

LOOK

SUMMER 2020

WHAT'S HAPPENING

Maryland Association for Family and Community Education, Inc. Newsletter

JUNE

- All Nominees for State Officers, Group II
- 1 10:00 AM MDAFCE Board Meeting,
CANCELLED
- 14 Flag Day



JULY

- 4 Happy Birthday America
CANCELLED NAFCE
Annual Conference, Portland, OR

AUGUST

- All **All County Associations' List of Officers and Committees for 2021 should be sent to State President**
- 1 **LOOK WHAT'S HAPPENING** deadline for items to Editor
- 3 10:00 AM MDAFCE Board Meeting, Prince George's County Extension Office

SEPTEMBER

- All CHARACTER COUNTS!® Essay and Artwork Contest starts - Responsibility

THE SIX PILLARS OF CHARACTER



- Collect 2021 Dues Membership Drive
- National Literacy Month
- 14 10:00 AM MDAFCE Board Meeting, Anne Arundel County Extension Office

OCTOBER

- 19-20 Annual Conference
Best Western Hotel, Westminster, Maryland

Inside.....

From The President	2
Membership	2
News from the Vice President	3
Public Policy Notes	3
In and Around Maryland	4
Maryland FCE Conference	5
Bizarre, Unique Holidays for June	5
How To Stay Safe...	6
Maryland FCE Conference Registration	7
Comfort Bake Yumm	8

CHARACTER COUNTS!® Contest

Kaylee Magers, from William Winchester Elementary school in Carroll County was the First Place winner in Maryland for the National FCE CHARACTER COUNTS!® Essay and Artwork Contest focusing on "Respect". She received \$50 from MDAFCE. Her entry was sent to National FCE for competition with other states' winners.

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, 15500 Gallaudet Ave, Silver Spring, MD 20905-4196. Or email me at jcpurich@cs.com with your information.

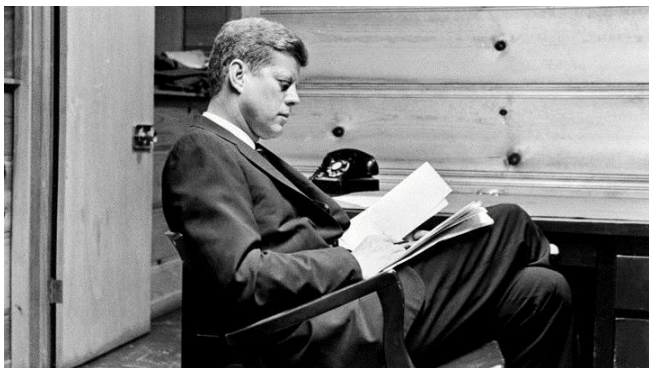


FROM THE PRESIDENT

The Wizarding World of FCE

In trying to figure out what to say in this time of the Coronavirus, I went looking for inspiration on the internet. I found two articles that really spoke to me. The first was by a pastor from Tennessee. "As contagious as the Coronavirus may be, there is another disease that far exceeds it in ferocity, terror and malignancy. I am thinking of fear. This disease is not only contagious: it is deadly, psychologically, spiritually and perhaps even physically". We need to focus on the good that is happening not just the bad. We know what it is (a virus) and how to test for it. We must remember that Covid-19 is mild in 81% of cases. In the remaining cases, 14% can cause severe pneumonia but in only 5% will it become critical or even fatal. As of my writing this article, here in Maryland there have been 26,408 confirmed cases and 110,587 negative tests. There have been 1,216 deaths. While still awful, that is less than 5%. I am going to concentrate on being positive.

How can we stay positive? Notice things around us: the sun rising and setting; the beautiful flowers and trees; and our family and friends.



The second article I found was about President John F Kennedy. This was a speech written, but never delivered. It was supposed to be delivered on that fatal day. "For this is a time for courage and a time for challenge. Neither conformity nor complacency will do. Neither the fanatics nor the faint-hearted are needed". How we cope with this Pandemic is critical. We must not panic. We must find ways to help one another as we are quarantined.



There are so many ways to communicate: by telephone, by email, by facetimeing, and let us not forget the old-fashion way of writing letters. I have been spending lots of time talking on the phone to my family. It really stretches your mind to help someone do something by describing how to do it and not being able to show them in person.

How will we look back on this time? I hope it is with some optimism about how we can overcome a negative time and come out better than ever.

Libby Wade, President
dunade@aol.com

301-831-8661

MEMBERSHIP

Welcome 2020 New Members

Jacquelin Bell, Donna Del Bagno, Helen Doman, Anne Douglass, Barbara Evans, Sue Fine, HESSIE Harris, Jerri Hunt, Wendy Ketcham, Kathy Lynn, Carol Ossi, Carmen Palmer, Shirley Roy, Judith Welsh and Elizabeth Withnell.

Many thanks to all county treasurers who continue to send membership information and dues to me in a timely manner. As of April 15th, our current paid memberships total **135**, including 87 individuals, 10 family memberships, and 38 seniors. Our county total membership breakdowns include: Carroll (16), Frederick (7), Montgomery (105), Prince George's (6) and Unaffiliated (1).

Please continue to invite people to join FCE and, if you recruit a new member, be sure your name and address are included at the bottom of the form. Why? Because you and your new member will have a chance to attend our fall conference, at no charge!

Susan Morris, Chairman
skmorris1@verizon.net

301-482-0439

Bulletin Board

Happy Birthday (May 6) to Virginia Maskel (CC). She was 94!

Condolences to Elizabeth Heagy (CC) and family on the loss of their daughter, Vivian.

Condolences to Sandra Wright (MC) and family on the loss of their son, John.

NEWS FROM THE VICE PRESIDENT

I am very excited about the upcoming conference! We will have many speakers - there will be something for everybody, from herbs and spices to Maryland history. There is always great food at the Best Western, where the conference is held, and the opportunity to catch up with old friends and make new ones. Don't miss it!

Also, please remember, if there are any subjects you want to learn about, speakers you want to hear, or crafts you want to do, let us know and we will try to fit them in. See you in October! Please complete the registration form on page 7 of this newsletter.

Sue C. Van Slyke
okgunfight@aol.com

301-630-3918

PUBLIC POLICY NOTES

It seems like March has been the “lonnnnggggest” month ever! I am still waiting for Lent, Easter, and “real” Spring to begin. I joke every year that we slip from winter into summer so quickly, that springtime passes like a whirlwind! COVID-19 has placed a screwdriver into our seasonal clockworks, like no other event since the Great Depression. No joking intended. Our lives, family norms, and everything that connects all of us to one another has changed overnight. “Maraprimayjune” may end up having its own designation as a period of time for this health crisis when we look back on it - (hopefully a miracle vaccine will be found effective to immunize all of us soon) - and we try to make sense of all that has occurred. Now, stepping past the seriousness of the situation we all are experiencing, and let us wander into the realm of common sense, nonsense, and no sense at all. Add to that, the continual conflict between politicians that know what they are doing, think they know what they are doing, and don't know what they are doing but do it anyway, and it would seem that fate and karma have a grim sense of humor. You might ask, how does Public Policy fit into this situation? The Coronavirus has made the readiness factors and preparations for a mass pandemic in our country as full of holes as a piece of Swiss cheese. Even though the current President canceled the long running Pandemic Program that was supposed to be

preparing for a future pandemic (after the recent pandemics of MERS and SARS), he cannot be held totally responsible for the program and our public health system not being ready for the current pandemic. They have had 10 years to prepare and it was pretty much kicked like a can down the street, as no one imagined something like the Coronavirus pandemic happening so fast, so widespread, and so overwhelming. In effect, we who stay at home quarantined (those of us that are following the stay at home orders), have been made aware of how unprepared our Public Health Policy was to handle this crisis, as well as international global health systems! What happens in one part of the world does matter to all of us. The world occupies the same boat. If one part sinks, so can the whole craft! The grim humor I was referring to earlier has to do with our politicians coming into conflict with the scientists, medical experts, and public health professionals battling the virus. (Remember Mad Magazine's “Spy vs. Spy” or Wiley Coyote vs. the Roadrunner?) We have become aware of the different messages on the federal, state, and local levels: such as, the lack of a defined procurement system that supplies all medical needs to the front line hospitals fighting this virus; the different times and levels of sheltering in place in different states; the use of electioneering to gain points from the voters who will judge potential candidates for the November Elections (both parties guilty); and trying to outguess the science involved in researching how this virus works and promoting drugs or cures before science finds the answers. So, yes, being at home at this time has given all of us more time to see the holes in our public policy and what will be needed from our politicians to solve the inadequacies that have been exposed, to prepare for the next pandemic and to support the ongoing needs of the current one. We, the Public part of Public Policy, have the right to see this system fixed and ready. The next pandemic most surely will be worse than what we are now going through.

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



“The little things in life make all the difference. A bad day can turn into a good day with just one smile”. Anonymous

IN AND AROUND MARYLAND

CARROLL COUNTY

On February 12th Debi Gibson, Waltraut Staggs and I met at the Agricultural Center to pick our winner for CHARACTER COUNTS![®] Essay and Artwork contest. We had tried to get other FCE members to meet with us but due of their schedules, no one else could meet on that day. We had 42 entries from William Winchester Elementary School. We picked Kaylee Magers as our winner. Her name was submitted to the State FCE and she won at the Maryland level as well. Then her entry went on to National FCE to be entered with the other winners from all over the US.

Once we had her name and the names of the other winners – 2nd and 3rd place and honorable mention, we ordered the prizes and certificates which were to be given out to the children in April. (It takes some time to get everything together to give to the children!) But by April, schools were closed due to the COVID-19 crisis. So now we are in a holding pattern hoping for the schools to re-open so we can set up a time to go and give them their prizes. If that never happens (and now we know schools will not reopen) we will be mailing them to them this summer or waiting until school opens in the fall. We will be checking in with Renea Butler, the teacher that worked with the children entering the CHARACTER COUNTS![®] contest.

Carroll County had their March meeting on March 9th. Ruth Hobson came from AARP to speak to us on seniors driving. We had a similar program at the last state conference, but this was a different speaker and she talked about the things we needed to be aware of since now as senior drivers our bodies were different than they were a few years ago. We also need to be more aware of what is going on around us as we drive. It was a very different talk than the one at the state conference. She also gave us information we could go over at a later date. March is our BBQ lunch and we also had salad and desserts. The speaker stayed for lunch and it was enjoyed by all.

During the March meeting we also planned our May meeting – which would be taking the place of our May Day event. We decided that this year we would get a tray of assorted sandwiches and macaroni salad from Weiss market. One of the members would bring a salad and another would bring dessert. The

date would be May 11th. But now with the virus still happening and everything closed this meeting will be put off until June. At present, the Agricultural Center is not open and we are not sure when it will be open again for meetings.

Elizabeth Heagy
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410-857-3388

FREDERICK COUNTY

Due to the pandemic, social distancing and Governor Hogan's "stay at home order", all of our Frederick County FCE Homemaker activities and lessons at the Extension Office have been cancelled. Our schedule included our annual spring meeting, which was to be held at the Jefferson Ruritan Club. Our speaker was to be Carrie Sorensen from the Extension office, with a topic of "Living the Green Life." Awards would have been given to those members and clubs for reaching 50 and 75 years of membership. A Remembrance Service for members that had died during the past year would have been included.

Lessons at the Extension office would have included "Relaxation" and "Cooking for Two". Most clubs normally host picnics in June but I doubt that will occur this year.

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. One of our club Presidents was a victim of the virus, even contracting pneumonia. But I am happy to report she is now on the road to recovery and gaining a little strength each day. While most clubs usually take the summer off from regular monthly meetings, we have already suspended all meetings. Hopefully we will be back in business and our next focus will be demonstrating various crafts at the Great Frederick Fair in September.

Donna Bowles
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MONTGOMERY COUNTY

Like every other county and club, we have been "at home" since mid-March. No blanket making, no exercise specialist teaching us how to stay in better shape, no spring luncheon with our college scholarship students or learning about great women

(the theme of our luncheon), no Fun Day in Gettysburg and now no National FCE Conference either. BUT we are well, staying safe and staying in.

Many of us are taking this time to clean, sort, reorganize or do long unattended (or forgotten) projects. Remember to take a deep breath and enjoy some fun too. Keep in touch with family and friends, send an email or an e-card or a written note, or “phone-a-friend”. As a hospital nurse for many years, I know about quarantine and gowning, gloving and masking. No one likes it, but we understand how important it is for oneself and the patient. We all are patients and we all are nurses right now, in that we have to keep each other safe! So don’t be angry but understand how very devastating this virus can be on family and friends if we don’t heed the experts and stay put. For those that have work or go back to work, God Bless You, stay safe. For those that can stay home, please do so and know that you are helping many, young and old. Be well my friends and see you at our MDAFCE annual conference in October!

Jeanne Purich
jcpurich@cs.com

301-384-2805

PRINCE GEORGE’S COUNTY

Like all of us, we have had no meetings since the orders to stay at home came in March. Debbie’s comments can be found under the VP for Public



Policy article. Just keeping busy at home. Alicia Rausch is a first responder and working at the Emergency Communications Center for the Montgomery County Fire Department. At home, she is planning a garden. Frances Fullwood was doing well at her home in Lusby. Sue Van Slyke is at home with 3 cats, 1 dog, and 7 or 8 turtles. Also, she is working on a few face masks. Barbara Marsh is at home and well, but getting cabin fever. So, as far as I know, we are well and doing!! Till we meet again, for real!

Debbie Rausch
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301-498-8806

MARYLAND FCE CONFERENCE

The Annual MDAFCE Conference will be held at the Best Western Hotel, 451 WMC Drive, Westminster, MD, 21158. Frederick County FCE will be the host. The dates are Monday, October 19 (Registration will start at 9:30 AM, meeting at 10 AM) and Tuesday, October 20 (starting at 8:30 AM). Overnight rooms are reserved at the hotel and those staying at the hotel will have breakfast included on Tuesday morning.



Although the complete agenda has not been set, some of our speakers include Terry Serio, extension agent, on herbs and spices, Greg Keiper on components of Medicare and Phyllis French speaking about the Women of Gettysburg during the war. What were the women doing and what was their life was like? Phyllis will tell us their story. We are trying to have the same speaker from last year, David Healey, give us more on Maryland History. You can be assured that all the speakers are informative and the topics timely. This will be a fun and informative conference. Hear about updates from National FCE and the ACWW/CWC USA conference. Directions to the conference will be in the Fall issue.

Attend and experience the magic and fun of FCE! You may even make new friends.

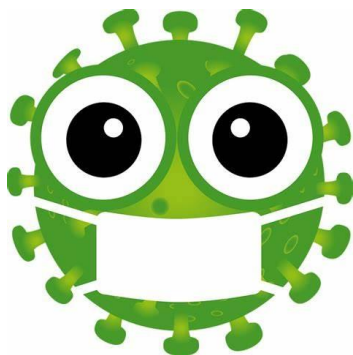
Libby Wade, President
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301-831-8661

Bizarre, Unique Holidays for June, 2020

- Aquarium Month (take a fish to lunch?)
- Candy Month (doesn’t that sound good?)
- Dairy Month (think ice cream!)
- Fight the Filthy Fly Month
- National Gardening Week - First full week of month (now that is my idea of a great month!)
- Gay Pride Month
- National Accordion Awareness Month
- National Adopt a Cat Month (meow)
- National Fresh Fruit and Vegetables Month
- Rose Month
- Turkey Lovers Month (why in June?)

HOW TO STAY SAFE DURING THE COVID-19 OUTBREAK



Human behavior during these difficult times is the best way to stop or slow the spread of this dangerous virus.

Every little thing you do is meaningful. By now, the precautions have either become part of your routine, or turned annoying. Please stay alert, cautious, and listen to your common sense. If you have to argue with yourself whether or not to do something, you probably shouldn't do it.

The virus can live on surface areas for several days. So if you cough into your hand then leave the room to get your hand sanitizer, you've left the virus on every doorknob and light switch you touched on your way. It will could live there for several days, and possibly infect anyone who touches that surface.

Many transmissions occur before symptoms develop. Proper and consistent use of face masks can help stop the spread of the infection, especially if you're feeling well, but carrying the disease. Your mask keeps you from infecting others / their mask protects you. Please be sure your mask covers both your mouth **and** nose.

Quarantine and isolation are tedious and boring. There are only so many books you can read, so much crafting to do. It's natural to be numb, stressed-out, lost in binge-watching TV (definitely don't binge-watch news!) and to ignore fundamental safety precautions.

[Disclaimer: I'm 72 years old, live alone, and have a fear of falling. What follows is a list of things that I'm glad I did before they happened, or that have happened to me]:

- Pick up clutter sooner rather than later. Anything you might trip on can lead to trouble. This involves loose wires, including – but not limited to – charger cords.
- Do you have nightlights in strategic places? Our sleep/wake patterns are often disrupted due to unlimited time at home, anxiety, few time limits or deadlines, anxiety, lack of exercise or anxiety. Be careful not to or bump into things in the dark.
- Close drawers and cabinet doors. There's nothing like rounding a corner at full speed and walking into an open drawer, or bending down, standing back up,

and cracking your head on an open cabinet door. Trust me.

- Try to organize an **emergency supply box, bag, or shelf**, before you need those items. Many cases of the virus, except the most severe ones are treated at home. If you do get sick, you won't feel like going out or want to expose anyone else. Having things like soup or bone broth, crackers, ice pops, or whatever you crave when you're sick, plus acetaminophen, a thermometer, a face mask, and a pad and pen (to keep track of symptoms, questions for the doc, and a log of your temperature, when you last ate or took your meds) stored together will prevent extra trips to the store when it's least practical. Plus, stores run out of random things, usually when you need them most. (I haven't seen pre-made Jell-O or ice pops for weeks).
- Make a point of speaking to at least one person at least once a day. I remember my grandmother greeting a phone call with, "I'm glad you called. Up until now, I haven't used my mouth all day except to eat". The person you call might be lonesome or isolated, too.

IF YOU DO EXHIBIT SYMPTOMS – fever above 100.4°F, persistent cough, shortness of breath, and tightness around the chest, call your doctor. Don't go to the ER or an urgent care center. Your doctor will give the best advice for you, based on your particular symptoms and your medical history. However, if you have trouble breathing, persistent chest pain or pressure, bluish lips or confusion, that's the time to call 911 (per: the CDC). When you call, let the dispatcher know you have symptoms of the Corona virus so the EMTs can protect themselves, and wear any kind of face mask or covering over your own nose and mouth to protect the emergency workers.

Be careful, but stay calm. Every cough is not the start of a downward spiral. It's allergy season, after all. Every chill is not a warning sign. Sometimes it's cold.

We're all in this together, and based on my observation, most people seem to be extra-helpful at this time. If you need help, please ask for it. Someone is waiting to be useful.

Susan Goldberg
harmony51480@aol.com

"The contest for ages has been to rescue liberty from the grasp of executive power".

Daniel Webster

Maryland FCE Annual Conference 2020
Monday October 19th - Tuesday, October 20th, 2020
Best Western Hotel, 451 WMC Drive, Westminster, MD, 21158
Phone: 410-857-1900

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

Name: _____	Classification (check all that apply)
Address: _____	_____ FCE Member
_____	_____ Past State President
_____	_____ State Officer
County: _____	_____ County Officer
Phone: _____	_____ 1 st Time Attendee
Roommate(s): _____	_____ Guest

_____	E-mail Address (PLEASE)

Full Conference Registration (Registration starts at 9:30 AM, meeting starts at 10 AM)

Includes: Educational materials/speakers, **1 night lodging** (10/19),

1 breakfast (10/20, included with room stay), 2 lunches (10/19 & 10/20), 1 dinner (10/19).

(check here) POSTMARKED BY:	September 30	October 1 – October 15
	FCE Member Scholarship	FCE Member Scholarship
_____ Single Room	\$ 205.00 less \$ 15.00 = \$ 190.00	\$ 215.00 less \$ 15.00 = \$ 200.00
_____ Double Room	\$ 160.00 less \$ 15.00 = \$ 145.00	\$ 170.00 less \$ 15.00 = \$ 155.00
_____ Triple Room	\$ 145.00 less \$ 15.00 = \$ 130.00	\$ 155.00 less \$ 15.00 = \$ 140.00
_____ Quad Room	\$ 140.00 less \$ 15.00 = \$ 125.00	\$ 150.00 less \$ 15.00 = \$ 135.00

Dietary restrictions (list) _____

Handicapped room needed (please circle) YES NO

Commuter Registration:

_____ 2-day Commuter Educational materials/speakers, 2 lunches (10/19 & 10/20), 1 dinner (10/19)	\$ 115.00	\$ 125.00
_____ Monday only 10/19 Educational materials/speakers, 1 lunch, 1 dinner	\$ 90.00	\$ 100.00
_____ Tuesday only 10/20 Educational materials/speakers, 1 lunch	\$ 60.00	\$ 70.00

If you are staying at the hotel either Sunday or Tuesday night.

Check here _____ Sunday (Oct 18) You pay the hotel directly but we will tell them you are coming.. _____
 Tuesday (Oct 20)

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

Mail check and form to:

Elizabeth Heagy momheagy@yahoo.com 410-857-3388
 505 High Acre Drive Westminster, MD 21157

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

Should the conference be cancelled, your total registration fee will be refunded.

Comfort Bake Yumm

Ingredients

- 5 eggs
- 1/4 cup milk
- 16 oz refrigerated breakfast biscuits
- 4 scallions (green onions, spring onions),
- 1 cup shredded extra sharp cheddar cheese
- Meat options – cooked center cut bacon, cooked sausage or breakfast ham
- 11×17 pan, sprayed with cooking spray (9×13 might work better, but might need to bake a little longer)



Directions

1. Mix your eggs and milk in a large bowl. Cut each biscuit into fours and add it to the bowl. Do this before you cook the bacon or cut up the scallions – give the biscuits some time to really soak in the eggs.
2. Cut up your scallions, shred your cheese, cook and break up your bacon (or sausage). Add everything to the bowl.
3. Mix it together and pour into pan. Bake at 350° for 25 minutes (make sure it isn't runny – may need more time).

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

