

LOOK

FALL 2021

WHAT'S HAPPENING

Maryland Association for Family and Community Education, Inc. Newsletter

SEPTEMBER

- All CHARACTER COUNTS!® Essay & Artwork Contest - Fairness
Collect 2022 Dues - Membership Drive
National Literacy Month
1 **All County Associations' List of Officers and Committees for 2022 due to State President**
6 10:00 AM Maryland FCE Board ZOOM meeting

OCTOBER

- 4 10:00 AM Maryland FCE Board ZOOM meeting
10-16 National FCE Week
15 Rural Women's Day
16 World Food Day
17-23 CHARACTER COUNTS!® Week

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 meeting
Montgomery County Extension office
31 **Counties' Annual Reports due to Vice President for Program;**
Membership Appreciation Award due to Vice President for Program

MDFCE Web Site is www.mdafce.org

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

Inside.....

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TAKE NOTE, PLAN TO ATTEND!

MARYLAND FCE CONFERENCE

We are having a one-day conference on September 27th at the Montgomery County Extension Office. Please see registration form on page 7. Cost is \$5.00 to cover speakers and printed material expenses. You are asked to bring a sandwich, label with type – do NOT cut. Sides, desserts, and drinks will be provided. We have also booked the 2022 two-day conference for October 17th and 18th. Mark your calendars.

CHARACTER COUNTS!®

Contest 2021-2022

Fairness, the fourth 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, 2021 to January 31, 2022. Send winning county entries to the state president by March 1, 2022.

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



I cannot believe that we have been dealing with this pandemic for more than one and a half years. And just when we thought that it was finally gearing down, we have a surge with the Delta variant. I hope that everyone has been vaccinated. And if there is a call for boosters, I hope we will all take advantage of the opportunities to get one. This has been one of the scariest times that I can ever remember living through. I know it has been hard to stay in touch with family and friends. But we have made it to where it seems things are coming to an end.

Your state board has continued to meet by using the latest technology. We have met by using computer programs like Zoom which allows us to see each other as if we were actually together. We have planned our annual conference for this year. It will be a one-day affair held on Monday, September 27 at the Montgomery County Extension Office, Agricultural History Farm Park, 18410 Muncaster Road, Derwood, MD 20855. The topics will include: CWC-ACWW; "Trampling the Serpent: American POWs in North Vietnam," John Fer, former POW; Thoughts from a Naturalist; and reports from FCE members on what has been happening in Maryland and around the world. I hope everyone will be able to come and enjoy the programs we have put together.

Libby Wade, President
dunade@aol.com



301-831-8661

NEWS FROM THE VICE PRESIDENT FOR PUBLIC POLICY

Summer is usually a quiet time for vacation, reading, traveling, visiting family close by and far away, enjoying the sun and beach, chilling out at home in the back yard with a picnic or cookout, or gardening. This summer has much more going on in the background. The COVID-19 Delta variant is ramping up, especially amongst the unvaccinated population, which includes our younger children who have no vaccine for the coronavirus available, yet. The largest number of hospitalized cases are from the unvaccinated. Last year, we were praying for a vaccine, and despite recent proof, that it protects against the need for hospitalizations for severe complications and death, the 90 million unvaccinated help the virus to spread and mutate. This Fall, the children return to in-person school attendance. The vaccine has been made available to children ages 12 and up. Hopefully we will see one approved for the younger set and that doctors will encourage that vaccine for those able to have it. And as of August 23, the Pfizer vaccine has the full approval of the FDA.

In the background and coming full force to the front of our attention is the Fall of Afghanistan. As women and members of FCE and ACWW, local and international, the uncertainty of the future for Afghanistan's women and girls is of primary interest to us. Will they go back to the dark ages of 20 years ago and before, when the Taliban ruled and women and girls' rights were oppressed and suppressed? Add to that the fate of young boys and men. Training them and educating them to disrespect women and have no care for their rights to education and freedom to work, just magnifies the negative impact on Afghanistan's future under the Taliban. Plus, forcing women to wear a cover-up (hijab) and staying confined to their homes, definitely takes any progress for women's rights in a backward direction. The leaving behind of any of those Afghans who worked for us (translators, government employees, etc.) to the Taliban, leaves another dark shadow on America's promises to protect and support those who help us in our missions around the world.

As for public policy in general, watching our politicians on both sides of the aisles blaming each other for the failure of our policy in

Afghanistan seems like a replay of our Vietnam policies. The concerning part in all this is the morale and faith of the troops who carry out our government's policy. The families who have sacrificed the ultimate treasure for these policies, their sons, fathers, mothers, and daughters, must be feeling most unsettled seeing this policy going so wrong. The question of, was their sacrifice worth it, must be at the forefront. The coming weeks and months will show how much we really affected future outcomes in Afghanistan, how we enter into future trouble spots in the world, and whether our reputation and reliability as a global partner will be trusted by our allies.

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

IN AND AROUND MARYLAND

FREDERICK COUNTY

Frederick County Homemakers/FCE have not started their meetings yet. With the latest outbreak, no one seems ready to rush into having meetings. The University of Maryland Extension office is still closed to the public. Some grocery stores and restaurants have again started requiring masks for all indoor activities, even for the fully vaccinated. As of this writing, Frederick County has 154,666 fully vaccinated folks, with a percentage of 59.6 %

Public schools are scheduled to reopen for in person learning on August 18th, with masks being required for all staff and students.

The Frederick County fair will be held this year from September 17th to the 26th. However, no Homemaker/FCE groups will be demonstrating during the fair.

Everything at this point is uncertain. We are faced with constant changes and decisions are very fluid.

Donna Bowles
donnaBowles1@comcast.net 301-473-8452

MONTGOMERY COUNTY

We had a very successful Montgomery County Fair, despite some very heavy thunderstorms during registration. FCE presented four booths, each of which won blue ribbons!!!

We were also able to hold a yard sale, which benefits the scholarship fund for Montgomery College. We don't have a final money amount yet as we will be able to take the left overs to a thrift store and receive a payment/pound of goods. This year, we funded two \$1,600 scholarships in the nursing program at Montgomery College.

Our in-person blanket making sessions, for Montgomery County FCE members and friends will begin again on September 10th. We have had great success with our parking lot drop-offs but will be very happy to be able to get together with one another again.

We have begun to collect school supplies. We have had a request from Sheppard-Pratt (one of the places we have been donating blankets) for school supplies. If anyone wants to donate school supplies, we will be happy to receive them at the conference on September 27th.

MCAFCE is also planning International Day for November 9th. Rather than concentrating on one country, we are asking those in attendance to bring a dish from their ethnic background or a regional dish they like to make. We should have quite a spread to share.

Take care everyone.

Jeanne Purich
jcpurich@cs.com 301-384-2805

PRINCE GEORGE'S COUNTY

As we head into Fall, we are looking forward to the One Day Conference to be held in Montgomery County. Our news is short, to the point. Barbara Marsh made a successful move to her daughter's home. Sue Van Slyke is working at getting better and hoping to leave assisted living soon. Alicia Rausch is working, went on a short vacation to Michigan, looking to retire from the fire department in the next 18 months or so, and turns 40 August 22. (Lots of big goings-on, there!). Debra Rausch is keeping busy taking care

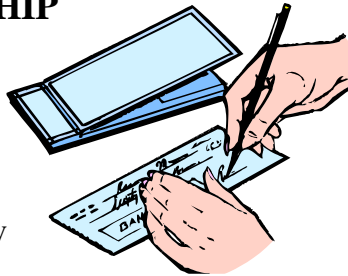
of Arnie, working part time at church, and working to get her articles for LWH in closer to the deadline!

Debra Rausch, Treasurer, PGCAFCE
 rauschda@gmail.com 301-498-8806

2022 Dues - Do Not Delay – Pay Today!

MEMBERSHIP

As the summer winds down, it will be Fall before we know it. Along with back-to-school activities, it's time to renew our FCE memberships for 2022. We had 118 members in 2021. Can we exceed that count in 2022? Let's try. Are you making any new friends in your neighborhood? If so, why not invite them to join our organization? Stay safe and healthy!



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 2022 membership forms and checks to your county treasurer by early October.

Helpful hints:

- Use the 2022 membership form provided by your county president or from the web 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 experienced 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 2022 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.

SPECIAL PRIZE – Each new member and his/her recruiter will have their names placed in a drawing for full registration payment for the 2022 Maryland FCE Annual Conference. The more members you recruit, the more chances you'll have to attend the meeting for free!

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

ALL IMMUNIZATION RECORDS

Would you like to see your immunization records? Download a COVID certificate of immunization? Look no farther than [https://md.myir.net!](https://md.myir.net)

| Immunization History | | Pebbles Flintstone | |
|----------------------|----------|--------------------|------|
| Vaccines | | | |
| DTaP | 04/23/05 | 06/30/05 | 07/3 |
| Hepatitis A | | | |
| Hepatitis B | 02/24/05 | 04/23/05 | 06/3 |
| HIB Unspec | 04/23/05 | 06/30/05 | 07/3 |
| Influenza | 01/25/08 | 11/27/13 | |
| IPV | 04/23/05 | 06/30/05 | 07/2 |
| MIMR | 04/22/06 | 02/18/08 | |
| Rotavirus (3 dose) | 04/23/05 | 06/30/05 | 07/3 |
| Varicella | | | |
| Ordered | | | |
| Diseases | | | |
| Varicella | 02/26/15 | | |

Maryland MyIR is a free and secure website service that allows consumers to view and print copies of their official vaccination records. You just have to register and follow the cues.

"There is no medicine like hope, no incentive so great, and no tonic so powerful as expectation of something better tomorrow."

Orison Swett Marden

NINE FOODS THAT LAST FOREVER



You've just gotten halfway through a recipe, only to discover that a key ingredient is missing because you tossed it during your last cleaning spree.

It's a predicament you shouldn't have to face again — at least when it comes to the nine kitchen staples we've listed here.

When stored properly, these everyday items will last for years — sometimes decades — even after they've been opened. And they'll lose very little, if any, of their original quality as time passes. So think twice before tossing one of these items. If you've been handling it correctly, chances are it's just fine.

1. HONEY

Pure honey is as durable as it is delicious; it keeps safe indefinitely. Honey may change color or crystallize over time, but that won't make it unsafe.

Keep it fresh: Store in a cool area and keep tightly closed. Revive crystallized honey by placing the opened jar in warm water and stirring until dissolved.

2. RICE

White, wild, arborio, jasmine and basmati rice all have an indefinite shelf life, when kept free from contaminants. The exception: brown rice. Thanks to its higher oil content, it won't keep nearly as long.

Keep it fresh: Store in a cool, dry area. Once opened, place rice in a sealed airtight container or place original package in a resealable heavy-duty freezer bag. For added protection, store rice in the refrigerator or freezer.

3. SUGAR

White, brown or powdered - sugar never spoils because it doesn't support bacterial growth. The real challenge is to prevent it from becoming rock-hard.

Keep it fresh: Keep sugar in a cool, dry area. To prevent sugar from hardening after opening, place it in an airtight container or cover the original package in a heavy-duty plastic bag and seal tightly.

4. HARD LIQUOR

Whipping up some penne alla vodka and a pitcher of cocktails? Distilled spirits — vodka, rum, whiskey, gin, tequila and the like — don't spoil, even after opening. The taste and aroma may fade gradually, but it'll take ages before you notice.

Keep it fresh: Store in cool, dark area, away from direct heat or sunlight. Keep bottle tightly closed when not in use.

5. MAPLE SYRUP

Pure maple syrup not only makes your pancakes special; it adds tremendous flavor to a whole range of dishes. Best of all, it keeps forever in the freezer.

Keep it fresh: Refrigerate after opening. For long-term storage, freeze maple syrup in airtight plastic containers.

6. PURE VANILLA EXTRACT

Yes, it's more expensive than its imitation counterpart. But pure vanilla extract keeps forever, so you'll never have to waste a drop.

Keep it fresh: Store in cool, dark cupboard and keep tightly closed when not in use.

7. DISTILLED WHITE VINEGAR

A reliable standby in everything from marinades to salad dressings, distilled white vinegar will remain virtually unchanged as the years pass by.

Keep it fresh: Store vinegar a cool, dark area and keep tightly capped after each use.

8. CORNSTARCH

A must-have for thickening sauces, gravies, and puddings. Cornstarch will keep indefinitely if it's kept dry and free from contaminants.

Keep it fresh: Store in cool, dry area; keep package tightly closed between uses.

9. SALT

From the basic table variety to fancier versions like kosher and sea, salt is a flavor enhancer that never spoils or goes stale.

Keep it fresh: Store in cool, dry area.

CONDOLENCE ETIQUETTE

*In Our
Thoughts
and Prayers*



Focus on the individual.

Both of our experts say their number one piece of advice is to avoid comparisons to your own life. "Express compassion, which is different from empathy," explains Dr. Gupta. "Empathy implies identifying with the feelings of another—which can lead to comparisons—while compassion is defined as feelings of care towards someone who is suffering." Swann adds, "Don't reference your own history with loss, because they're dealing with their own grief. Instead, share a memory or an endearing story about the person who has passed."

Be specific.

When sharing those memories, be specific. "If you don't have a personal memory tied to the person who has died, try to remember something that your friend or loved one said about them that can help them reminisce with fondness," says Dr. Gupta. And Swann suggests instead of saying "if there's anything I can do, let me know," you'll want to be specific. "Offer to pick the kids up from school, get somebody from the airport, or drop off a meal. Explain exactly how you can help, instead of leaving things open-ended," says Swann.

Avoid platitudes.

When in doubt, avoid clichés. Swann advises to stay away from phrases like "at least they're no longer in pain." Adds Dr. Gupta, "Avoid saying 'they are in a better place' or 'this was destiny.' These narratives can be triggering, so it's better to allow the person to create meaning from loss in their own way."

Email is acceptable, but no emojis.

If you can't send a written letter, email is acceptable and preferable to a text. "I think emails and letters are interchangeable these days, so I don't think sending an email diminishes the value of the sympathy as long as it comes from the heart," says Dr. Gupta. And Swann agrees that emails are fine if you can't mail a letter, but "avoid emojis or anything too casual."

If sending a gift, consider tokens of beauty.

"If you'd like to send a gift in addition to a letter, I find that sharing tokens of beauty in the midst of grief can be extremely healing. Flowers, books of poetry, or art are lovely gifts," says Dr. Gupta. And Swann suggests sending a

personalized gift if you have an especially close relationship to the recipient. "A photo album, a blanket embroidered with a loved one's name or a piece of jewelry with significance like a birthstone or engraving are very thoughtful gifts," says Swann.

Don't worry about condolences being "too late."

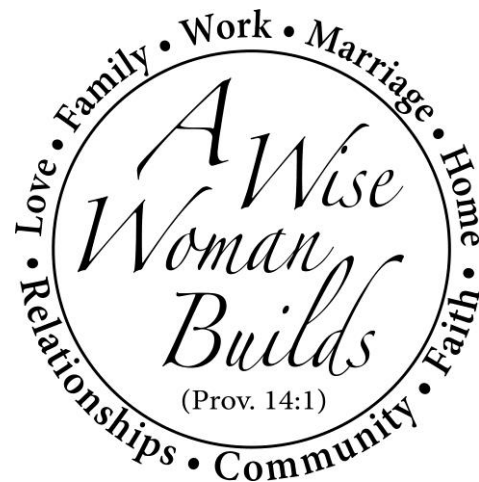
Sending a sympathy letter isn't like sending a thank-you card. In fact, later can be better. "It's okay if time has gone by," says Swann. "In many cases, it's welcome to have time passed. Right after someone has experienced a loss, they receive a barrage of messages. But then gradually they don't hear from people as often. So, to receive a note later can feel very comforting."

Bulletin Board

Speedy Recovery to Sue Van Slyke, Prince George's County, who has had some hospitalizations and stays in Rehab. We hope she will be home soon.

Speedy Recovery to Kitty Cooley, Montgomery County, who has been ill. We hope she feel better soon

Speedy Recovery to Elizabeth Heagy, Carroll County, who has been in the hospital. She is recovering at home.



Maryland FCE Annual Conference 2021

Monday, September 27st

Montgomery County Extension Office

Agricultural History Farm Park

18410 Muncaster Road

Derwood, MD 20855

301-590-9638



DON'T MISS THE CONFERENCE! BRING A FRIEND.

Please print each name and check if 1st time attendee. Use another sheet if needed.

Coffee and sign-in starts at 9:30 AM, meeting starts at 10 AM

Name: _____ 1st Time Attendee

Name: _____ 1st Time Attendee

Name: _____ 1st Time Attendee

Name: _____ 1st Time Attendee

Name: _____ 1st Time Attendee

Name: _____ 1st Time Attendee

Name: _____ 1st Time Attendee

Name: _____ 1st Time Attendee

Name: _____ 1st Time Attendee

Name: _____ 1st Time Attendee

Full Conference Registration includes: educational materials, speakers, and lunch.

COST \$5.00. Fee can also be paid on the day of the conference but you must send in or email (momheagy@yahoo.com) **registration form by September 20th** so we can prepare an adequate amount of food.

PLEASE BRING A CONTENT LABELED UNCUT SANDWICH.
Sandwiches Will Be Added To The Sides And Desserts That Will Be Provided.

Make check payable to – Maryland FCE (MDAFCE)

Mail check and form to:

Jeanne Gillis jeannegillis2326@gmail.com

101 Rolling Road 301-926-1038

Gaithersburg, MD 20877-2043

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

Warm Apple Pocket

Prep:20 mins, **Cook:**40 mins, **Total:**1 hr, **Servings:**6

Ingredients

- 3 sweet apples -- peeled, cored and thinly sliced
- 2 tablespoons sugar
- 2 tablespoons flour
- pinch of salt
- 1 teaspoon apple pie spice
- 1 tablespoon vanilla extract
- 1 (15 ounce) package prepared, unbaked pie crust, thawed
- milk
- 1 egg, beaten

Directions

1. Preheat oven to 375°F
2. In a bowl, toss apple slices together with sugar, flour, salt, apple pie spice, and vanilla extract until evenly coated.
3. Lay pie dough flat on a lightly greased baking sheet. Pile apples on one side of dough, leaving a 1 inch border. Brush border and opposite half side of dough with milk. Fold dough over apples, being careful not to over-stuff or the dough will tear. Fold over edges and pinch together to seal. Cut several small slits in the top of the pocket with a sharp knife, then brush top with beaten egg.
4. Bake in the preheated oven for 40 minutes, or until flakey and golden brown. Serve warm, or at room temperature.



Maryland Association for
Family and Community Education
15500 Gallaudet Avenue
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