding and Superior Unit Awards due to NAFCE
- 27, 28 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

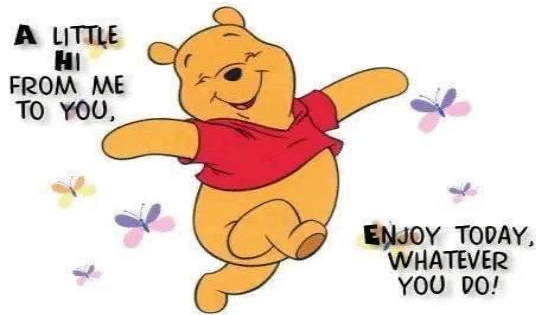
- 3 Set-up for Spring Luncheon **1 PM**
- 4 Spring Luncheon, MC Extension Office 10:30 AM - 2 PM  
"FCE - Striving for a Better Future" See pages 5 & 8 for details.  
We will engage in Women Walk the World prior to lunch.
- 6 State Board Meeting 10:00 AM. Montgomery County (MC) Extension Office
- 13 FCE Blanket Making, 10 AM – 3 PM. MC Extension Office Garage
- 27 Office Closed (Memorial Day)
- 28 Montgomery County Executive Board Meeting, 10 AM, Extension Office



### June

- 3 State Board Meeting 10:00 AM. MC Extension Office
  - 6 FCE Blanket Making, 10 AM – 8 PM. MC Extension Office Garage
- All Month - Nominees for State Officers, Group I: (taking office in odd years) President elect, Vice President for Program, Secretary. Group II: (taking office in even years) President-elect becomes president, Vice President for Public Policy, Treasurer**

## FROM THE MARYLAND FCE PRESIDENT



It is a new year and now is the time to decide what activities we want to work on this year. What topics are you interested in?

Interesting words from Judy Fullmer – National FCE President: “Greetings to all FCE members from your National FCE Board. The board has been working on getting programs prepared for 2024 Midyear meeting and the 2024 National FCE Conference. We will be covering Food Security as well as other topics of interest. The board realizes that in order to cover the Food Security topic we need leaders ~ so there will be some leadership training available ~ how to contact public officials, how to write a letter and what are the local issues concerning Food Security. This topic comes from the Issue and Analysis Resolution session at our 2023 conference and from the resolution that National FCE presented at the 2023 ACWW Triennial ~ “Be it resolved that ACWW facilitates both action and advocacy on the issue of food waste, recognizing that food waste occurs throughout the global food supply chain, and that coordinated action is required to mitigate food loss and wastage at every stage.” The National FCE Board and the conference attendees felt called to support this resolution by adopting the Food Security program for the next few years.”

We are going to have our Annual Conference at the same place as last year – Holiday Inn Express Kent Island, 1020 Kent Narrows Road, Grasonville, MD 21638. It will be in October 2024. We have some suggestions for programs but would love for you to give us more ideas. Please talk about it at your local meetings and/or email me with your topics. If you have the topic and a person that can present it, that would be even better. Also, if you know of any tours or sites to visit, please let us know that also.

Please think about coming to the Annual Conference and save the dates of October 20-22, 2024. See you there!

Libby Wade, MDAFCE President  
dunade@aol.com

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## PROGRAM NOTES

Three terrific programs are being organized for the spring by Montgomery County FCE, and of course at the state level we are working to arrange another wonderful conference in October. We hope many of you will be able to attend (and bring friends).

- Thursday, March 14 at 9:45am. **International Day**, featuring the cuisine and customs of Malaysia, where the most recent conference of our international organization was held in 2023. Jeanne Purich and Chris Hager attended this conference are handing out recipes so that we can enjoy a potluck Malaysian lunch together as well as a PowerPoint® about the country.
- Tuesday, April 9 at 9:45am. **“Bali-hoo and How-to: Indonesian Fabrics.”** This slide talk will be presented by Helen DeRoo, an accomplished sewist who is excited by her recent trip to the island of Bali in Indonesia.
- Saturday, May 4 at 10:30am. Spring Luncheon, **“FCE Striving for a Better Future.”** Our featured speaker will come from the Giant Food nutrition program and will focus on Sustainability in the food supply chain. “Greater transparency is fundamental at Giant Food because you deserve to know where your food comes from and that it contains ingredients you trust. Giant Food is committed to developing a program that enables customers to shop based on personal preferences such as using less plastic, ensuring humane treatment of animals, finding products free from chemicals of concern and much more.”
- Sunday, October 20 to Tuesday, October 22. Maryland FCE annual conference, to be held for the second time at the Holiday Inn Express in Grasonville, Maryland (on Kent Island). Details will be forthcoming.

Kathie Mack,  
MDAFCE Vice President for Programs  
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## PUBLIC POLICY NOTES

### A Recipe for Our Continued Freedom

What is important about the ingredients of a recipe? How much we put in the bowl? What receptacles we use to measure fixings with? The quality of the ingredients we use? The precision of the amounts we measure? The actual decision of which ingredients to use in the dish? Or, just the final outcome of the recipe? Do all or only parts of this process influence the result? Will it be edible or at all palatable? Why would the answers to these questions matter to the final result... (a well-made dish that is both healthy, balanced, able to be analyzed for its separate parts {ingredients}, and able to be repeated successfully with a consistent outcome, something edible?) After all, a recipe isn't good if it can't be used by another cook with the same results!

How does this talk of recipes relate to public policy? In 1950, Damon Knight wrote a short story called "To Serve Man". Rod Serling adapted it in 1962 as TV episode of "The Twilight Zone". Aliens come to Earth offering to help mankind live better, more peacefully, healthily, and abundantly, with no strings attached. They even offered group exchange trips to their planet to show mankind how much they have improved their own people's lot. Everyone is accepting of the alien's intentions, no questions asked. However, a few humans do ask, investigate, and translate a book the aliens had, which at first had been told to humankind as reading "To Serve Man". What they come to realize is, it was a cookbook of recipes which was finally translated as "How to Serve Man". The exchange trips were really the transportation of humans to the alien planet as a food source for the aliens. Their real purpose in helping mankind was to fatten them up, make them a healthy food source, and keep all humans content, not questioning their hidden agenda. Now, we connect this to public policy.

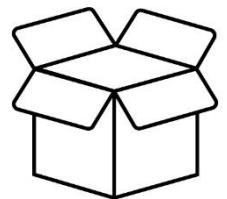
What kind of messages are the general public getting through the various news outlets, social media, political parties, politicians, educational institutions, and other media nowadays? Where do "brainwashing" and critical thinking skills fit into the picture? The banning of books and revisionist history writing? Name calling and applying bigoted labels to people different than one? Them versus Us? Usage of the same labels over and over until people repeat the exaggerations,

lies, slander, bigotry, and misinformation as truth, without having thought about what they are saying and where the information came from, abounds in the groups mentioned in my first sentence. If these questions sound familiar, my last several articles have talked about the subject from different angles. In effect, the content of what constitutes our critical thinking skills is as important as the resulting statements that are made. Quality information analyzed before speaking a concluding public statement is vital to the healthy result of an open, knowledgeable society.

The prescription for keeping our society healthy, informed, and aware of the consequences of "using our brains only to take up space" (as many of us have heard our parents/grandparents tell us growing up), is to read everything that one can on any subject being discussed. Investigate sources you don't normally read. Get other perspectives from people who think differently than you. Question all flat statements of fact and inquire what facts support or not support a subject. In other words, don't accept a fact or truth from someone just because they said so. We don't want to end up like the livestock in that short fiction story being fed a diet of lies, untruths, and misinformation, that has our society unable to see that we are being led to our own social destruction from within. And, as historians of old have written time and again, mankind can't seem to stop making the same mistakes. A free society remains so only as long as the people within it can think and analyze clearly. We truly have a lot of work to do in this critical part of the American experiment. Our founding fathers were only the start, as America is a work in progress for each generation. That is the key part of this, that we keep working and progressing forward on those promises and dreams and aspirations of the Declaration of Independence.

Debra Rausch,  
MDAFCE Vice President for Public Policy  
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One thing no one ever talks about, when it comes to being an older adult, is how much time we devote to keeping a cardboard box because it is, you know, a really good box.



## MEMBERSHIP



Roses are red; Violets are blue. To get a new member, we need YOU! It's not too late to renew or better, recruit a new member. In 2023, we had 6 new members while so far this year we have only 3 new members. Remember you and whomever you recruit will qualify for a chance at attending the 2024 MD FCE conference for **free**. Currently, we have a total of 92 members, and we'd like to get more than 100. Please contact me if you need a membership form.

Jeanne Gillis, Membership Chairman  
101 Rolling Rd, Gaithersburg, MD 20877-2043  
jeannegillis2326@gmail.com 301-926-1038

## Notes from Frann Peters

### STAMPS

We are now sending our cancelled stamps to a veterans' group in Virginia.

### Montgomery College Scholarship:

Two nursing students were awarded \$2,000.00 each for the 2023-2024 school year. Our two recipients are Michala Perry and Nolan Gonzalez.

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

### Laytonsville Veterans' Home

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

**Thank you for always doing great things!**

Frann Peters 301-253-2589

## Bulletin Board

Speedy recovery to Juanita Jones and Adele Washington, who recently had surgery.

We have learned of the passing of a former member from Anne Arundel County, Ann Fishell, 97, was both a county and state officer. She was a member for 63 years.

### Check out the WEB with MDAFCE [www.mdafce.org](http://www.mdafce.org)

Send calendar updates, information and stories of interests for the web page to Libby Wade at [dunade@aol.com](mailto: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](mailto:jcpurich@cs.com).



## Fun Things to Do!

Perhaps as FCE members you would enjoy trying out some of these opportunities, some happen every month or even every week!

**The Georgetown Lombardi Arts and Humanities Program** offers free online course opportunities on all kinds of subjects, including yoga, seated/chair yoga, mindful creativity, knitting, watercolor, writing and many more.

Here is a link to their eventbrite page.

<https://www.eventbrite.com/o/the-georgetown-lombardi-arts-and-humanities-program-31164985429>

**“Women, whether subtly or vociferously, have always been a tremendous power in the destiny of the world.”**

**Eleanor Roosevelt, “It’s Up to the Women”**



## Montgomery County President's Paragraphs

### International Day "Malaysia" – Chris Hager

**THURSDAY March 14 (Note the Day)**  
**Association Meeting 9:45 AM Extension Office**

Enjoy the sights, sounds and food of Malaysia, a multicultural country with a mix of Chinese, Indian and Malaysian to delight you. A tasting meal will be offered after a PowerPoint® presentation on the country.

### "Bali-hoo and How-to: Indonesian Fabrics" Helen DeRoo

**Tuesday April 9**  
**Association Meeting 9:45 AM Extension Office**



You are probably familiar with batik fabrics – their beautiful colors and patterns. But have you ever wondered how they are created? A fiber tour to Bali in 2023 gave me the opportunity to learn several techniques used to create these amazing fabrics. In this slide and hands-on presentation, you will be able to peek behind the scenes with me to share my experiences and then to see the results of what I learned.



### FCE Blanket Making

**Extension Office Garage**

**March 1 Monday 10 AM – 3 PM**

**April 15 Thursday 10 AM – 8 PM**

**May 13 Tuesday 10 AM - 3 PM**

**June 6 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 2023, FCE members, students and friends made 1,517 blankets (26,745 total since 2002) and 420 baby hats (14,128 total).

## WOMEN WALK THE WORLD FOR ACWW

**Monday, April 29**



On or around ACWW Day, April 29, 2024 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 4<sup>th</sup> Spring Luncheon, but you are welcome to get sponsors and arrange a walk on your own.

**Spring Luncheon,  
Saturday May 4**

**"FCE Striving for a Better Future"**

**10:30 AM Extension Office**

Plans are underway for the Spring Luncheon. The Lunch Bunch Club is organizing this wonderful day. As FCE members, we know what pleasure, friendship and knowledge we get from being FCE members. Besides having a great time, you may learn something to.

**Members are to provide a 6-pack of annual flowers or vegetable plants for The Ranch and/or Laytonsville Veterans Home.**

Also, please bring a "Book for a Newborn".

Registration form on page 8 and there is a sign-up sheet is available at all meetings.

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

*Jeanne Purich*

jcipurich@cs.com

## Sustainability Dates to Keep in Mind

March 3: World Wildlife Day

March 18: Global Recycling Day

March 22: World Water Day

March 30: International Day of Zero Waste

April 22: Earth Day

April 26: Stop Food Waste Day



# ACWW



## Unrestricted Funds Unrestricted Impact

For some years, ACWW has had restricted and unrestricted funds.

Restricted funds were used for project funding only, initially excluding even the direct associated project costs and more recently including delivery costs associated directly with projects. Unrestricted funds (“Pennies for Friendship”) funded every other element of ACWW’s work and maintenance.

However, this model is completely unsustainable, and leads to confusion about the nature of international development work. From July 1, 2022, all donations to ACWW will be to the unrestricted “Rural Women in Action Fund”.

Donations to this fund will support all of ACWW’s work, from projects to advocacy to education and awareness-raising, with the belief that supporters will come to understand how all of these vital elements are connected and cohesive.

There is a genuine need to reunite grassroots development work with national and international lobbying. If you only do grassroots development work without any attempt to influence changes to systems of inequality and oppression, you are only making short-term progress which is easily lost. This has been drastically obvious during the Covid-19 pandemic. Restricting funds to one particular aspect weakens all aspects of ACWW’s work, and makes it more difficult to achieve our interconnected goals.

We will, of course, continue to rely on our members for their donations, and hope that this new initiative will inspire even more support among the members of our member societies, as well as giving them a connection to a vital, thriving international network that may attract new, younger members to their local societies.

In this way, we are seeking to address a challenge identified by the Board. We seek to not only expand ACWW’s network, but also help our member societies with their shrinking membership numbers by strengthening the links between the whole network: members, supporters, and project participants.



### Strengths

- ACWW is the largest international rural women’s organization.
- The membership learns from each other and share their knowledge and experiences.
- We have a platform to amplify the voices of rural women.
- We are inclusive and diverse.
- We have existed for more than 90 years.
- We have consultative status with the UN Economic and Social Council, and other UN agencies like UNESCO and FAO.
- We play a vital role in Civil Society.
- Our network covers more than 80 countries.

### Challenges

- Decreasing income over the last 30 years.
- High turnover of individual members, and member societies shrinking.
- Limited ability for impact assessment of action on Resolutions and Recommendations.
- Limited impact of projects due to low investment.
- Limited scope for achieving effective systemic change.
- Misunderstanding about the connection of advocacy and projects, further confused by restricted funds.
- Over extension caused by diverse and abundant Resolutions (“spreading ourselves too thin!”).
- Historic prioritization of stability over the realization of objectives.

## WRING OUT THE OLD; BRING IN THE NEW



Although we are two months into the new year, it is a good time to put to rest some cleaning practices that have seen their day. Here's the lowdown on some old (and so-old) cleaning myths.

**The Old:** Sponges can be sanitized in the microwave.

**The True:** Using the microwave can be risky. Unless the sponge is soaking wet, there is the possibility of starting a fire. In addition, the size of the sponge and the amount of power in the microwave are variables that influence how long you would need to zap it to kill germs. A better way is to soak the sponge for five minutes in a solution of one quart water to three tablespoons of chlorine bleach. Let the sponge air-dry. Replace your sponges every two to eight weeks, depending on how frequently and roughly they're used. And use paper towels instead of sponges to mop up food spills.

**The Old:** Silverware should always be washed by hand.

**The True:** Silver cutlery can be put in the dishwasher if it's not washed in the same basket as stainless-steel cutlery. If the two metals touch, the silver may be permanently damaged. One advantage of washing silverware by hand is that the patina is enhanced by the rubbing that occurs during the washing and drying process.

**The Old:** It's a good "green" practice to save energy by drying clothes on a clothesline, rather than in the dryer.

**The True:** The increased use of cold and warmwater wash cycles means that some bacteria may not be destroyed during the laundering process. Machine drying after washing and rinsing will help reduce those lingering bacteria and viruses. In addition, some modern fabrics contain optical brighteners or fluorescent whitening agents that may turn yellow when exposed to long periods of sunlight.

**The Old:** Silver items should be polished regularly.

**The True:** Too much polishing eventually starts removing metal, as well as the patina that makes silver pieces so attractive. In fact, the more often you use and wash silverware, the less often it needs to be polished.

**The Old:** Club soda is a good stain remover.

**The True:** There's no scientific basis for the claim that club soda removes stains. Its success is probably due to the fact that it's usually close at hand so the stain is treated promptly. Tap water is cheaper and works just as well. Be aware that water treatment may only dilute, but not remove, the stain. Stain sticks, stain wipes and prewash stain removers are usually better remedies to remove stains.

**The Old:** Crumpled newspapers are great for cleaning windows and mirrors.

**The True** While this may have worked at one time, paper and ink formulas have changed, so you may end up with smudges on your windows and casings. Paper towels or a microfiber cloth are better solutions.

**The Old:** Hairspray is a great way to remove ink stains.

**The True:** This technique surfaced – and often worked – when alcohol was a key ingredient in hairspray. Today, hairspray formulas are either low-alcohol or alcohol-free. Use undiluted rubbing alcohol or a stain-removal product formulated for ink stains instead. (Editor's note: Lestoil® works great as well.)

**The Old:** Washing dishes by hand is more energy efficient.

**The True:** Dishwashers use less energy, cost less money, and save more water than washing dishes by hand if you're washing at least eight dishes. It also takes less time since you don't even need to pre-rinse.

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LESS MONEY is spent annually on medical research than on hairdos.

STUDENTS of human behavior say a person rarely throws a tantrum when alone.

# Spring Luncheon May 4, 2024

**Registration due by April 25, 2024**

***“FCE Striving for a Better Future”***

The speaker will come from the Giant Food nutrition program and will focus on **sustainability** in the food supply chain

**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

Name

email (if no email use phone number)

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FIRST CLASS MAIL

