

LOOK

FALL 2020

WHAT'S HAPPENING

Maryland Association for Family and Community Education, Inc. Newsletter

SEPTEMBER

- All CHARACTER COUNTS!® Essay & Artwork Contest - Responsibility
Collect 2021 Dues - Membership Drive
National Literacy Month
- 1 **All County Associations' List of Officers and Committees for 2021 due to State President**
- 14 10:00 AM Maryland FCE Board ZOOM meeting

OCTOBER

- 5 10:00 AM Maryland FCE Board ZOOM meeting
- 13-19 National FCE Week
- 15 Rural Women's Day
- 16 World Food Day
- 18-24 CHARACTER COUNTS!® Week
- 19-20 Maryland FCE Annual Conference
CANCELLED Westminster, Maryland

NOVEMBER

- 1 **LOOK WHAT'S HAPPENING**
deadline for items to Editor
County Membership Dues to State Membership Chairman
- 5 10:00 AM Maryland FCE Board ZOOM Meeting,
- 21-27 National Family Week

DECEMBER

- 1 State Dues/Membership Forms to NAFCE
- 2 10:00 AM Maryland FCE Board ZOOM meeting
- 31 **Counties' Annual Reports due to Vice President for Program;**
Membership Appreciation Award due to Vice President for Program

Inside.....

From The President	2
News from the VP for Program	2
News from the VP for Public Policy	3
In and Around Maryland	4
Bulletin Board	5
Do Not Delay - Pay Today	6
2020 Membership Form	7
Corn Salsa	8

MARYLAND FCE CONFERENCE

Unfortunately due to the corona virus we have had to **CANCEL** this wonderful event. BUT we have already booked the 2021 conference for October 18th and 19th. Mark your calendars.

CHARACTER COUNTS!® Contest 2020-2021

Responsibility, the third pillar of character, is this year's focus. Contact your local schools (county presidents have the information) and encourage them to participate in the FCE essay and artwork contest from September 1, 2020 to January 31, 2021. Send winning county entries to the state president by March 1, 2021.

MDFCE Web Site is www.mdafce.org

Send new officer's list, newsletters, calendars and information to Libby Wade at dunade@aol.com.

Newsletter Deadline: November 1

Send all articles, Bulletin Board items, or address changes for the newsletter to:
Jean Purich, 15500 Gallaudet Ave, Silver Spring, MD 20905-4196 or email at jcpurich@cs.com.

FROM THE PRESIDENT

In trying to come up with a good topic to talk about, I keep falling back on our big dilemma of Coronavirus. It has raised all of our anxiety levels. So, let's talk about risk factors and coping. The activities we can do at low risk are: staying at home, reading, watching TV, walking or running outdoors, gardening, and outdoor picnicking. Moving up to low or medium risk are: outdoor sports, shopping, and outdoor dining. At the high-risk level, we have: hair salons, working in an office, indoor restaurants, bars/nightclubs, public transportation, concerts, attending church, and going to the movies.



could try that new recipe or start a new hobby like meditation or find a deep breathing technique that calms you. Of course, there is always physical exercise. We will get through this. Stay positive. Control what you can. Let go of what you cannot!

Libby Wade, President
dunade@aol.com

301-831-8661

NEWS FROM THE VICE PRESIDENT FOR PROGRAM

Wondering what to do with all your pandemic-induced free time? Why not make face masks? When the lockdown order came, I was left with nothing to do, nowhere to go, and no way to get there anyhow. At first I thought I would work on a longtime project of de-cluttering my house, but then something more interesting came along – I will admit almost anything would have been more interesting than housework! I received an e-mail from Kathie Mack of Montgomery County FCE saying that county had a project of making face masks for charity. Though I live in Prince George's County, Kathie said she included me because she knew I was active in FCE, so I thought I would give it a try. At first I used the pattern suggested in the e-mail, but my sewing machine didn't particularly like that one, so I looked for another. I quickly discovered that there zillions of patterns for face masks on the internet. I tried a couple more, but still felt that I had not found the perfect pattern. Then I received an e-mail from a member of my church, acting on behalf of the Session (the ruling body of the church) to make sure the older members of the church were still alive and kicking. When I mentioned that I was making face masks, she suggested that I take a look at the Tom Bihn website. They sell backpacks and things like that, but had received so many requests for face masks, that they had developed their own design and provided the pattern free because they could not keep up with the demand. I tried this pattern and quickly fell in love with it – it is the easiest and fastest that I have found and it fits very well. It comes in five sizes- from large to a small size that will fit a 4 year old. As of this date, I have made 105 masks. I kept one for myself, each of my 2 pet-sitters wanted one, one of the pet-sitters requested one for her 4 year old son, (that's how I know it will fit a 4 year old!) and one



So how do we cope and slow the spread of the virus? The biggest safety behaviors are, of course, wearing masks, physical distancing, handwashing, and staying at home. Another tool would be to limit your media exposure. Sure, check the news for updates, but do not watch or read about it all day. Especially right before bedtime. Take time to visit with friends and family by phone, video, text, or email. But again, don't dwell on the Coronavirus! Talk about books, TV shows, or topics you heard about on the news or talk shows. (But NOT the virus.) Maybe you

went to Marie Moeller, a former FCE member. One hundred (100) have gone to FCE for their project.

Along the way, my trusty Bernina 930 sewing machine, which has served me faithfully for 40+ years, developed the nasty habit of the thread jumping out of the take-up lever and making a mess on the bottom. I thought I would have to have it repaired, but I took the time to peruse a book on sewing machines which I had had for several years, and I think I fixed it! (knock on wood, but I am not giving up my day job!)

Someday the coronavirus will become manageable and things will return to normal. Until then, I will just go on making face masks and hope for the best. It sure beats housework!

Sue Van Slyke
okgunfight@aol.com 301-630-3918.

NEWS FROM THE VICE PRESIDENT FOR PUBLIC POLICY

USA TODAY, (July 31 & August 2) published an article about the unsolicited packages of seeds received by US citizens in 30+ states in the past month. All 50 states issued warnings about the packages which contained the seeds of such plants as morning glories, hibiscus, roses, cabbage, and herbs such as mint, sage, rosemary, and lavender. People are warned **NOT TO PLANT** the seeds and to hold on to the seeds, packaging, and mailing label. Contact your state's plant regulatory official or Animal and Plant Health Inspection Service, who will contact you with further instructions. Some seeds were reported to be coated with something colorful. Commercial seeds planted by farmers are often coated with fertilizer or protectants to encourage successful germination.

The worry about these seeds is they could introduce an invasive species that could compete with our native plants. There could be unknown microbes connected to these seeds, too! Agriculture Departments in 30+ states have issued warnings about these seeds. On the other hand, the mailing of these seeds could possibly be connected to an online "brushing scam", where sellers send unsolicited items to people so they can post false customer reviews. Another idea that has been raised is this could be a way to steal the recipient's

identity by sending the packages through the mail. Please pass this information on to your family and friends. As more information becomes available, we will report on this issue.

The other issue that concerns our public policy at this time (besides the coronavirus spread, vaccine development, unemployment, mass hunger/eviction fears and realities, racial unrest and social justice issues, among many), is dealing at the local, state, and national level with voting in the November election. This is a developing story. The issue is in-person versus mail-in balloting. The time and people resources required to count ballots, posting reliable and timely results, protecting the election and vote-casting from fraud, prevention of voter suppression by closing polling stations, and the casting of ballots by technology or paper are just a few issues being argued about on both sides of the political divides. Voting is by no means a uniform, standard process in this country. Conducting a nationwide election during a pandemic that is also being dealt with differently in each state and region of the country adds to this mess. The general election is less than 3 months away and it promises to be one of the nastiest ones on record. Politics is already muddying the cloudy waters of this issue, which makes it a "hot potato" subject. So, we won't see what this dish looks or tastes like until the election is over. More discussion will follow in the next LWH. Different time, same reporter! Have a nice rest of the Summer and Fall!

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

VOTE!!!

If you have a Maryland driver's license or MVA-issued ID card, you can use the online system to request a ballot. Go to



<https://voterservices.elections.maryland.gov/OnlineVoterRegistration/VoterType> then click on Request a Ballot and follow the instructions.

Important Note: Senate Bill 145, passed and enacted by the Maryland General Assembly on May 8, 2020 requires the State Board of Elections and each local board of elections to refer to absentee ballots as "mail-in ballots" and absentee voting as "mail-in voting."

IN AND AROUND MARYLAND

CARROLL COUNTY

In February, we in Carroll County FCE picked **CHARACTER COUNTS!**[®] winners and ordered the books and parrots (stuffed animal characters) from National FCE, we also got the Ag office to print our certificates and bookmarks that we would be giving to the students. By April, we were ready to take everything to the only school that entered, William Winchester. Only problem was the schools were now closed and they never reopened. So now in August, I am mailing the students all their prizes. I also included a letter explaining what they were getting and why. Some of them also received a monetary reward. Kalee Myers was our 1st winner and received \$25 from Carroll County. She also won the Maryland FCE award so I included another letter and a check for \$50 from the state. Her paper and drawing was sent to National FCE contest to be entered into the national contest. We have not yet heard from National FCE who won.

Carroll County also gives two \$750 scholarships to graduating high school seniors who plan to attend college. Usually we give these scholarships out before they graduate in May, but this year with everything closed we had some problems getting our mail from the Ag Center, so it was July before we could get the applications and choose a winner. Our winners are Caroline Freundel from Frances Scott Key High School and Emily Hernandez from Manchester Valley High School. Letters and monetary rewards to all the other students who entered was also distributed in August.

Like all the other counties, we have not been able to have meetings so we have been working in small groups to get all these papers read and prizes awarded. Joan Antonio also made some masks. I have been in touch with members through email and phone calls. Since the Ag Center will be open but will not allow meetings to



be held, I do not see us having another meeting this year. We will be contacting members about dues through the mail. Although the dues raise by NAFCE was voted by the state presidents in 2019, it seems like a bad year for an DUES INCREASE.

Elizabeth Heagy
momheagy@yahoo.com

410-857-3388

FREDERICK COUNTY

Due to the continued impact of the pandemic and social distancing, all of our Frederick County FCE and Homemaker activities, meetings, and lessons at the Extension office have been cancelled for the rest of the 2020 year. Our schedule included our annual fall meeting, which was to be held at the Homewood Lodge. Our speaker was to be Dr. Hauser with a topic of "Medical Cannabis. We always have demonstrations at the Frederick County fair in September too, but the fair has been cancelled this year.

Lessons at the Extension office would have included "How People Learn". The Extension office has been closed, but had a "soft" opening for employees only the week of July 21st. They are still closed to the public.

While each club is usually busy contributing homemade goods and performing services for our communities, this year our members have been busy making face masks for nursing homes, friends and family.

Hope everyone is staying safe and that we will be able to meet again early next year.

Donna Bowles
donnabowels1@comcast.net

301-473-8452

MONTGOMERY COUNTY

Although the Montgomery County Fair, Spring Luncheon, Fun Day, blanket making sessions, and yard sale were all cancelled, Montgomery County FCE members and friends have not been idle. We have continued to make blankets for hospitalized children and baby hats for newborns. We have monthly drop offs on the day

that our in-person session should have taken place.

We started making masks which have been distributed to food pantries, churches, nursing homes, friends, family, city government and Extension, to name a few. We have produced over 2000 masks and we now are turning our attention to making masks for school children.



We have begun to collect school supplies. Even though many schools are going virtual, some students still need paper, crayons, colored pencils, etc., to complete their studies at home.

We funded two \$1,600 scholarships in the nursing program at Montgomery College. We do not know the names of the recipients at this time.

Like everyone else, our informational programs and International Day are cancelled through the rest of the year. We hope we can begin meeting for blanket making and programs in early 2021, but only time will tell.

I have been sending monthly emails to our members and friends in addition to our quarterly newsletter. Please remember to reach out to your FCE friends and neighbors. As the days start to get shorter and cooler and we stay indoors more, it is very easy to turn our thoughts inward, but a word, a smile, a text, a call just may make someone's day.

Be well my friends!

Jeanne Purich
jcpurich@cs.com

301-384-2805

PRINCE GEORGE'S COUNTY

Summer is sliding into Fall at this writing. Our last club meeting was in early March. We have called each other (Sue, Debbie, Barbara, Marie, Sharon, Alicia, and Frances) at least once during the quarantine. Sometimes more than once. The state board met for the first time by zoom. (Which reminds Debbie to get her secretarial minutes done in the next day or two)! Coronavirus is very active in many areas and still affecting how many venues are being cancelled until next year, our state conference among the many. The National FCE Conference was cancelled, too. It amazes us all

how something you can't see with the naked eye has closed down practically everything and has given our world a firsthand example of who really runs the world. It certainly isn't mankind. This time being shut down has forced us to pause and rethink where we are at and where we are going. Sort of an enforced "time-out". And, as is usual with humanity, many don't take heed of those in the know from prior pandemics, to follow common sense ways to protect themselves or others by washing hands frequently, wearing a mask, social distancing, and shunning large groups. Until most do and until a reliable vaccine is available, patience and self-discipline are the key words to embrace and put into action. Mother Nature has the helm, for now, and really, always has had control. And, one knows, "You can't fool with Mother Nature"! We keep trying and get knocked on our behinds each time! Stay healthy and hope for that vaccine.

Debra Rausch, Treasurer, PGCAFCE

rauschda@gmail.com

301-498-8806

Bulletin Board

Condolences to family and friends of:

Earl Kruse, the brother in law of Arnold Rausch (PG County) passed away on July 17th from a 7 month battle with brain cancer. He was married to Arnie's sister for 41 years and will be sorely missed.

Ella Smart, (Anne Arundel) was the advisor from University of Maryland for the Maryland State FCE, passed away in May.

Laura Garcia (Montgomery County, Derwood Club) passed away unexpectedly while out shopping with her son.

Barbara Shipley (Carroll County) died in May of complications from a broken hip.

2021 Dues - Do Not Delay – Pay Today!

September is usually a busy time when we return to scheduled activities and pay our FCE dues for 2021. Yes, we're living in unsettled times but we can still plan for the future.

Every member is required to fill out the 2021 Membership Form which is printed in this newsletter. Please make a note to take your completed form and check to your September club meeting (if scheduled). Or, if you can't attend a meeting, would you **please mail these to your club treasurer now?** It's important to have all of our Maryland FCE members accounted for by September 30! Club treasurers, please forward all 2021 membership forms and checks to your county treasurer by early October.



SPECIAL PRIZE – Each new member and his/her recruiter will have their names placed in a drawing for full registration payment for the 2021 Maryland FCE Annual Conference. The more members you recruit, the more chances you'll have to attend the meeting for free!

Welcome! Our new Membership Chair, as of November 1, 2020, will be **Jeanne Gillis** of Gaithersburg, MD. You'll be hearing more from Jeanne later in the fall.

Questions between now and October 31st? Please do not hesitate to contact me.

Susan K. Morris, Membership Chair
24317 Welsh Road, Gaithersburg, MD 20882-3931
(301) 482-0439 or skmorris1@verizon.net

Helpful hints:

- Remove the 2021 membership form and, using black ink, type or clearly print the information as requested at the top of the page. It is very important to include your email address. As you have experiences during this pandemic, it is the best way to get accurate information to you in a timely fashion.
- Do not use abbreviations
- Enter your 9 digit zip code and your email address (if available)
- Enter your "Current Member I.D. #" (printed on your FCE Membership Card)
- Circle your membership status in the dues box: Regular, Family, Senior, Youth
- Complete the appropriate dues amounts for your county and club (these vary by county/club) and total the column
- Sign your 2021 membership form (NOTE: the Member Signature at the bottom of the page must be the signature of the individual named at the top of the page)
- New Member? Be sure to check the New Member box (i.e., individuals who have never been affiliated with FCE) AND, at the bottom of the page, add "Recruited by" and provide the name and address of the member who introduced you to FCE.



"Life is 10 percent what happens to me and 90 percent of how I react to it". -- Charles Swindoll

"Everything has beauty, but not everyone can see". -- Confucius



2021 Membership Form
 Type or Print Clearly in ink
 Do Not Abbreviate City, County, Street or State Names

Date _____ Current Member ID# _____ Email _____
 First Name _____ M.I. _____ Last Name _____
 Mailing Address _____
 City _____ State Maryland Zip Code+4 _____
 Council/County _____ Club _____
 Phone No _____

Family Membership: (Please list) Spouse Name _____
 Dependent Child(ren) _____

<i>Dues</i>	<i>Regular</i>	<i>Family</i>	<i>Senior (80+ years)</i>	<i>Youth</i>
National	\$ 30.00	\$ 40.00	\$ 26.50	\$ 5.00
State	\$ 3.50	\$ 7.00	\$ 3.50	
Council/County/Parish				
Club				
TOTAL				

Sign and send with total membership dues to Club Treasurer by **September 30, 2020**

New Member (Never belonged to FCE before)

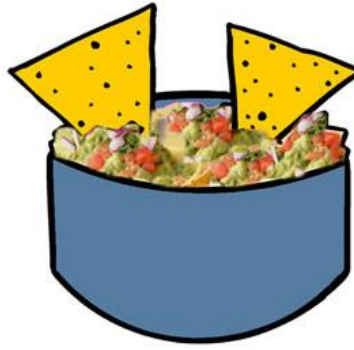
Member Signature _____
 Must be original signature, copies will not be accepted

Mission...To strengthen individuals, families, and communities
 through continuing education, developing leadership, and community action.

Corn Salsa

Ingredients

1 can shoe peg corn (small can)
1 can black beans, drained and rinsed
1 pepper (orange, red or yellow) diced
Chopped green onion (to taste)
Feta Cheese – small crumbles (to taste)
Tortilla, "Scoops" or other sturdy chips



Dressing

1/3 cup oil
1/4 cup apple cider vinegar
1/4 cup sugar

Mix salsa ingredients in a covered container. Prepare dressing, pour over the salsa ingredients, and mix well. Chill in covered container for several hours. Serve with tortilla or other sturdy chips.

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

