

WHAT'S HAPPENING

Maryland Association for Family and Community Education, Inc. Newsletter

www.mdafce.org

Happenings

March

All Month Women's History Month



- 1 Heart of FCE, Spirit of FCL Award, Outstanding Unit Award
Entries due to Libby Wade, State President
- 3 State Board Meeting 10:00 AM. MC Extension Office
- 8 **International Women's Day (ACWW)**
- 13 TH Association Meeting 9:45 AM. MC Extension Office, Refreshments: Derwood
Program "International Day – Greece" – Jean Purich
- 17 FCE Blanket Making, 10 AM – 3 PM. Montgomery County (MC) Extension Office Garage
- 25 MC Executive Board Meeting. 10 AM MC Extension Office.

April

- 7 State Board Meeting 10:00 AM. Montgomery County (MC) Extension Office
- 8 Association Meeting 9:45 AM. Refreshments: Burtonsville
Program "Antique Quilts Turning" by Nancy Willet and Amanda Mosko
- 11 FCE Blanket Making, 10 AM – 8 PM. MC Extension Office Garage
- 15 All State Reports, Outstanding and Superior Unit Awards due to NAFCE
- 26, 27 Gas and Steam Engine Show. Agricultural History Farm Park. MCAFCE will be selling their handicrafts. Free admission; come and see what we have.
- 29 **ACWW Women Walk the World**

May

- 1 Look What's happening Deadline
- 9 FCE Blanket Making, 10 AM – 3 PM. MC Extension Office Garage
- 5 State Board Meeting 10:00 AM. Montgomery County (MC) Extension Office
- 16 Set-up for Spring Luncheon
- 17 Spring Luncheon, MC Extension Office 10:30 AM - 2 PM
"Splish, Splash, Slide into Summer" See pages 5 & 8 for details.
We will engage in Women Walk the World prior to lunch.
- 26 Office Closed (Memorial Day)
- 27 Montgomery County Executive Board Meeting, 10 AM, Extension Office

June

- 2 State Board Meeting 10:00 AM. MC Extension Office
 - 9 FCE Blanket Making, 10 AM – 8 PM. MC Extension Office Garage
- All Month - Nominees for State Officers, Group I: (taking office in odd years) President elect, Vice President for Program, Secretary. Group II: (taking office in even years) President-elect becomes president, Vice President for Public Policy, Treasurer**

FROM THE MARYLAND FCE PRESIDENT



What do we have to look forward to in 2025? First of all, technology is advancing at an astonishing pace, and artificial intelligence is expecting to reach higher levels of sophistication. Another advance will be the increase in the electric vehicle market. Electric vehicles will offer longer ranges and faster charging times. We will probably have more milestones in our space exploration. Not only is NASA making bigger strides but private companies are making ambitious missions. Our sports will have major events like soccer, tennis and other high-profile events. We will have breakthroughs in health and medicine. AI-powered diagnostic tools will help doctors detect illnesses earlier and with greater accuracy. We expect to see new solutions for renewable energy like solar panels, wind turbines, and urban farming to make growing food at home more feasible. In 2025, personal and service robots will become more common, handling tasks such as cleaning, delivery and companionship. What are you most excited about as 2025 begins?

Please think about coming to the Annual Conference and save the dates of October 20-22, 2025. See you there!

Libby Wade, MDAFCE President
dunade@aol.com

301-831-8661

PROGRAM NOTES

Three terrific programs are being organized for the spring by Montgomery County FCE, and of course at the state level we are working to arrange another wonderful conference in October. These Program Notes will describe the four programs chronologically. We hope many of you will be able to attend (and bring friends).

- Thursday, March 13th at 9:45 AM.

International Day will feature the cuisine and customs of Greece, where Jeanne Purich vacationed last year. She is handing out recipes so that we can enjoy a potluck Greek lunch together.

- Tuesday, April 8th at 9:45 AM. “Antique Quilt Turning.” Nancy Willett and Amanda Mosko will show and tell about their collections of antique American pieced quilts.

- Saturday, May 17 at 10:30 AM. The Beach will be the theme of our Spring Luncheon, and our featured speaker will be none other than famous chef Julia Child. For details, please see information elsewhere in this newsletter.

- Monday, October 20th to Wednesday, October 22nd. Our Maryland FCE annual conference will be held once again at the Holiday Inn Express in Grasonville, Maryland (on Kent Island). No further details are available yet, but we are developing ideas for informative sessions and interesting excursions. Please let us know what you would like to see and hear!

If you have suggestions on meetings, topics or activities, please contact me or our VP for Program, Kathie Mack (kpmack2@gmail.com).

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

PUBLIC POLICY NOTES

Where Do I Begin? Unlike the song, the Trump administration has not been a “Love Story” for America. The first few weeks of this new administration have “mimicked” the horror following the January 6, 2021 attack on our government by Trump and his MAGA followers: horror as in the inept nominees chosen by Trump to fill his main Cabinet positions (especially in listening to the nonchalant attitudes of the nominee’s supporters on the committees that are vetting them and their dismissing of blatant character flaws and lack of job qualifications), and, disgust, as the nominees continued to support and repeat the many untruths that were spread during the 2024 presidential campaign, like the eating cats and dogs, vaccines are bad for you, immigrants are the cause of all the problems in our society and, repeating that they are not implementing the Project 2025 extreme “manifesto “ that was concocted should MAGA win the election. (We know they are!)

After launching a ton of Executive Orders, making them appear to roll off the assembly line like factory-made products, the bigger picture becomes clearer with what the projected end game of their intentions: total disruption of the federal bureaucracy and control of the federal purse strings. The fact that the cabinet would be populated by wealthy billionaire businessmen wanting access to a seemingly endless flow of money they could control and have no one with oversight over it, but them, can’t have escaped anyone!

As of this writing, we have seen the overreach of the Executive branch weaponizing the Justice Department to disrupt and take control of the FBI (part of the vendetta by Trump to get revenge over the investigations done after the crimes committed by the January 6th rioters to prevent the legal transfer of power when Trump lost the 2020 election. The attempt to freeze all federal program funding (funding previously appropriated by Congress) has been a bust, so far. The access to the federal checkbook (how our government pays its

obligations: Medicare, Social Security, Tax Refunds, etc.), has been given over to a non-elected, unvetted billionaire (Musk) who is unqualified to meddle in this area!

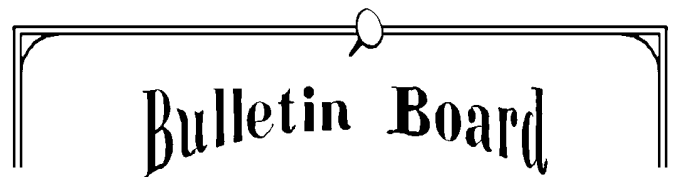
And, the list goes on as the Executive branch tries to make the Judicial and Legislative branches of our government supplicants to the Executive. I only hope that the judicial and constitutional parts of our government can rein in the excesses of this administration before it knocks our citizenry so out of balance that more divisions will cause irreparable harm to our American experiment. That we are living in dangerous times is an understatement; but, seeing and hearing the things we have since the start of the 2024 campaign and election cycle, I am concerned about how far these people could go to dismantle our public policy and institutions. The only hope I have seen is that opposition has been brewing and has been going to court to block these attempted actions by Trump. So far, there is some light in this darkness. We shall have to see.

Debra Rausch,

MDAFCE Vice President for Public Policy

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Our deepest condolences go Barbara Perry, Diane Kendall, and Brenda Peters for the loss of her husband and FCE member, Lowell.

And to the family of Juanita Jones who passed away in January.

Speedy recovery to Pat Myers, Sandy Wright, and Ed Purich who had recent hospital stays.

What can you do to help?

- **Call them Up** – If you know your friends or families are sick, you need to pick up the phone and then call them up.
- **Send Some Gift** – Of course, besides those speedy recovery quotes, you could send something else, flowers, candy, a book, etc.
- **Visit them in Person** – Do not forget that they also need some support.

MEMBERSHIP



As of February 4, 2025, we have 89 members, including **3 new members**. Please give a warm welcome to our new members: Patricia Fewell, Jane Shaub and Mary Walsh. Don't forget that you can receive an FCE Star pin for every new member you recruit. **AND**, a chance for you and the person you recruited to attend our October 2025 Maryland FCE Conference for **free**. Can you help us increase to over 90 members? In honor of Valentine's Day, here's a little ditty to help you recruit: "Roses are red. Violets are blue. I'm an FCE member, and you can be too!" Please contact me if you need a membership form. Stay safe and healthy!

Jeanne Gillis, Membership Chairman
101 Rolling Rd, Gaithersburg, MD 20877-2043
jeannegillis2326@gmail.com 301-926-1038

Our Outreach Projects

Montgomery College Scholarship:

Jeanne Gillis will now be handling our interactions with Montgomery College concerning our scholarships and the recipients. Two \$2,500.00 nursing scholarships were awarded for the 2024-2025 school year. Our two recipients are Joelle Edmond and Jennifer Fuentes.

Hopefully these recipients will be able to come to the spring luncheon.

Laytonsville Veterans' Home

Pat Fewell will be taking our items to The Home. They greatly appreciate the donations of personal care items, books, games and magazines. The Home can use gently-used and clean towels and twin sheets.

STAMPS

We are looking for a new place to donate our stamps. If you know of a group that would like to have them, please let us know.

Thank you for always doing great things!

Check out the WEB with MDAFCE

www.mdafce.org

Send calendar updates, information and stories of interests for the web page to Libby Wade at dunade@aol.com.

Newsletter Deadline: May 1

Send all articles, Bulletin Board items, recipes, address changes and trivia for the newsletter to:

Jean Purich - jcpurich@cs.com.



Scams, Asking for Money, Emails

It seems like every other day there's another scam – so much information to keep track of to stay aware of current dangers! We all like to be helpful, but sometimes scammers take advantage of this kindness.

Know that **FCE members will NEVER ask you for funds or gift certificates**. Recently, some in our organization have been contacted by email and/or texts from someone that appears to belong to FCE. It's happened to me multiple times from people at both Maryland and Montgomery County levels. First, they ask if you "have some time to help with something" or "please help me with a favor." Most often, they say they are out of town or in a meeting and the need is urgent. Then, if you respond, they may ask that you purchase some gift certificates (example, they asked me to purchase \$800 in gift cards for the VA Hospital at Christmas) OR wire money (another example, they asked me to wire money to help with a purchase in Kentucky). **Again, no one in FCE will ask you for money this way.** Run your cursor over the email address to see if you recognize it. **When in doubt, call the person directly!** Be careful with responding to unsolicited emails, text and phone messages.
Jeanne Gillis

"When spring came, even the false spring, there were no problems except where to be happiest."

Ernest Hemingway



Montgomery County President's Paragraphs

International Day "Greece" – Jean Purich

THURSDAY March 14 (Note the Day)
Association Meeting 9:45 AM Extension Office

Enjoy the sights, sounds and food of Greece, the seat of history. A tasting meal will be offered after a PowerPoint® presentation on the country.

"Antique Quilts Turning"

Nancy Willet and Amanda Mosko
Tuesday April 8

Association Meeting 9:45 AM Extension Office



Ever wonder about "old" quilts? Why were they made, out of what, how does one care for an heirloom quilt? Have all your questions answered and maybe some you haven't even thought of.

FCE Blanket Making

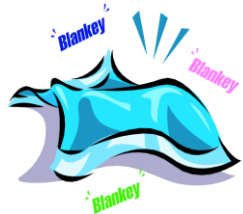
Extension Office Garage

March 17 Monday 10 AM – 3 PM

April 11 Friday 10 AM – 8 PM

May 9 Tuesday 10 AM - 3 PM

June 9 Tuesday 10 AM - 8 PM



Come and sit a spell, bring a sandwich and we will provide drink and dessert and enjoy a wonderful day comforting others.

During 2024, FCE members, students and friends made 1,338 blankets (28,083 total since 2002) and 801 baby hats (14,929 total).

WOMEN WALK THE WORLD FOR ACWW

Tuesday, April 29



On or around ACWW Day, April 29, 2025 friends throughout the world are joining in **Women Walk the World**, aiming to raise funds for ACWW's work. ACWW would like members to take part by

arranging walks locally. We will do our walk prior to lunch at the May 17th Spring Luncheon, but you are welcome to get sponsors and arrange a walk on your own.

Spring Luncheon,

Saturday May 17

"FCE Goes to the Beach"

10:30 AM Extension Office

Plans are underway for the Spring Luncheon. The Derwood Club is organizing this wonderful day. As FCE members, we know what pleasure, friendship and knowledge we get from being FCE members and sharing this day.

And this year we can look forward to a visit from Julia Child! You may think the Queen of Cuisine left this world in 2004, but award-winning actress and Smithsonian scholar Mary Ann Jung will bring her before us.

"Anyone who enjoys ethnic cooking or fine dining can thank the ebullient Julia Child for opening America's kitchens and minds. Her popularization of French cooking through books and television began a food revolution whose effects are felt to this day."



We always hope that our two Montgomery College scholarship students will be able to join us at the Spring Luncheon.

Members are to provide a 6-pack of annual flowers or vegetable plants for The Ranch and/or Laytonsville Veterans Home. Also, please bring a "Book for a Newborn".

Registration form is on page 8 and there will be a sign-up sheet available at all meetings.

Jeanne Purich

jcpurich@cs.com

A bell is no bell 'till you ring it,
A song is no song 'till you sing it, and love in your heart
Wasn't put there to stay ~ Love isn't love 'till you give it away.
By Oscar Hammerstein, Sound of Music, "You Are Sixteen (Reprise)"

ACWW

In line with our 3-year project on Food Security, here is information from Marina Muller, President of the ACWW Southern Africa Area suggests ways to reduce waste (including food).

“And remember the 5 Rs to live with consciousness, namely Refuse the unnecessary, Reuse what you have, Recycle whatever you can, Repair, if you can, without throwing it out, and Rot waste and materials. Make sure we try to fight against a third of the world’s food being wasted!”

And here are some of FCE’s programs and the FCE logo about food and food security.



Four Hearth Fires that support our Food Security Project

The first one is #4:

“Someone’s in the Supermarket...Buying Safe Food”

Even though the United States’ food supply is one of the safest in the world, we import 30 billion tons of food from other nations every year. Bacteria and food contaminants don’t respect borders.

The second one is #27:

“Someone’s in the USA saying...Show Me the Power of Healing Foods”

You may have snickered when that wisest of all voices, Mom’s, boasted of the curative powers of homemade chicken soup or nagged you to eat more vegetables. Now, after decades depending on drugs and high-tech surgery, more Americans are heeding the words of dear Old Mom: FOOD IS STRONG MEDICINE.

The third one is #57:

“Someone’s Asking...How Can We Stretch Our Food Budget”

Rose radish and granny apple were discussing the price of food and were wondering how they could make ends meet.

The fourth one is #68:

“Someone’s in the Home...Eating Healthy Foods”

Healthy whole foods-you might know that you’re supposed to eat them. But do you really know what they are?

Have you checked these out? They are easy to find on the National website: nafce.org They can be downloaded and printed for free if you are a member.

These Hearth Fires are located on the <https://www.nafce.org/members-page>. Password is



Where Have the Robins Gone?

We see robins in the spring close to our homes but have been told they are here all year. I asked this question to Judy Wink, our bird speaker from the Chesapeake Bay Environmental Center at our fall conference last October, and she said,

“Yes, they are residents in our area, but they change their habitat so they are near a food resource.”

In warm months they like to be near domestic dwellings, parks, cemeteries and any other well-manicured, grassy area. They depend on invertebrates as a food source. In colder months when we get periodic “freezes” they move to the first available spot where there isn’t a “freeze.” For example, they will move to areas where there are springs (could be in woodlots) that are flowing year ‘round and usually have a little grassy/vegetated area around the spring. They can get invertebrates in that habitat. Actually, you can find them in any grassy/vegetated area that is moist but is not frozen.

In winter months they try to get out of wind/cold and become “edge of the woods” birds. They can be found in the woods where there are intermittent ponds/puddles/pools that collect water, but do not freeze. Some birds will go to the first area they find (20-30 miles) where food is available and no freeze.

They mate from March through August with 4 or 5 clutches in a summer. No babies in the winter, because food to feed young would be too hard to come by.

Shared by Barbara Perry



If You Still Have These Items - It's Time to Let Them Go

Worn-Out Tupperware (Maybe I will find that lid at a yard sale?)

Old Cell Phones (But they cost so much.)

DVDs and CDs (No, I still have a player for them.)

Old Makeup (Yes, that has to go-not safe)

Single-Use Plastic Bags (But Outdated

Tech Gadgets (Didn't know how to use them when they were new!)

Paper Bills and Statements (I like the feel of paper.)

Old Towels and Linens (I could donate them to a animal shelter?)

Unread Books (I will get around to reading them, won't I?)

Kitchen Gadgets You Never Use (But I might need them.)

Old Chargers and Cables (You mean they won't come back into use?)

Clothes You Don't Wear (I am very guilty of keeping clothes!)

Plastic Water Bottles (Ok, I can do better-taking my own bottle with me.)

Unused Exercise Equipment (Ha, Ha, never had any!)

Expired Pantry Items (They are still good, aren't they?)

Decorative Trinkets (But they bring back memories. I guess I could take a picture?)

Outdated Furniture (All my furniture is outdated, antique; what would I sit on?)



Tzatziki

Ingredients

1 container (500 g.) of plain Greek yogurt (1 1/2 cup)

1/2 an English cucumber

2 cloves of garlic minced

2 tablespoons of extra virgin olive oil

The juice of one small lemon

1 teaspoon of dry or fresh dill)

1/2 teaspoon of salt

Freshly ground pepper to taste

Directions

Put the Greek yogurt in a small bowl.

Grate the cucumber and drain by placing it on a paper towel and squeezing the liquid out. Add it to the yogurt.

Add the rest of the ingredients and stir.

Place the Tzatziki sauce in the refrigerator for 60 minutes so the flavors blend.

Serve as an appetizer with Pita Chips, cucumbers, olives, cherry tomatoes or bread. You can also serve to accompany a meal like chicken brochettes, souvlaki, meat, vegetables or potato wedges.

You have to fight
through some bad days
to earn the best days
of your life.

ALLHAPPYQUOTES.COM



Spring Luncheon May 17, 2025

Registration due by May 10, 2025

“FCE Goes to the Beach”

The speaker will be “Julia Child”.

Registration and get together 10:30 AM

Program 11:00 AM

Lunch 12:30 PM

Announcements/Door Prizes 1:30 PM

Make check payable to MCAFCE for \$20.00 per person and send to:

Jeanne Gillis 301-926-1038

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Name

email (if no email use phone number)

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FIRST CLASS MAIL

