

WHAT'S HAPPENING

Maryland Association for Family and Community Education, Inc. Newsletter

JUNE

- All Nominees for State Officers, Group II
- 6 10:00 AM MDAFCE Board Meeting,
Montgomery County Extension Office
- 14 Flag Day

JULY

- 4 Happy Birthday America
- 14-17 NAFCE Annual Conference,
Portland, OR



AUGUST

- All **All County Associations' List of Officers and Committees for 2023 should be sent to State President**
- 1 **LOOK WHAT'S HAPPENING** deadline for items to Editor
- 1 10:00 AM MDAFCE Board Meeting
Montgomery County Extension Office

SEPTEMBER

- All CHARACTER COUNTS!® Essay and Artwork Contest starts – “Caring”

THE SIX PILLARS OF CHARACTER



- Collect 2023 Dues Membership Drive
- National Literacy Month
- 12 10:00 AM MDAFCE Board Meeting,
Montgomery County Extension Office
- 19-21 CWC Meeting
North Little Rock Riverfront Wyndham
North Little Rock, Arkansas

OCTOBER

- 17-18 Maryland FCE Annual Conference
Best Western, Westminster, MD

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CHARACTER COUNTS!® Contest

Delina Simon, from St. Francis International School in Montgomery County was the First Place winner in Maryland for the National FCE CHARACTER COUNTS!® Essay and Artwork Contest focusing on “Fairness”. She received \$50 from both Maryland and Montgomery County FCE. Delina’s 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

Hello to all! The Executive Board has started meeting in person again. We are beginning to plan for our annual state conference on October 17 and 18 at the Best Western in Westminster. With vaccines, we can actually meet in person and the pandemic is hopefully nearing an end. I wish that all is well with you, your family, and friends. I am looking forward to visiting with my family for the first time in a long time.



Most people say that their favorite season is Spring. Trees are blooming. Flowers are sprouting with tulips, daffodils, lilacs and lilies being the earliest to bloom. "Spring Fever" may be real! Scientists believe that longer days cause people to be more active, creative, and happy. Which season do you like best and why? I change my favorite all of the time. After summer, I am longing for Fall. But after winter, I really want Spring to come. This is probably a product of growing up in Maryland where I had all four of the seasons.

Remember to save October 17 and 18 for the conference. Registration is on page 7. See you there!

Libby Wade, President
dunade@aol.com

301-831-8661

MEMBERSHIP NEW

The Membership Drive for 2022 has now ended. We have 109 members. Our 2023 Membership Drive will start in August. Don't forget that you can receive an FCE Star pin for every new member you recruit. Try inviting someone to one of our summer functions as an introduction to joining our circle of friends. You can always recruit with this song: "Make new friends, but keep the old; one is Silver and the other is Gold." Enjoy the summer!

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



Condolences to the family of Charlene Dillingham who passed away after a long illness. Charlene was a member of the Derwood FCE club in Montgomery County.

Condolences to Rosemarie Castillo, Montgomery County, on the loss of her mother.

Condolences to Jean Horner, Montgomery County, on the loss of her daughter, Linda.

Condolences to the family of Joan Antonio, past Carroll County FCE president. Her obituary appears in the Carroll County news.

Speedy recovery to Karen Gillis, Montgomery County, who broke her ankle. She is recovering nicely and will be starting PT soon.

Speedy recovery to Elizabeth Heagy, Carroll County, after back surgery. She is now in rehab, learning to walk.

A Dad

God took the strength
of a mountain,
The majesty of a tree,
The warmth of a
summer sun,
The calm of a quiet sea,
The generous soul of nature,
The comforting arm of night,
The wisdom of the ages,
The power of the eagle's flight,
The joy of a morning in spring,
The faith of a mustard seed,
The patience of eternity,
The depth of a family need,
Then God combined these qualities,
When there was nothing more to add,
He knew His masterpiece was complete,
And so, He called it ... Dad



Unknown Author

MARYLAND FCE CONFERENCE



Ladies and Gentlemen! The Maryland FCE State Conference will be really, truly happening this October 17 and 18, 2022. We will have lots of fun, education, and an outreach project to look forward to participating in. First matter of business: it will be held at the Best Western Hotel and Conference Center in Westminster, MD, on October 17 - 18, 2022. Some attendees arrive the Sunday night before, priced at a special rate. If you stay in the hotel, breakfast is included with the room. We will be going out to dinner (we will car pool so not everyone has to drive). Dinner cost will be on your own. Lunches will be included in your registration cost.

We have 5 confirmed speakers for our program: 1). Our own Jeanne Purich will be giving a program that she wrote for the National Association for Family and Community Education Conference called “Mental Health, Depression, Suicide, and Social Well Being”- learning what the causes are, what can be done, and where you can get help. 2). Vietnam veteran, John Fer, who was a POW in the “Hanoi Hilton” with John McCain, will give a program titled “Trampling the Serpent: American POWs in North Vietnam”. He is an exciting and informative speaker. 3). Helen DeRoo, one of our own FCE members and a member of the American Sewing Guild, will present a program on “The History of Home Sewing”. 4). Carroll County Extension Educators will present a program on scams (and there are some new ones out there). 5). Another program will be “Life is a Sandwich”, by Barbara Perry, where you learn a life lesson to be followed by lunch!

Included in our lineup will be a presentation of one of the new educational lessons introduced at the national conference – Positive Leadership Traits by Birth Order or a choice of another lesson. Knowing that FCE members are engaged in their individual communities in many outreach programs and activities, a project to benefit the Westminster community will be worked on by our attendees Monday evening. Details will be given in the next newsletter! Final arrangements for lunch and dinner are also being worked out.

The important part of this get together is the ability to be able to be together after the two-year hiatus of the coronavirus preventing our members

from gathering. We will have tales to tell, baskets to win, and fellowships to renew.



We will also have a drawing for a beautiful blue, queen sized quilt. This is a major fundraiser for the state organization. So, all members will have the summer to sell tickets for the quilt. Tickets will be \$2 each or 3 for \$5. Tickets and pictures will be given out to each county, so that sales can start right away. The drawing will be Tuesday October 18th.

In effect, our conference will be a return to an occasion that gifts us with the things we have been in most need for these past two years: normalcy and companionship.

Looking forward to seeing as many of you as possible!

Debra Rausch, VP for Public Policy

PUBLIC POLICY NOTES

It feels like we are reliving the high-priced, soaring inflation of the 1970's, what with higher gas prices, more expensive food, and higher rents and mortgage rates. What is different this time around is that all of this is directly influenced by the global economic status of our trade relations with other countries, especially China. American businesses looked for the most economical way to increase their bottom lines by outsourcing jobs and production to China, and to other countries such as Vietnam, India, Bangladesh, Mexico, etc. The result has been the loss of major manufacturing jobs, and the skills inherent with them, for the American worker. The “rust belt”

not only describes the loss of these factory and production jobs, but also the loss of companies investing in the training of and upgrading of worker skills to keep up with changes and growth in the work arena.

It truly is a competitive and challenging economic playing field that workers and companies need to engage in on the local and international scene. China is forging ahead with investment in the sciences, mathematics, and engineering, towards a goal of being number one in the world by mid-decade. Technological development to overtake the US is where much of their GNP is being directed. What does this mean to America and our workforce now and for the future? COVID-19 threw a wrench into every countries' economic machine for the last two years. The results can be seen in the supply chain interruption, the slow recovery of essential workers coming back to work, the change in what workers want to accomplish from their work, and the result of more jobs going unfilled.

In effect, there has been a psychological change in American workers and their work expectations. The type of the work-yourself-to-death-grind that one sees portrayed in third world factories is not what is wanted here in America. The pandemic has caused workers that had to telework from home, the time to reconsider why they work, what their goals are, and to possibly smell the roses they had been missing at home due to their prior grind. I think we are living through this psychological change of focus at a time that conflicts with the need for companies to catch-up with providing the training and investment in their workers that will meet with their changing goals and focus. In effect, companies need to acknowledge the importance of their workers in achieving the bottom line they went looking for overseas. As Dorothy said in the Wizard of Oz, "there is no place like home". The American worker's importance as a necessity to a companies' success must be acknowledged by the owners and valued, as it once was in the past. The pride of being "Made in America" needs to be renewed in how a company values its workforce. Robots do not earn the bottom line for a company, people do!

Debra Rausch, VP for Public Policy
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Seven Tips to Keep Your Nails Healthy and Strong

Nails are more than a fashion statement. They are an indicator of your overall health. "Always keep your nails clean and dry and cut nails straight across using sharp nail scissors or clippers. Slightly round the tips of your nails to provide maximum strength," says dermatologist Phoebe Rich, M.D., clinical adjunct professor of dermatology at Oregon Health Science University in Portland. "Never bite your nails or remove the cuticle. Not only do these actions damage the nail, but also they increase the risk of infection."

1. Use an emery board to keep nails shaped and free of snags.



2. Do not use your nails as a tool, such as opening soda cans.
3. Trim your toenails regularly. Keeping them short will minimize the risk of trauma and injury.
4. When your toenails are thick and difficult to cut, soak your feet in warm salt water. Mix one teaspoon of salt per pint of water and soak for 5 to 10 minutes.
5. Avoid "digging out" ingrown toenails, especially if they are infected and sore. If you are suffering from an ingrown toenail, see a dermatologist or podiatrist for treatment.
6. Wear shoes that fit properly. Also alternate which pair of shoes you wear each day.
7. Wear flip flops at the pool and in public showers. This reduces the risk of infections caused by a fungus that can get in your toenails.

IN AND AROUND MARYLAND

CARROLL COUNTY

In March, Carrol County lost one of its past presidents, Joan Lee Antonio (88). She recently had had heart valve surgery but unfortunately had a stroke a few days later. She was born in New York and predeceased by her husband, John, in 1985. Before retiring, Joan worked as a dog groomer. She enjoyed crafts and had a side business of selling beautiful bags and jackets she made out of old jeans and jean material. She was also a member of the Ebenezer United Methodist Church OWLS and Red Hats. She is survived by 3 children, 4 grandchildren and 1 great grandchild and several dogs!

Elizabeth Heagy
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410-857-3388

FREDERICK COUNTY

While FCE/Homemakers still haven't met, and typically don't meet in the summer months, there are still lots of activities and events in Frederick.

Alive @ Five began May 12th. This is an outdoor happy hour every Thursday from 5 - 8pm in the Carroll Creek Amphitheater. This event is for 21 plus. Entry is \$5.00 and so are drinks. There is food available on site and a different band every week.

There is also a summer concert every Sunday in June, July and August at 7PM in the Baker Park Band shell. You can enjoy everything from tribute artists and oldies to afro funk and bluegrass. Bring your lawn chair.

You can also participate in "First Saturday", a chance to support local businesses and restaurants while exploring downtown Frederick.

There's always something new to explore. For a full calendar of events, access downtownfrederick.org.

Donna Bowles
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MONTGOMERY COUNTY

Thirty-eight (38) members and friends enjoyed the Spring Luncheon (first one in 2 years) with Pat Rumbaugh telling us how important it is to "play" and have fun. Attendees donated 41 books for newborns

for the hospital and plants for The Ranch. Colleen Dollak, Annual Fund Manager, from Montgomery College spoke at the Spring Luncheon on how grateful they were for our continued support for the scholarship fund. Our 2 scholarship recipients, Afra Alizadeh and Herve Yamba, were not able to attend.

We also celebrated the Olney-Sunshine Club's 100th year anniversary with 3 members present.



(Jeanne Purich, Jeannette Kennedy, Nancy Hitchcock, Jackie Davis)

Next, we will be off to the Fair in August. MCAFCE will present three informational booths and one booth on our outreach project - blanket making. We really enjoy speaking with the public about FCE, all our projects and the "fun" that we have.

Jeanne Purich
jcpurich@cs.com

301-384-2805

PRINCE GEORGE'S COUNTY

The current members of PGCAFCE, Sue Van Slyke, Alicia Rausch, and Debra Rausch, haven't met as a club since the coronavirus stopped everyone from gathering. It is encouraging news that we are having the state conference this year in Westminster.

Hopefully we will have some positive news to report in the next issue of LWH. One thing I know, all 3 of us are alive and kicking at this writing, which is definitely something important to report! Sue's current address for those who want to write her is:

Emeritus at Arlington
3821 Wilson Blvd #633
Arlington VA 22203

Debbie Rausch
rauschda@gmail.com

301-498-8806

Rural Women in Action: ACWW's Strategy 2022-2026



(Note the new logo)

Community Transformation and Grassroots Projects

Our new strategy sees the launch of a new program of development projects, ensuring greater community impact for women most at risk of being left behind.

Grounding our development projects in 40 years of experience, combined with recognized good practice, we will continue to prioritize the issues highlighted by rural women in their communities. In line with experience and global priority, we will focus on Climate-Smart Agriculture, Rural Women's Health, and Education and Community Development for our Core Projects.

Alongside Core Projects which respond to local priorities, we will work with strategic partners to add Capacity Building modules to each project, strengthening impact and building sustainability. We will fund fewer Projects each year, but continue our annual spending at the same level, so there is greater investment in each community.

Sharing of Knowledge and Local Activities

To strengthen the sharing of knowledge between Member Societies, we are inviting all Societies to appoint ACWW Coordinators; they will receive training and support, and have regular online meetings with each other, their Area President, and the World President. This will mean global representation, and greater communication.

Coordinators will be assisted in organizing local activities, awareness-raising events, and encouraged to implement fund-raising activities and organize local Women Walk the World events.

Area Conferences will continue to benefit from the support processes established in 2020 in light of the Covid-19 pandemic, and this will be strengthened with Capacity Building workshops and training sessions.

Advocacy

ACWW will continue to use its Consultative Status with the United Nations and its Agencies to amplify the voices of Rural Women, and highlight the issues they raise at the international level. Amongst other policies, we will prioritize the following:

With the FAO, we will advocate for the importance of family farming, women's land rights, indigenous seed protection, food security and food sovereignty.

At UNESCO, we will advocate for equitable access to quality education at all levels for women in all their diversity, the importance of traditional and inherited knowledge, Indigenous languages, and global citizenship.

We will use our access at the Human Rights Council to promote understanding and implementation of CEDAW for women everywhere.

We will raise awareness of critical UN Declarations and Conventions that are specifically relevant to our membership.

Partnership

ACWW's global network of women's organizations is unique, and important to protect. By focusing our efforts on building capacity within our network, we will strengthen both our Members and our Membership.

For many years we have worked with partner organizations who are aligned in policy and intent; we will continue to build these relationships and work in likeminded coalitions where appropriate to achieve our aims.

We will establish strategic partnerships to help deliver Projects, fund our core work, and advance our advocacy work. Partnerships will be considered at global, national, and local levels.

All partnerships will be built in line with ACWW's established policies and the Statement of Ethics adopted by the Board of Trustees in 2021. Our members will continue to be our priority, as we work to achieve the agenda, they have set for ACWW.



Direction to Annual Conference

Best Western Hotel

451 WMC Drive, Westminster, MD, 21158

Phone: 410-857-1900

Monday October 17th - Tuesday, October 18th

From East and South:

Take 32 west to Route 140 east, the BEST WESTERN Westminster Catering and Conference Center will be on your right-hand side.

From the North or West:

Take 97 south to Route 140 West and the BEST WESTERN Westminster Catering and Conference Center will be on your left-hand side just past Route 31.



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

