

WHAT'S HAPPENING

Maryland Association for Family and Community Education, Inc. Newsletter

SEPTEMBER

- All CHARACTER COUNTS!® Essay & Artwork Contest - Caring
- Collect 2023 Dues - Membership Drive
- National Literacy Month
- 1 **All County Associations' List of Officers and Committees for 2023 due to State President**
- 12 10:00 AM Maryland FCE Board
Montgomery County Extension Office

OCTOBER

- 3 10:00 AM Maryland FCE Board
Montgomery County Extension Office
- 9-15 National FCE Week
- 15 Rural Women's Day
- 16 World Food Day
- 16-22 CHARACTER COUNTS!® Week
- 17-18 MD FCE Annual Conference,
Westminster, MD

NOVEMBER

- 1 **LOOK WHAT'S HAPPENING**
deadline for items to Editor
County Membership Dues to State Membership Chairman
- 20-26 National Family Week

DECEMBER

- 1 State Dues/Membership Forms to NAFCE
- 5 10:00 AM Maryland FCE Board meeting
Montgomery County Extension office
- 31 **Counties' Annual Reports due to Vice President for Program;**
Membership Appreciation Award due to Vice President for Program

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MARYLAND FCE CONFERENCE

Register NOW for the 2022 two-day conference on October 17th and 18th. Registration form is in your Summer newsletter or on the web.

CHARACTER COUNTS!®

Contest 2022-2023

Caring, the fifth pillar of character, is this year's focus. Contact your local schools (county presidents have the information) and encourage them to participate in the FCE essay and artwork contest from September 1, 2022 to January 31, 2023. Send winning county entries to the state president by March 1, 2023.

Newsletter Deadline: November 1

Send all articles, Bulletin Board items, or address changes for the newsletter to:
Jean Purich, 15500 Gallaudet Ave, Silver Spring, MD 20905-4196 or email at jcpurich@cs.com.

MDFCE Web Site is www.mdafce.org

Send new officer's list, newsletters, calendars and information to Libby Wade at dunade@aol.com.

FROM THE PRESIDENT

Let's just make
each other happy
without a reason.



I went on vacation to New England this summer with my daughter, son-in-law, and two teenage grandsons. And believe it or not, we had a great time. We all helped each other out, and made decisions on where to go and what to see together. It was great seeing the mother whale with her calf, being the first person in the US to see the sunrise, seeing several lighthouses, and going swimming in Lake Champlain. We also went to Cabot Cheese and Ben & Jerry's to see how the cheese and ice cream were made. Another tour was of Cold Hollow Cider Mill. I think the boys enjoyed the Baseball Hall of Fame the best. What was really special was that we rented houses thru VRBO and Airbnb. So, living like a family was very special. I cannot believe how fast the boys are growing up and that we may not have a lot more vacations together. We all need to continue to

keep family close. I really think that Charlie Brown has the best ideas for life!

Remember to save October 17th and 18th for the conference. See you there!

Libby Wade, President
dunade@aol.com

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NEWS FROM THE VICE PRESIDENT FOR PROGRAM

This was my first time to attend a National FCE conference and my first time to visit Portland, Oregon — both very special events! The official conference ran from Friday 14th July to Sunday 17th July 2022. Its theme was “Be the Spark that Ignites FCE.”

My plane landed just after noon on Wednesday 12th July, when a friend picked me up at the airport and whisked me to the Columbia River Gorge to view some of the famous waterfalls there and also the giant sturgeon at the fish hatchery. He said these were things you could see in no other city and I'm sure he was right. Afterwards, we joined some people for singing (some in person, some on Zoom), which some readers may know is one of my favorite activities.

I attended the conference as Maryland's official delegate, and on Thursday morning I met all the other state delegates and officers. Then all conference attendees boarded a bus to tour Portland city. Our tour guide was very knowledgeable about the history and attractions of Portland, and we all learned a lot. A highlight of the tour for me was the International Rose Garden. 10,000 beautiful rose bushes in bloom, if you can imagine!

The true conference began on Friday, designated Family and Community Leadership Day. After a business meeting and the Spirit of Oregon lunch, three FCL workshops were presented: “Know When to say No,” “Rabies-Facts and Fears,” and “Positive Leadership Traits of Birth Order.”

Participants created skits that combined the lessons of all three FCL workshops. These were presented after the FCL Banquet in the evening and were a lot of fun.

On Saturday morning, President-Elect Judy Fullmer spoke to us about “The Future of FCE” and then we took a more global view with presentations on “Food Waste-A World in Crisis” and “ACWW-Information on Changes”-2023 Triennial Conference-CWC-USA Meeting. Videos were shown of the top

three CHARACTER COUNTS! 4th grade essayists, including 2nd place winner Delina Simon of Maryland. (These videos may be viewed at <https://www.nafce.org/2022-essay-and-art-work-winners-1>). In the afternoon, we had two Hearth Fire presentations: “Someone in the Family is...Passing Family History to the Next Generation” and “Someone is Saying HAH — Health and Humor.” We also learned about newly simplified FCE forms for reporting activities.

We began Sunday with a memorial service for those who had passed away, followed by an Inspiration of costumed monologues celebrating eight women who made a difference in Oregon’s history. The stories were indeed inspiring, as were the “Sharing Time” stories by conference attendees about what had worked well for their clubs. New officers were installed with much ceremony. And then we had lunch and said good-bye.

Next year’s conference will be held in Erlanger Ky at the Cincinnati, Ohio airport hotel in early August 2023. Ohio is much closer to Maryland than Oregon is, so I hope that a number of Maryland FCE members will choose to attend. It is a wonderful opportunity to meet engaged and interesting women from all over the country and to learn something in the bargain.

Kathie Mack
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NEWS FROM THE VICE PRESIDENT FOR PUBLIC POLICY

Family Histories and America’s Story

My daughter and I took a little road trip this summer that culminated in the basis of the Public Policy article that I am writing this evening. In past articles, I have tried to tie together the importance of being able to use critical thinking in judging local and national issues linked to a solid foundation of historical knowledge. You cannot make positive decisions, choosing leaders or the policies they choose without a foundation of how we as a people, a society, a country, or a civilization got here in the first place! The “dumbing down” of our school curriculum in the area of history, civics, and the humanities creates a person ignorant of other’s perspectives and lessens

their ability to seek solutions to problems that may just have answers outside the box. A well-rounded education (translated as liberal) is needed more today than we realize. That is an article in itself. How did my trip bring about this article?

History encompasses many facets and areas. There is world history, ancient history, political history, and “anything that has a past” history. To narrow down the scope of this discussion, let’s focus on family histories. With many of the negative aspects of recent political and social history connected with immigration, the emotional and psychological effects in this area have brought about a deeper look into what is family, where do we come from, and where are we going? People are studying their own family histories to see how those past people lived, died, and what they handed down to their descendants that we can appreciate or change for the better. Studying our past gives answers and possibilities to us and the future. After all, those people with their good or bad decisions and actions, created our present. Even when those actions and decisions were wrong and destructive to others, if we don’t know that history, we go blindly into the future with little on with to base better actions or decisions. Family history is really, at the bottom of things, the history of civilization.

The rewriting of history that we see in progress today, making a version that looks better than what really happened, doesn’t do anything to help those who follow us to understand what happened before to cause the rewrite of that history, and may cause it to be repeated. To be that critical thinker, a well-rounded person needs to see and be exposed to all sides of the story- the racial, the social, the political, good, and bad parts of the story. It is the hope that what will be passed on to the next generation will be the faculties to root out the truths that often get buried when there is only one whitewashed version of the story being presented.

So, to conclude, what did my trip have to do with this article? First, it got me thinking about family histories when we met with one of my husband’s great aunts who has done family genealogy for 70 years+. A comment was made that when she passes, no one is interested in carrying on the genealogical work she did. How many families treasure their genealogy and how many throw out all that effort when those relatives die? After all, that genealogy of each family is the history of the world encapsulated. And, what treasures could be learned from these many family histories that may hold solutions to our world

populations finally getting along with each other instead of killing each other off because we view “them” as the “other” instead of as part of our extended human family? It makes us to ask that important question: just what are we passing on to the next generation and will they have the faculties and reasoning tools to seek the baseline truths in the history we leave behind?

Debra Rausch, VP for Public Policy
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IN AND AROUND MARYLAND

CARROLL COUNTY

I can stand with help but am still not walking. The surgery was in February, and I was sure by July I would be walking. However, it has not happened. Of course, I have run into a few problems and been in and out of hospitals, but now I am back at Brightview and getting therapy here. At least, my back surgical incision has finally healed. I spend most days in a wheelchair.

Elizabeth Heagy 301-641-7353 cell
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MONTGOMERY COUNTY

We had a very successful Montgomery County Fair, despite some very heavy thunderstorms during registration. FCE presented four booths, each of which won blue ribbons!!! They were: Women Changing History by Sharon Hume, Want to Save Energy? by Rosemarie Castillo; Montgomery County Farms by Jeanne Purich; and FCE Blanket Making by Kathie Mack

We held a yard sale and a fabric/crafters sale over 2 weekends. Even though it was beastly hot, we had no rain. We made over \$2,500 which benefits the scholarship fund for Montgomery College. We don't have a final money account yet as we will be able to take the left overs to a thrift store and receive a payment per pound of goods. This year, we funded two \$2,000 scholarships in the nursing program and an extra \$500 for the emergency relief fund at Montgomery College.

We continue to have in person blanket making sessions, for Montgomery County FCE members and

friends. We are providing SSL hours to students but the number of students participating has declined since school is back in session.

MCAFCE will attend the Blue Grass Festival in September and Fall on the Farm (October 1). We will set up our craft sale booth at each event with our handmade sweaters, hats, scarves, jewelry, household items and decorations.

MCAFCE is planning International Day for November 7th. We will be tasting the foods of Spain and learning about the country.

Take care everyone.

Jeanne Purich
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PRINCE GEORGE'S COUNTY

There is little to report on the FCE end. We are still 3 members, as far as I know. Debbie and Alicia Rausch took a little road-trip to Salt Lake City to visit a childhood friend, met some of Arnie's family in Iowa and South Dakota, saw the Devils Tower in Wyoming (E.T. Phone Home), saw the North Rim of the Grand Canyon, Petrified Forest, Santa Fe, and brought 17 bottles of local wines home (only opened 1 when we arrived home)! Looking forward to the state conference in October! I have not heard from Sue Van Slyke for a while.

Debra Rausch, Treasurer, PGCAFCE
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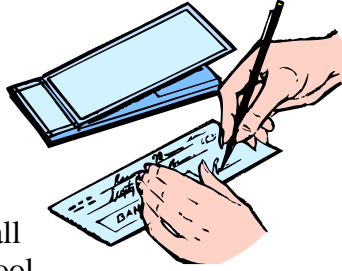
Sending good wishes and continued improvement to Elizabeth Heagy, Carroll County. She is in rehab.

Speedy recovery to Macie Burroughs, Montgomery County who is recovering from hip replacement.

2023 Dues - Do Not Delay – Pay Today!

MEMBERSHIP

On your mark; get set; ready; **GO!!** It's time to renew our FCE memberships for 2023 AND recruit new members. The Fall can be busy with back-to-school activities and taking time to enjoy the colorful leaves and cooler temperatures. But don't forget to submit your FCE membership form, along with a form for new members you recruit. We had 109 members in 2022. Let's try to exceed that count in 2023.



SPECIAL PRIZE – Each new member and his/her recruiter will have their names placed in a drawing for full registration payment for the 2023 Maryland FCE Annual Conference. The more members you recruit, the more chances you'll have to attend the meeting for free!

Jeanne Gillis, Membership Chairman
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Is it Influenza (Flu) or COVID-19?

Influenza (flu) and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. COVID-19 is caused by infection with a coronavirus first identified in 2019. Flu is caused by infection with a flu virus.

From what we know, COVID-19 spreads more easily than flu. Efforts to maximize the proportion of people in the United States who are up to date with their COVID-19 vaccines remain critical to ending the COVID-19 pandemic.

Compared to flu, COVID-19 can cause more serious illnesses in some people. COVID-19 can also take longer before people show symptoms, and people can remain contagious for longer periods of time.

You cannot tell the difference between flu and COVID-19 just by looking at the symptoms alone because they have some of the same symptoms. That's why testing is needed to tell what the illness is and to confirm a diagnosis. Testing is also important because it can reveal if someone has both the flu and COVID-19 at the same time.

While more is learned every day about COVID-19 and the virus that causes it, there are still things, such as post-COVID conditions (also known as long COVID), that are unknown.

Similarities:

For both COVID-19 and flu, 1 or more days can pass from when a person becomes infected to when they start to experience symptoms of illness.

Differences:

If a person has COVID-19, it could take them longer to experience symptoms than if they have flu.

Flu

Typically, a person may experience symptoms anywhere from **1 to 4 days after infection**.

Influenza (flu) can cause mild to severe illness, and at times can lead to death. Flu symptoms usually come on suddenly. People who have flu often feel some or all of these symptoms:

- fever or feeling feverish/chills
- cough
- sore throat
- runny or stuffy nose
- muscle or body aches
- headaches
- fatigue (tiredness)
- some people may have vomiting and diarrhea, though this is more common in children than adults.

COVID-19

Typically, a person may experience symptoms anywhere from **2 to 14 days after infection**.

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

What to do?

- Get tested
- Get your vaccines including boosters (Covid, flu and pneumonia)
- Isolate
- Follow your doctors' instructions
- Don't panic

What is ACWW?



The Associated Country Women of the World was founded in 1929 to bring together rural women and their organizations all over the world, and in so doing address the challenges they faced as a result of the isolation of their communities, discrimination against women, and their lack of access to political processes. ACWW's membership spans 82 countries, and since 1947 we have passed more than 180 policy resolutions by popular vote. The key concept behind each of these is the empowerment of rural women in all their diversity. This continues to be our driving priority. Rural Women are the backbone of families, communities, and nations, but they suffer the worst impacts of climate change and conflict, go unheard in legislation, and remain unprotected and unsupported. Associated Country Women of the World exists to change that. ACWW amplifies the voices of Rural Women, so that the problems they face and the solutions they raise are heard and acknowledged by national and international policy-makers and legislators.

Reaffirming the earliest statements from our founders, ACWW calls for co-operation among women's organizations to ensure action to secure meaningful, quality education for all young people. The advancement of education is a pathway to the relief of poverty and the relief of sickness and preservation of health.

Our work is rooted in the fundamental principles of human rights, and we work on behalf of those who experience intersecting injustices and inequality. ACWW stands against discrimination in all its forms, and works towards gender equality, accessibility, global citizenship, solidarity with those facing discrimination, and sustainable development.

We will work with peers to redress racial inequalities and leverage our partnerships to ensure positive joint working, promoting, sharing, and learning from best practice wherever possible to encourage greater accountability and advocate for meaningful change. ACWW commits to being an

anti-racist organization, and aims to equip all members to address racism within their own communities and collaborate to ensure that the voices of women of color and indigenous communities are heard.

Pennies for Friendship is now called the

Rural Women in Action fund.

ACWW also has a new logo! Check it out at the beginning of this article.

20 Fun Things to Do This Fall

1. It's time to pick apples.
2. Get lost in a corn maze.
3. Hike through the woods, or just take a walk.
4. Watch the leaves change color.
5. Build a bonfire.
6. Spot the meteor showers.
7. Once in a blue moon! October has two full moons.
8. Bake something. Baking warms the house.
9. Roast a turkey.
10. Feed people you don't know.
11. Have a weekly Zoom date. Set up a regular video call with friends or family (or both).
12. Take a drive.
13. Write a letter.
14. Send a postcard.
15. Get more sleep.
16. Get more exercise.
17. Drink more water.
18. Drink less (alcohol).
19. Talk to your children.
20. Bird watch.
21. Play cards.
22. Visit a friend.
23. Pick the last of flowers.
24. See a movie.
25. Have some fun!



IF IT'S TIME FOR THANKSGIVING, IT'S TIME FOR CRANBERRIES

Peanut butter & jelly. Bacon & eggs. Coffee and cake. Some foods just seem to go well together. For so many of us, a Thanksgiving table wouldn't be complete without a turkey and cranberry sauce. However, this humble berry has much more to offer than a holiday side dish.

Cranberries are native to North America – especially on the northern east coast. It's also commonly grown in Chile and Canada, and it's more versatile than you might think. Imagine an old-fashioned Christmas tree decorated with strings of berries, and maybe popcorn. Remember too that Native Americans and pioneer families used them to dye fabric. But back to the table!

These small fruits are a true superfood. They are high in nutrients and antioxidants. Studies have shown them to help lower blood pressure, improve immunity, oral health and inflammation, and lower cholesterol. Since they are so acidic, they create a hostile environment in the bladder, decreasing the incidence of urinary tract infections. But beware – because they are so sour, they are often mixed with ingredients that have a high sugar content. For example, cranberry juice by itself is so tart that it's often mixed with apple juice. It might be wiser to receive your health benefits from cranberries in capsule form, rather than trying to eat them as-is. (For more information regarding the health benefits of cranberries, please discuss this with your doctor before you start taking supplements. Information contained here comes from the Cleveland Clinic website).

If you're not a fan of cranberry sauce or juice, you can always toss them into your salad or add them to your stuffing recipe.

The following recipe comes from the back of a long-ago bag of fresh Ocean Spray® cranberries. I've been baking it for over twenty-five years now, and it's always a hit – especially at breakfast time Friday morning for those overnight guests. Happy Holidays, everyone!

Susan Goldberg
Gaithersburg, MD 20877-2043

CRANBERRY-ORANGE BREAD

- 2 Cups flour
- 1 Cup sugar
- 1½-tsp. baking powder
- 1 tsp. salt
- ½-tsp. baking soda
- 2 Tbsp. butter
- 1 Tbsp. orange peel, fresh or dried
- 1 egg
- ¾-Cup orange juice
- 1 Cup chopped fresh cranberries
- ½-Cup chopped walnuts or pecans (optional)



Mix dry ingredients.

Cut in butter. Beat egg with juice and stir into dry ingredients. Mix in berries and nuts.

Pour into a greased loaf pan, and bake for 45-60 minutes at 350°F.

Slice and serve warm, toasted, at room temperature, or wrap in foil and freeze.

An Inspirational Quote

“When we honestly ask ourselves which person in our lives mean the most to us, we often find that it is those who, instead of giving advice, solutions, or cures, have chosen rather to share our pain and touch our wounds with a warm and tender hand. The friend who can be silent with us in a moment of despair or confusion, who can stay with us in an hour of grief and bereavement, who can tolerate not knowing, not curing, not healing and face with us the reality of our powerlessness, that is a friend who cares.”

*No act of
kindness,
no matter
how small,
is ever wasted.*

A simple illustration of two small, round, blue and green characters standing on a red line. The blue character is on the left, and the green character is on the right. The blue character is holding a bouquet of flowers. The background is a light gray.

—Henri Nouwen, Out of Solitude: Three Meditations on the Christian Life

Don't forget the annual conference, October 17 & 18. Registration is in the summer newsletter, on the web, or contact Jeanne Purich at jcpurich@cs.com.

Directions to Best Western Hotel
451 WMC Drive, Westminster, MD, 21158
Phone: 410-857-1900

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.



Raffle tickets available for this beautiful Queen-sized quilt. \$2 each; 3 for \$5

Maryland Association for
Family and Community Education
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