

# WHAT'S HAPPENING

Maryland Association for Family and Community Education, Inc. Newsletter

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## MARCH

- All Month Women's History Month**
- 1 **Heart of FCE, Spirit of FCL Award, Outstanding Unit Award**  
Entries due to State President
- 7 10:00 AM Board Meeting on ZOOM
- 8 International Women's Day (ACWW)
- 31 Essay and art work contest ends

## APRIL

- 4 10:00 AM Board Meeting
- 15 All State Reports due to NAFCE  
Outstanding and Superior Unit Awards due to NAFCE
- 22 **Celebrate Earth Day**
-  **EARTH DAY!**
- 29 ACWW Women Walk the World

## MAY

- 1 **LOOK WHAT'S HAPPENING** deadline for items to Editor
- 2 10:00 AM Board Meeting

## JUNE

- All Month Nominees for State Officers, Group I: (odd years) President elect, Vice President for Program, Secretary. Group II: (even years) President-elect becomes president, Vice President for Public Policy, Treasurer**
- 6 10:00 AM Board Meeting



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## ANNUAL CONFERENCE

The MDAFCE annual conference on October 17 & 18, will be hosted by Frederick County. Look for more information and registration form in the Summer issue of *Look What's Happening*.

## MDFCE Web Site [www.mdafce.org](http://www.mdafce.org)

Did you misplace your newsletter, check it out ON THE WEB!!!! Click on the "Look What's Happening" button on the left, then click on which issue you want to read.

We are also on Facebook. Be sure to "like" MDAFCE on Facebook. Send pictures to

Facebook of your FCE events. Tweet. Social media can be a great way to increase your membership. Get the word out about all the great things you do!

Send information and calendar for your county's web page to Libby Wade at [dunade@aol.com](mailto:dunade@aol.com).

## Newsletter Deadline: May 1

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



## FROM THE PRESIDENT

My first thought on a topic for this article is “I WANT SPRING TO COME NOW!!” I’m getting very tired of winter and staying in the house all of the time. With COVID still around, I can’t/won’t go to any family or friend’s houses. I am not sure I really trust the masks and the diligence of others to have made sure they were not going to catch COVID. Maybe with Spring and Summer coming, we can get together outside with proper social distancing. At least we have the Olympics to watch. According to an article I read, over the past week, there was an average of 64.4 new daily cases of the coronavirus for every 100,000 people across Maryland, compared to 123.2 new daily cases per 100,000 people the week prior. I sure hope that this trend continues.

I am glad that students are attending school in person again. But I feel sorry for the seniors this year as well as last who did not have all of the typical activities that most have had in previous years.

I will repeat myself! Let us stay positive and hope that this year will bring an end to this pandemic.

I hope everyone is well and keeping busy.

Libby Wade, President  
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little of when we attend middle or high school. College, vocational schooling, blue-collar work environments, or white-collar corporate positions all are affected by the lack of knowledge not taught during our younger years of schooling. No matter where we graduate from or go to, unless one has been taught the basic life skills they will need in the real world, they need to be prepared for a big set of reality checks coming their way!

Things that need to be taught to these young people in detail include: managing a bank account, living within ones means, managing credit, the nuts and bolts of buying a home, basic investment and saving for your later years, how to plan for your funeral, health care insurance while young, how Medicare and Long-Term Care insurance works, what the state of health care will look like in 20, 30, or 40 years, and more. Ignorance can set one up for a lifetime of debt and getting nowhere. Look at the student loan crisis that hovers over so many young people. The buying of overpriced real estate and housing in 2008 lead to a huge recession we are still feeling the effects of. The pandemic and the fallout of lost jobs, lost lives, and huge life changes have left its own impact on all of our lives and finances.

Going through this sudden health crisis with my husband, Arnie, and seeing where we should have saved much more and prepared for cruising the waters of the health care system, insurance, and where one will possibly be able to live and not have to become destitute, just opened up my thoughts about how blindly most of our young people go out into the world without a solid education in life-skills to cope with these things. It doesn’t take long to realize time does really move fast and young adults are soon coping with the reality of helping their parents decide where to move or make health care decisions. We think so often about how to make things better and easier for our children than it was for us. Life skills need to be made a priority in school before they enter the world as adults. And mandatory. They may not like us for requiring it, but, one day they will thank us, whether we as parents are still around or not. Life skills are a necessity to living the best life possible.

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## PUBLIC POLICY NOTES

### The Necessities for Living Need to be Taught Now

There are many things we could think of needing to have for living - food, shelter, heat, money to pay for these things, which necessitates needing a job, which in turn needs a place to store that money and make it available, therefore, a bank. One could go on with how closely life’s necessities are connected and how each supports the others. The economics of these needs are thought very

# IN AND AROUND MARYLAND



## CARROLL COUNTY

### **Candlemas**

**By Rev. F. Allan Weatherholt, Jr.**

**Candlemas** is an ancient observance recognizing our Lord Jesus Christ as the Light of the World and the Light of our lives. Candlemas is actually this day's nickname. It is officially called **Presentation of Christ in the Temple**, referring to the events recorded in St. Luke 2:22-40. Here Mary and Joseph, in keeping with Jewish law, ceremonially presented the Baby Jesus in the temple at Jerusalem. There the Holy Child is heralded as the Messiah, by the aged Simeon, who proclaims Him "a Light for revelation to the Gentiles and for the glory of your people Israel."

Coming 40 days after Christmas Day, Candlemas actually falls on February 2, which is also "**Groundhog's Day**". Since the candles we burn at worship represent Jesus as "our Light", you can easily see how the custom of Blessing the year's supply of candles arose. The connection with the pagan custom of Groundhog Day can also be easily understood, since the groundhog's "predictions" are connected with light and with a mid-winter hint of the lengthening of the days. Notes this little verse about this Feast Day.

**If Cladlemas Day be fair and bright,  
Winter will have another flight:  
But if it be dark with snow or rain,  
Winter is gone and will not come again.**

### **Little Church**

There was a rich man who wanted to build a church in a small community. Everyone in the community were farmers, brick layers, masons, workers, etc. so they could help build the church. The rich man knew exactly what he wanted and how he wanted it built. He gave them exact plans and watched as they built so he could keep track of the progress.

When they church was finally finished, windows, doors, etc. he inspected the church, and it was exactly what he wanted. He was well pleased with the church.

But the towns people looked around and saw something was missing. So, someone would need to go talk to the rich man about the missing thing. They elected a spokesman and he went to discuss the problem.

The rich man said I wondered when this would come up. I have been waiting for someone to call.

You see this church is for us, all of us together, so when you come to church everyone will bring their own lantern and if you are missing at a gathering then that part of the church will be dark. We are the light for Jesus, so when we are enjoying our church there will be plenty of light.

This was the homily told by the Rev. F. Allen Weatherholt, Jr. that went with the Candlemas story.

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## FREDERICK COUNTY

Frederick County FCE Homemakers have not started meeting again, although the Pleasant Walk club did have a Christmas party.

However, there is lots to do in Frederick County. A visit to the Catoctin Mountains is always gorgeous. These mountains are part of the Appalachian Mountain range and a visitor can view an abundance of wildflowers, as well as go hiking and camping. Cunningham Falls State Park offers a variety of activities from April through October, which include, swimming, hiking, fishing and canoeing.

There is also the Rose Hill Manor Park and Children's Museum, the National Museum and Civil War Medicine, the Weinberg Center for the Arts, the Hessian Barracks and the Schifferstadt Architectural Museum.

Downtown Frederick offers over 200 retail stores, art galleries, and restaurants. There are several craft beer establishments and distilleries.

So, as you can see, there is always something interesting to do in Frederick County.

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## MONTGOMERY COUNTY

MCAFCE continues with our blanket project completing and distributing 1,759 blankets (24,024 total since 2002) and 726 baby hats (13,250 total) in 2021. Students continue to be a part of our group although the number participating has decreased since school has started. This past year, we helped 253 students received 7,676.5 SSL hours

We are planning an outdoor, Women Walk the World event on May 7<sup>th</sup> during our lunch break at the Spring Luncheon being held at Agricultural History Farm Park. All are invited. For more information about the luncheon, please contact Jeanne Gillis ([jeannegillis2326@gmail.com](mailto:jeannegillis2326@gmail.com)) or see the MCAFCE newsletter that is on the web.

Jean Purich

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## MEMBERSHIP

As of February 10, 2022, we have 109 members, including **3 new members**. Don't forget that you can receive an FCE Star pin for every new member you recruit. We had 118 members in 2021. Can we exceed that count in 2022? Let's try.

Here's a poem to help you recruit:

**“Roses are red. Violets are blue. I'm an FCE member, and you can be one too!”**

Please contact me if you need a membership form. Stay safe and healthy!

Jeanne Gillis, Membership Chairman

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## ACWW NEWS



Personal Stories: Sarah and Gentrix tell us how their lives have changed.

Prior to the installation of the rainwater harvesting system in her village, Sarah spent at least 6 hours a day collecting water from a river 4 kilometers from her house. This contaminated water would be used for all household tasks including cooking, drinking, and washing and without access to water treatment her family was regularly ill with diarrhea. The tank installed in Sarah's village provides sufficient water to 270 women throughout the year capturing the reliable rainfall that occurs for 11 months of the year and reduces water collection time to just 30 minutes.

With this extra time, Sarah is able to put more energy into her farm and vegetable business a rewarding outcome as the income from her vegetable business has tripled and farm production doubled. Gentrix Kalama used heavily polluted water from a seasonal river that is 5 kilometers from her house for general household chores such as cooking, cleaning, bathing, and drinking. She also used water from the river for making bricks at her home, which she sells to earn an income. However, the river water is often contaminated by dirty surface runoff, animals, and nearby open defecation.

During Ufanisi Women Group's project committee's visit, it was obvious there were tadpoles and frog eggs in the river! According to Gentrix, diarrhea among children in her household recurred in 2-3 days and spent a significant portion of her income per month on purchasing medicine for diarrhea. Gentrix is now just 400 meters from one of the 6,000-liter tanks installed with funds from ACWW, with access to safe and clean water for drinking and sanitation at her home. With the time that she saves on water collection, she can invest more time on brick making business, increasing her income. She has also reduced the amount of money she spends on treatment of illness for her household

## The History of Aprons

The principal use of Grandma's apron was to protect the dress underneath because she only had a few. It was easier to wash aprons than dresses and aprons required less material. But along with that, it served as a potholder for removing hot pans from the oven.

It was wonderful for drying children's tears, and on occasion was even used for cleaning out dirty ears.

From the chicken coop, the apron was used for carrying eggs, fussy chicks, and sometimes half-hatched eggs to be finished in the warming oven.

When company came, those aprons were ideal hiding places for shy kids. When the weather was cold, Grandma wrapped it around her arms.

Those big old aprons wiped many a perspiring brow, bent over the hot wood stove. Chips and kindling wood were brought into the kitchen in that apron. From the garden, it carried all sorts of vegetables. After the peas had been shelled, it carried out the hulls.

In the autumn, the apron was used to bring in apples that had fallen from the trees.

When unexpected company drove up the road, it was surprising how much furniture that old apron could dust in a matter of seconds.

When dinner was ready, Grandma walked out onto the porch, waved her apron, and the men folk knew it was time to come in from the fields to dinner.

It will be a long time before someone invents something that will replace that 'old-time apron' that served so many purposes.

### REMEMBER:

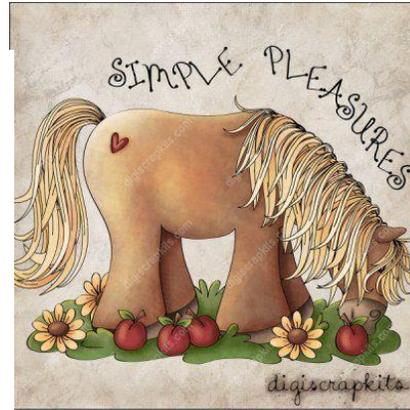
Grandma used to set her hot baked apple pies on the windowsill to cool. Her granddaughters set theirs on the windowsill to thaw.

The Government would go crazy now trying to figure out how many germs were on that apron.

I think the only thing I ever caught from the old apron – was love...



## Find Simple Pleasures in Your Day



Life is busy. Do you ever feel like the day flies by, and you've barely even looked up? We know we should be savoring and finding joy in our lives, but who has time for that? You do.

Here are some very quick ways to find simple pleasures in your day, no matter how busy you are.

1. Find beauty in your commute. Find a view that you like, or a tree whose leaves you can track through the year. Notice it every time you pass it.
2. Text a different friend every day, and let them know what you appreciate about their friendship.
3. Buy a scented candle when you're on vacation, and light it for 20 minutes every day.
4. Vacuum a room, and enjoy the clean floor.
5. Put your phone down and read something besides emails over lunch to give you mind a break.
6. Fire up your playlist, and find a song you don't know by heart.
7. Put on lip gloss.
8. Pet your pet.
9. Go outside at night, and really look at the stars and the moon.
10. Write a hand-written thank you note or just a note to a friend or colleague.

See, it's not that hard!



"It's just that in the Deep South, women learn at a young age that when the world is falling apart around you, it's time to take down the drapes and make a new dress."

**Karen Moning, Fae fever**

# Bulletin Board

Our deepest sympathies to the family of Debbie Gibson, Carroll County, on her unexpected passing after surgery.

Our deepest sympathies to Cathy McCormick and family, Montgomery County, on the death of her husband, Jim

Speedy recovery to: Elizabeth Heagy, Carroll County, after recent back surgery (she remains in the hospital), Martha Mosier (recovering at home), Frederick County, from recent heart surgery and to Arnie Rausch (in rehab), husband of Debbie Rausch, Prince George's County after a stroke, Marilyn Simonds, Montgomery County, recovering from a stroke at Manor Care.

## All Things Diapers and Cleaning

There are many joys of having a small child, but diaper changing is usually not one of them. This is when cleaning and

disinfecting can have an outsized impact on the health and safety of your family. Here are some steps to follow for a hygienic diaper changing process:

**Ensure a clean child.** As you remove the soiled diaper, use a wipe to clean the area, then allow to dry. Remove and replace soiled clothing that also needs washing.

**Dispose of the diaper or prep it for cleaning.** Discard soiled disposable diapers into a lined trash can. For cloth diapers, either collect it for pick up by a diaper service or prepare it for washing yourself by first rinsing. Cloth diapers should be washed every day or every other day, following the care instructions.

**Keep your diaper station clean.** Keep frequently needed items on hand, including a fresh diaper. Then clean and disinfect the changing surface after each use.

**Practice hand hygiene.** Not just yours! Wash your hands and the child's hands after changing a diaper. It can help to choose a handwashing song to ensure you're washing for long enough.



## How to Clean the Sink and Drain

Whether in a bathroom or a kitchen, a lot of washing is done in the sink, but how often do you clean the



sink itself? It doesn't take long. From the sink to the drain to the garbage disposal, here's how to keep your sinks sparkling:

**Basin and Faucet** – After using the sink to wash up, use a bit of soap on the sink itself, scrub with a clean sponge, then rinse. It can also be helpful to review manufacturer recommendations for keeping the sink looking its best.

**Drain** – If the water isn't going away as quickly as it used to, you may need to clean the drain. First, look for a filter or basket to clean out. If that doesn't resolve the issue, you may need to use a commercial drain cleaning product. But first try this. The most effective way to use a baking soda and vinegar solution is to line your drain with baking soda first, followed by the vinegar. Use approximately ½ cup baking soda, followed by ½ cup white vinegar, down drain, and cover with a plug or rag. Next, flush with boiling water. Repeat as necessary. The more time you allow the mixture to sit, the better. Be sure to follow all the directions. If that still doesn't work, it could be time to bring in a professional.

**Garbage Disposal** – A lot of organic material gets sent down the garbage disposal and sometimes it can build up residue that has an unpleasant odor. To remove the odor, first try running the disposal with running water to dislodge leftovers. If that doesn't work, try this.

**Step 1:** With the disposal and faucet turned off, put six ice cubes in the chamber followed by 1 tablespoon of baking soda, three thin lemon slices, and 1 teaspoon of bleach. Top it all off with six more ice cubes.

**Step 2:** Turn the disposal on without running water until you hear the grinding stop.

**Step 3:** With the motor still running, flush with cold water for 30 seconds.

Otherwise, there are products created just for cleaning disposals that can leave your sink looking and smelling clean but do not use commercial drain cleaners. Keeping sinks clean not only looks nice but also helps to keep you and your family safe and clean.

## The Warning Signs of Stroke in Women



By Heidi Moawad,  
MD Published on  
January 25, 2022

Women have a higher lifetime risk of stroke than men. The lifetime risk of stroke for women between the ages of 55 and 75 in the United States is 1 in 5. Stroke is the third leading cause of death in women, and Black women are more likely to die from a stroke than Hispanic or non-Hispanic White women in the United States. It is recommended to **get immediate medical** attention if you or someone else has symptoms or signs of a stroke.

### Common Symptoms include:

- Difficulty speaking, communicating, or understanding others
- Difficulty moving the face, arm, or leg on one side of the body
- A decrease or change in sensation on one side of the body
- Vision changes
- A severe headache or dizziness
- Confusion, changes in alertness, or a seizure (uncontrolled, abnormal electrical activity in the brain that can cause stiffness, twitching, and limpness)

**Uncommon symptoms** can affect anyone at any age, but they are more common in women.

- Fatigue and Weakness  
Sometimes a stroke can lead to generalized fatigue and overall weakness. This might not necessarily manifest as weakness on one side of the body. Sudden tiredness and weakness can also occur due to certain physiologic shifts that may accompany a stroke, such as changes in blood pressure and blood sugar.
- Pain is an uncommon symptom of stroke, but it can occur.
- Confusion and Difficulty Thinking Clearly  
Brain damage usually interferes with a person's ability to think clearly. Having trouble communicating can worsen confusion. A stroke can also cause increased pressure in the brain due to cerebral edema (brain swelling). This may lead to confusion and trouble with thinking. Sometimes incontinence can occur along with confusion.

- Nausea and Vomiting  
Increased pressure in the brain or damage to specific brain centers often leads to sudden and sometimes uncontrollable nausea and vomiting. This is usually accompanied by a headache.

### Causes and Risk Factors

The most common causes and risk factors of stroke are the same for people of any sex, and they include hypertension (high blood pressure), atherosclerosis (hardening of the arteries) in association with unhealthy cholesterol levels, uncontrolled diabetes, heart disease, carotid artery disease (buildup of plaque narrowing these arteries on both sides of the neck), and smoking. Women have some additional risk factors.

- Demographic Group  
The risk of stroke in women is affected by underlying medical conditions, race, and ethnicity. Black women have a higher incidence of sickle cell disease, hypertension, smoking, and obesity - all of which increase stroke risk. Hispanic women are more likely to have diabetes, hypertension, and obesity.
- Pregnancy and Eclampsia  
Eclampsia (an emergency that can occur at the time of delivery) may alter the mother's blood pressure and blood clotting process. Sometimes the hormonal changes of a normal pregnancy can also increase the risk of blood clots.
- Birth Control or Hormone Therapy  
Hormone treatments, including contraceptives, hormone replacement therapy, and hormone therapy used for treating medical conditions

### Treatment for Stroke

The immediate treatments for stroke aim to reduce brain damage. These treatments include stabilizing blood pressure and blood sugar, reducing excess edema (swelling), and maintaining fluid balance. For a stroke that is associated with a blood clot visible on imaging scans, treatment can include medication to prevent the clot from getting larger and procedures that can dissolve or remove the clot. Women have worse outcomes after acute (sudden, severe) stroke than men if they do not receive thrombolytic medications, which dissolve blood clots. Women may have more benefits from acute stroke treatment with tissue plasminogen activator (TPA), which is usually given through a vein, or with intra-arterial pro-urokinase, introducing a thrombolytic agent through an artery.

## Air Fryer Coconut Chicken

These coconut-panko crusted chicken strips are crispy, crunchy, and oil-free. The chicken strips are double dipped in egg and in the coconut-panko mixture to ensure crispiness. Cooked in an air fryer, they are ready in just a few minutes. Serve with or without a dipping sauce.



### Ingredients

- ½ cup canned coconut milk
- ½ cup pineapple juice
- 2 tablespoons brown sugar
- 1 tablespoon soy sauce
- 2 teaspoons Sriracha sauce
- 1 teaspoon ground ginger
- 1 lb boneless skinless chicken breasts, cut into strips
- 2 eggs
- 1 cup sweetened shredded coconut
- 1 cup panko bread crumbs
- 1 ½ teaspoons salt
- ½ teaspoon ground black pepper

### Directions

1. Place coconut milk, pineapple juice, brown sugar, soy sauce, Sriracha sauce, and ginger in a medium sized bowl and whisk to combine. Add chicken strips and toss to coat. Cover with plastic wrap and refrigerate 2 hours or overnight.
2. Preheat an air fryer to 375° F (190° C).
3. Whisk eggs in a bowl. Combine shredded coconut, panko, salt, and pepper in a separate bowl.
4. Remove chicken strips from the marinade and shake off excess. Discard the remaining marinade. Dip chicken strips in beaten egg, then in coconut-panko mixture, then again in egg mixture, and again in coconut-panko mixture, double dipping and double coating each strip.
5. Spray the air fryer basket with cooking spray.
6. Place breaded chicken strips in the air fryer basket, making sure they are not touching; work in batches if necessary.
7. Cook for 6 minutes, flip strips, and continue cooking until lightly browned and toasted, 4 to 6 minutes more.

### Nutrition Facts

#### Per Serving:

418 calories; protein 31.1g; carbohydrates 41.1g; fat 17.4g; cholesterol 157.6mg; sodium 1493.3mg.

## Maryland Association for Family and Community Education

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