

WHAT'S HAPPENING

Maryland Association for Family and Community Education, Inc. Newsletter

JUNE - Register for State Conference – Page 7

- All Nominees for State Officers, Group II
President-elect becomes President, Vice
President for Public Policy, Treasurer
- 2 Maryland FCE Board Meeting, 10:00 AM.
Jeanne's home 15500 Gallaudet Ave
- 9 FCE Blanket Making, 10 AM – 8 PM.
Extension Office Garage

JULY

- 4 Happy Birthday America
- 21 - 25 ACWW/USA and National
FCE Conference, Florence
KY.
Registration at
www.NAFCE.org



AUGUST

- 1 **NEWSLETTER** deadline - send items to
Editor
- 1 FCE Blanket Making Day, 10 AM – 3 PM.
Extension Office Garage
- 4 Maryland FCE Board Meeting, 10:00 AM
Montgomery County Extension Office
- 7 Set up Montgomery County Fair Booths 10
AM
- 8 - 16 All Day 76th Annual Montgomery County
Fair – “Make a Beeline to the Fair”
21 – Sept. 7th Maryland State Fair, Timonium,
MD (weekends)
- 26 Montgomery County FCE Executive Board
Meeting – 10:00 AM (reference room)

SEPTEMBER - COLLECT DUES

- All **CHARACTER COUNTS!**[®] Essay and
Artwork Contest starts – “Respect”
National Literacy Month
- 1 Extension Office Closed (Labor Day)
- 5 FCE Blanket Making Day, 10 AM – 8 PM.
Extension Office Garage
- 8 Maryland FCE Board Meeting, 10:00 AM
Montgomery County Extension Office
- 9 Montgomery County Association Meeting,
9:45 AM Refreshments: Lunch Bunch.
Install 2026 Officers
Program TBD
- 18 Set-up for Yard Sale (15500 Gallaudet Ave,
Silver Spring), 9 AM
- 19 - 20 Yard Sale (rain date September 26 - 27)
- 30 FCE Blanket Making Day, 10 AM – 3 PM.
Extension Office Garage

SAVE THE DATE

MARYLAND FCE CONFERENCE

Arrive on Monday, October 13th for some
preconference fun and continue through mid-
afternoon on Wednesday, October 15th. See info on
page 2 and registration on page 7.

Check out the WEB with MDAFCE

www.mdafce.org

Send newsletters, calendars, information and
calendar updates for the web page to Libby Wade at
dunade@aol.com.

Newsletter Deadline: August 1

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



FROM THE PRESIDENT



You know you are getting old when your youngest grandson asks you to co-own his first car. I could not believe he had saved up \$10,000 to put down on the used car that he wanted. He is being very self-sufficient in researching and evaluating his first car. He researched the benefits of electric cars. Paying \$0.10 per kw is the equivalent of driving on gasoline that costs less than \$1.00 per gallon. Electric cars are environmentally friendly because they do not emit pollutants. There is lower maintenance due to an efficient electric motor. They also are believed to have better performance. The only downsides that we could find are the limited driving range, charging that can take longer than refueling and the initial purchase price may be higher. But with the increase in electric cars, the infrastructure for supporting them is increasing every day.

My husband and I, of course, tried to convince him that a hybrid would be better than a totally electric car. But he had all the right arguments to convince us that he knows what he is doing. The only question will be driving on long trips. Moving into the future, we all must keep up with new technology. All our ancestors have dealt with updated devices, and we will have to do that also. If we keep our minds open, we will be able to understand all the new things that will be happening in the future.

Be sure to read the information about the Maryland FCE Annual Conference in October and then register to join us. Many interesting speakers and programs are being planned.

Stay safe and have fun in whatever you do this summer!

Libby Wade, President
dunade@aol.com

301-831-8661

PUBLIC POLICY NOTES

Benefit of a Doubt

How often do we hear the old saying “One person’s opinion is as good as another?” In America, the Bill of Rights guarantees that each person’s opinion has the right to be spoken freely in the public forum without threat of persecution or violence for airing that opinion. It’s called freedom of speech. The other nine rights were listed with the first one as the first 10 amendments to our Constitution because they needed to be stated in writing as a guarantee that they will not be trampled on by the government or any other political entity that wants to deny them. The creation of our code of law protects our citizens and guarantees that justice will be rendered fairly to all (that is why the statue of justice is portrayed as blindfolded). Why do I bring up Civics 101? In the turbulent world that is modern day American politics, it is sorely needed by all of us, citizens and politicians alike.

The office holders of the legislative and executive branches need to do the jobs they were elected to do without partisanship and personal agendas hampering the one mandate of public service - to serve their employers, we the people. Yes, in all the most recent turbulence, President Donald J. Trump and his band of appointed “helpers”, take (as another old saying goes) the cake, in my opinion. Swinging from “Signalgate” to “Gulf of America” the first 100 days of this administration have been a rollercoaster ride and an attempt to modify or “fix” what they think is wrong with government. The republican attempt to make things better has failed, already. How?

By ignoring the Bill of Rights and failing in carrying out the government mandate to serve for the benefit of the people who elected them - all of the people, is how. Slashing thousands of critical civil service jobs to create the savings for the extension of those expiring tax cuts for the rich is one failure. Hurting many to serve the few is not good government. Decimating our social safety nets, the most successful social programs that have kept millions from poverty, hunger, and no healthcare, and brought the country out of the Great Depression, is not good government. Sticking our heads in the sand while the rest of the world creeps towards more international conflicts without America’s leadership to help lower the heat is asking for the history of the

twentieth century to repeat itself with more deadly consequences than before. Again, not good government.

In conclusion, I keep hoping from day to day that something good for our nation will come out of Washington. We see how our closest allies (Canada and Europe) are being treated; the unreasonable tariffs on trading partners, the lack of following due process of law, the attempts at disenfranchising voters (married women having to prove their identity at the voting poll before they can vote?), and, last but not least, a 92 million (one quote floated out there) military parade for the president to make himself look powerful like Russia, China, and North Korea. If you need such a parade, you are already lacking. The parade is just a waste of time and money - money collected from those supposed savings by DOGE that could be spent on more needful things, like the food for the food banks, meals on wheels, and school lunch programs that were cut. Again, just my opinion. So far, this has only been the first 100 days...

Debra Rausch, VP for Public Policy
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301-498-8806

PROGRAM NOTES

MARYLAND FCE CONFERENCE

The 2025 Maryland FCE State Conference will again be held on the Chesapeake Bay. Rooms are reserved at the Holiday Inn Express, 1020 Kent Narrows Road, Grasonville MD 21638.

The programs being developed will include interesting speakers, activities, exercise, and the opportunity to walk and sit along the shore of the Chesapeake Bay.

Breakfast is included for those who stay at the hotel. Lunch and dinner will be included in your registration package. You may want to arrive at the hotel on Monday, October 13th, to take advantage of hotel amenities and Chesapeake Bay cuisine in a local restaurant.

The conference program will begin with registration at 10:00 AM on Tuesday, October 14th, and will continue through mid-afternoon on Tuesday, October 15th. Confirmed programs and activities include:

- Judy Wink's presentation on Birds of the Chesapeake Bay was such a hit at last year's conference that she has been invited to return. Judy is the Executive Director Emeritus, at the Chesapeake Bay Environmental Center, in Grasonville MD.
- "Fire and Water" is an illustrated talk that demonstrates changes in climate and geographical history. The presenter is Mark SubbaRao from the NASA Scientific and Visualization Studio.
- "I Am Not Content; an Hour with Frances Perkins." Kathie Mack and Steve LaRocque will bring their Frances Perkins program to our conference. Frances Perkins was Franklin Delano Roosevelt's Secretary of Labor for all terms of his administration during the Depression and World War II. She devoted all her working life to improving the working conditions of laborers and is largely responsible for the Social Security payments that many disabled and retired Americans enjoy.
- Variety is the spice of life, so we're adding a Suggestions and Amazing Facts Bingo game to the conference agenda. Barbara Perry will be our bingo caller.

We will conclude the conference with an adaptation of our traditional basket raffle. This year there will be many "bags" representing individual gifts for you to bid on (more gifts, more people will be able to win).

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

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



Bulletin Board

Our sympathies to the family of Genie Sidwell who unexpectedly passed away in March.

Speedy recovery to Ruth Higgins who broke her leg.

Montgomery County News

Spring Luncheon

FCE Striving for a Better Future

Forty-two (42) members and friends enjoyed Mary Ann Jung as **Julia Child** telling us about Julia's life. Javi Alacron, Annual Fund Manager from Montgomery College and Ashley Dwumfuor, one of our scholarship recipients, attended. Jenifer Fuentes was not able to attend but Ms. Alacron read a statement of appreciation from her.

Attendees donated 67 books for newborns and many plants for The Ranch and Laytonsville Veterans Home. We were treated to a delicious lunch, lovely decorations and favors and a fun door prize event.

Thanks to Derwood for being the hostesses, all of you for your effort, attention to details and for your attendance. It was a great day!!!

FCE BLANKET MAKING DAYS

June 9 Monday 10 AM to 8 PM

August 1 Friday 10 AM to 3 PM

September 5 Friday 10 AM to 8 PM

September 30 Friday 10 AM to 3 PM

November 15 TBD

We are so pleased to be distributing to some of the hospitals as well as shelters and other agencies.



We can always use yarn and fleece, we do not need fabric, except for kids' prints. Thank you for all the hard work, time and effort each of you put into continuing this project. Call Kathie at 301-270-5367 for

more info.

BACK to SCHOOL SUPPLIES

In July, August and September, we will collect school supplies, socks and gloves (socks and gloves all year). Items can be dropped off on blanket days, our September program meeting, at my house, or with Kathie Mack. Thank you very much for your help. I know the schools and students are very appreciative of these supplies. In the past, supplies have gone to the National Center for Children and Families, Sheppard Pratt, Kennedy Krieger and Title 1 schools.



FAIR BOOTHS

"Make a Beeline to the Fair"

August 8 – 16



Planning and working on the **Fair Booths** has begun. If you would like to design a display to present at the Fair, please let me know. We have display boards that you can borrow, or you can design a free style booth. Also, if you can spend some time at the Fair sitting by the booths and talking about FCE, blanket making, etc., please sign up. A sign-up sheet is available.

September Program

September 9

9:45 AM Extension Office

Unfortunately, the speaker we had planned for September has had to postpone until next year. We are working on a new program/speaker. Watch for an update in your monthly blanket notes and in the next newsletter.

YARD SALE

Set-up Thursday September 19

September 20 and 21 (Friday and Saturday)

15500 Gallaudet Silver Spring

The tables will be on the front porch starting in August to accept your donations for the yard sale. We will need lots of help with the set-up day on Thursday and for the sale days. This is a major money maker for the scholarship fund. A note of caution – if you are using a box that has been mailed to you, remove the label and black out the UPC code. These boxes are used when we pack up the leftover items and then go to other places. We do not know who sees the address on the boxes. You don't want your address out there!

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

Jeannie Purich

President of MC FCE

jcpurich@cs.com

CONGRATULAIONS TO OUR MEMBERS



Ethel DeHaven was honored at the Spring Luncheon for being a member for **60 years**. She has been a productive club member and has held many executive positions in MCAFCE and still sends out newsletters.



Ruth Higgins celebrated **75 years of membership**. Her daughter, Maire Priest, accepted the award on her behalf. Ruth, age 99, broke her leg the day before the luncheon. She currently resides in Asbury.

Others that were honored:

10-years of membership

Ellie Kirk, Pat Panzer, Cathy Reals.

20-years of membership

Doris Lyerly, Dottie Jenney

30-years of membership

Susan Morris

CARACTER COUNTS!®

Jerri Hunt and I visited the St. Francis International School to congratulate Samantha Lameneuw on winning first place in the county and state in the 2025 Family and Community Education Essay and Artwork Contest. This annual contest for fourth graders was created by National FCE to emphasize the six pillars of character — trustworthiness, respect, responsibility, fairness, caring, and good citizenship. Trustworthiness was the pillar chosen for the 2025 contest.



Honorable mention in the county essay and artwork contest was awarded to Elsa Awasum, Eden Aschalew, Violet Soto, Brianna Eugene, and Grainne Morris.

Kathie Mack, MDAFCE Vice President for Programs

WOMEN WALK THE WORLD



Prior to our Spring Luncheon meal, we took a walk around the parking lot to celebrate Women Walk the World. This is a fund raiser for the Associated County Women of the World – Rural Women fund.

Check out acww.uk.org for more information.

MEMBERSHIP NEWS

As of May 1, 2025, we have 91 members, including **four new members!** A huge thank you to all who sponsored our new members and to all who renewed their membership. Please welcome our new members: Patricia Fewell, Louise Lewis, Jane Shaub and Mary Walsh. Our 2025 membership event has officially ended. We will be starting our 2026 membership drive in August. Remember that for every new member you sponsor in 2026, you receive a Star Pin **PLUS** a chance for you and your new member to attend the 2026 Maryland FCE conference for free. What a great deal! The next few months are a great time to introduce potential new members to our organization. Have a great summer!

Jeanne Gillis, Membership Chairman
jeannegillis2326@gmail.com

BEST EXERCISE FOR STRONG LEGS

The why:

There are many reasons for keeping the legs strong including reducing fall risk, improving metabolism, and getting out of a chair with more ease. Additionally, according to a British study done on twins, published in 2015, there is also a link between brain health and leg strength.

The how:

The chair squat is one of the most functional and practical leg strengthening exercise. To get started you can test yourself by following the directions below:



(Please check with your physician or physical therapist if you have any concerns about this exercise or if you are not sure that you can do it safely.)

1. Sit in the middle of a sturdy firm chair (no wheels!)
2. Cross arms over chest, with hands on opposite shoulders*
3. Keep your feet flat on the floor
4. Have someone time you (or look at the clock yourself), and on “start”, you come to a full standing position with arms still crossed and back straight-then sit down again.
5. Repeat for 30 seconds, counting the number of times you get up.

*If you have any balance difficulties, do the exercise with hands on a table and have a person standing next to you for support if needed.

You should aim to meet or exceed the following average scores (per 30 seconds):

	Age	Reps
Men	60-64	14
Women		12
Men	65-69	12
Women		11
Men	70-74	12
Women		10
Men	80-84	10
Women		9
Men	85-89	8
Women		8
Men	90-94	7
Women		4

Once you have determined your number of repetitions, you should try to do 2-3 sets of that number, either fast or at an easy pace, every day. Make sure you don't hold your breath as you practice this exercise. If the exercise makes your knees achy, progress slowly as tolerated, or check with a healthcare provider first.

LITTLE THINGS THAT AREN'T LITTLE

Comforting hugs, Sincere compliments, Heartfelt messages, Handwritten notes, Genuine Smiles, and Acts of kindness.



Maryland FCE Annual Conference 2025
Tuesday October 14th – Wednesday October 15th 2025
Holiday Inn Express Kent Island, 1020 Kent Narrows Road, Grasonville, MD 21638
Phone: 410-857-4454

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

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

Full Conference Registration (Registration starts Tuesday 10/14 at 10:00 AM, meeting starts 10:30 AM.)

Includes: Conference materials, meeting rooms and speakers, **1 night lodging** (10/14),
1 breakfast (10/15, included with room stay), 2 lunches (10/14 & 10/15), and 1 dinner (10/14).

(check here) POSTMARKED BY:	September 15	From September 16 – October 4
_____ Single Room	\$ 210.00	\$ 220.00
_____ Double Room	\$ 150.00 (EACH)	\$ 160.00 (EACH)

Handicapped room needed YES NO (please circle)

Commuter Registration:

_____ 2-day Commuter Conference materials, meeting rooms and speakers, 2 lunches (10/14 & 10/15), 1 dinner (10/14)	\$ 85.00	\$ 95.00
_____ Tuesday only 10/14 Conference materials, speakers, meeting rooms, 1 lunch, and 1 dinner	\$ 65.00	\$ 75.00
_____ Wednesday only 10/15 Conference materials, speakers, meeting rooms and 1 lunch	\$ 60.00	\$ 55.00

If you are coming on **Monday 10/13**, please check here. _____. Check in time is 3 PM.
You will pay for the hotel directly, but we will make your reservation.

Cost \$ 119.00/night plus 6% occupancy tax.

Make check payable to – **Maryland FCE (MDAFCE)**
Mail check and form to:

Chris Hager econchris@earthlink.net 240-618-0116
842 Azalea Drive Rockville, MD 20850-2017

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

Direction to Annual Conference

Holiday Inn Express Kent Island

1020 Kent Narrows Road, Grasonville, MD 21638

Phone: 410-857-4454

From West:

From the beltway, take **50** east across the Bay Bridge*; take Exit **41**, head **right** on the ramp for **MD-18** toward **Kent Narrows West**; Turn **left** onto **MD-18/Main St** toward **Piney Narrows Rd/MD-18/Main St**; Turn **left** onto **Kent Narrow Way N** (Road name changes to **Kent Narrow Way**): Turn **left** into parking lot.



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

