

WHAT'S HAPPENING

Maryland Association for Family and Community Education, Inc. Newsletter

MARCH

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

APRIL

- 5 10:00 AM Board Meeting on ZOOM
- 15 All State Reports due to NAFCE
Outstanding and Superior Unit Awards due to NAFCE
- 17 – 24 ACWW World Conference via ZOOM
- 22 **Celebrate Earth Day**



- 29 ACWW Women Walk the World

MAY

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

JUNE

- All Month Nominees for State Officers, Group I: President elect (even years), Vice President for Program, Secretary**
- 7 10:00 AM Board Meeting on ZOOM

Inside

From the President	2
ACWW News	2
Public Policy Notes	3
In and Around Maryland	4
Membership	5
Bulletin Board	5
Spring	5
Living A Full, Active Life with Arthritis	6
Cleaning your Shower - Uck !!!!	7
Tribute to Lou Marlin	7
Purple Cabbage Salad	8

ANNUAL CONFERENCE


The MDAFCE annual conference on October 18 & 19, 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

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!

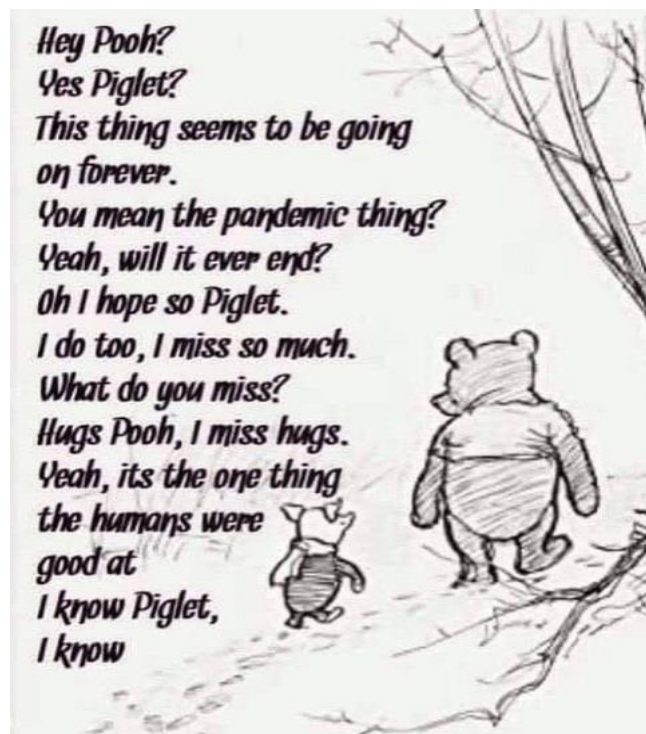
Send information and calendar for your county's web page to Libby Wade at dunade@aol.com.

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



FROM THE PRESIDENT



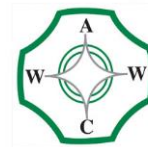
It has been about a year that we have been living under the pandemic umbrella. With very little contact with anyone other than my immediate household, I, for one, have been going a little stir crazy. I keep busy by reading, doing puzzles, watching TV, and talking with friends and family. A really good thing to have come out of this is that my relationship with my husband has become even stronger. I now know more about soccer, MGs, and Gunsmoke! We even do a daily Brain Quiz together every day. It is so great that we live in a time when technology can help us. Telephones, both house and cell, and computers with Internet are great tools to use to stay in touch. Have you ever imagined yourself living in some other time without cars, airplanes, or electricity? I don't think I would be very happy living in the past. Now put me in a spaceship in the future. That is a great way to live.

On another subject, it is really great that we now have a vaccine for COVID. I know it is frustrating that the appointment schedules are so crazy because the counties do not know how many dosages they will get. But let us hope that by summer everyone will have received the shots.

Stay safe and healthy.
Libby Wade, President
dunade@aol.com

301-831-8661

ACWW NEWS



Women Walk the World

Each year on or around 29th April, women worldwide celebrate ACWW's international network by joining together to Walk the World.

This year, we want to help you raise awareness of the vital work of ACWW in your communities. As ACWW embarks on the Decade of Family Farming in support of the FAO, it is vital that people understand where their food comes from, and the crucial role played by women in food systems.

A Women Walk the World event is the perfect time to educate the community about the importance of the roles played by women in food systems, and why ACWW is vital for the empowerment of women. This is also a key fundraising opportunity, and explaining ACWW's Pennies for Friendship model can show supporters that little donations spread over our vast network can ensure that ACWW continues its vital work.



Who was the First Woman to Walk Around the World?

Polly Letofsky left her home in Vail, Colorado and headed west across 4 continents and over 14,000 miles – by foot – to become the first woman to walk around the world. As an awareness campaign for breast cancer, strangers welcomed her into their homes.

Learn more at www.pollyletofsky.com/



PUBLIC POLICY NOTES

Patriotism

January 6, 2021 was a low point in our country's democratic history. It was also a high point in the operating system of our democratic institutions. The low point was the storming of our Capitol Building while a Joint Session of Congress was engaged in the certification of the electoral vote to declare Joe Biden and Kamala Harris the winners of the November, 2020, Presidential/Vice Presidential Election. In effect, an Insurrection to stop their constitutional duty in carrying out this certification was loosed upon the Congress and Senate, with 5 people killed, many lives threatened, property damage in the representative's offices, fighting in the Capitol hallways, defiling the U.S. Representatives Chamber, and demonstrating a lack of respect shown for our country, its elected representatives, our very government, and all of our citizens. Even lower on the scale was the outgoing President egging the crowd on to keep the Electoral Certification from happening, so as to keep him in power, saying his victory in the November election was being stolen. (No evidence to date has proven any of his claims). The storming of the Capitol happened in front of the whole country and world. That we are in the midst of a National/World Pandemic, had no effect upon this President encouraging what could have been a constitutional crisis that might have brought down our government. The world must have thought we were going crazy. Our rivals may have contemplated the weakened security of our country. Those who watched in shock, horror, and confusion at home across the country, as the media covered the March on Washington of pro-Trump supporters, and white supremacist group members, also contemplated this event as craziness, a danger to our security, and questioned if what happens frequently around the world in other countries could be happening before our very eyes here.

The high point occurred when the protesters were cleared from the building and the House and Senate reconvened with Vice President Pence carrying out his constitutional duty in presiding over the Electoral Vote Certification. A few states certifications were questioned, debated on, and

were accepted. The electoral votes were counted and finally certified. Joe Biden and Kamala Harris were declared officially as the winners. Since this failed insurrection, the Inauguration took place and the transfer of power from one administration to the next was completed. The American people and people around the world received a lesson on how the American system of government works.

However, the conditions that bred the outbreak of hate, fear, racial violence, and frustrations over racial justice and equality that have been so in the news since Trump became President, existed before he ran and was elected to the office. He merely opened the box and encouraged the ugliness and fears that were hiding in plain sight for many citizens, and ignored by others who did not want to see them. We are truly in a great time of change, hopefully for the betterment of all who dwell in this beautiful country. Patriotism has been used a lot, lately. Its definition depends by whom it is being proclaimed. The soldier shows his by fighting, or sacrificing life and limb if need be, for his/her country. Citizens show theirs in many ways - flying the flag, singing patriotic songs, celebrating historical holidays (4th of July), serving in public office, volunteering to help others, and encouraging education and the passing on of American values and traditions to the next generation. That is, we build on the foundations of America and help the American dream to be a reality for all our citizens, not just a certain group of them. Protesting of itself is a patriotic act, as our protests and actions against being taxed unfairly by King George, led to the Revolutionary War. The protests by subversive groups hiding behind patriotic symbols and slogans to support their fears and hatred of other people who are different in color, culture, religion, or opinions, are not an example of patriotism. This element, focusing on violence and tearing things down, does not reflect the ideals that made the American dream and a goal for many immigrants to aspire to. Our history is not finished, it is only a pattern that was started in 1776. It is up to each succeeding generation to build upon it and fill in the spaces as our history moves forward. Patriotism is keeping our eyes on the prize and making the dream substantive and real for all of us.

Debra Rausch, Vice President for Public Policy
rauscdula@gmail.com 301-498-8806

IN AND AROUND MARYLAND



CARROLL COUNTY

Here it is February, 2021 and still the Carroll County Ag Center is not open so no FCE meetings at present. I have been in touch with Cheryl Hill but they are still working from home so not allowing meetings in their building. Debi Gibson, our new president, did hear from Christina Johnson and she said when the weather gets warmer we can meet in her barn. Everyone will need to bring a chair. Christina said she would help Debi get speakers, too. Hopefully once everyone get the vaccine we will be able to meet again. There are 9 of us that are members of Carroll County.

I sent the information to the school system for CHARACTER COUNTS![®] but have not heard if any school has sent in papers. The schools here are still virtual but I will check with Bonnie to whom I took the information to and see if she has any papers back. When they come from the school system, I will be looking for volunteers to read them and pick winners. The schools were closed Monday due to the end of a grading period and today due to the snow.

The good news is, they are beginning to give the vaccine out in Carroll County and hopefully everyone will get the shots soon.

Ellen Taylor a former CCAFCE member passed away in December, 2020. Her family had moved her to a retirement place and then she would not rejoin again because she could no longer make it to meetings.

Elizabeth Heagy
momheagy@yahoo.com 410-857-3388

FREDERICK COUNTY

In Frederick, we have adapted to the pandemic and quarantine by changing to online shopping. For the assisted living facilities, some of our members have made favors as well as done knitting and sewing of articles of clothing. To keep busy, there has been an increase in reading and

doing puzzles. One member has learned how to upholster a chair. We have been making face masks. There was a special one with tractors on it for a certain four-year-old grandson. To keep in touch with family and friends, we have learned how to have meetings using ZOOM.

Vaccinations are being given out to categories 1A and folks over 75. No word yet on other Phases, until the supply increases. Praying we get back to normal sooner than later. No estimation yet when meetings will resume.

Donna Bowles
Donnabowles1@comcast.net 301-473-8452

MONTGOMERY COUNTY

MCAFCE continues with our blanket project completing and distributing 1,102 blankets (22,265 total since project started) and 431 baby hats (12,482 total since project started) in 2020. In addition to our regular blanketeters, we have had approximately 25 student completing blankets each month. The students are really excited to help the community and earn their Student Service Learning (SSL) hours for graduation.

We are unsure as to when we can meet in person again because the Extension office remains closed. Some of the clubs are holding ZOOM meetings.

We are planning an outdoor, Women Walk the World event on April 29th the Agricultural History Farm Park (where our Extension office is located). It will be our first face-to-face event since March of 2020.

Some of our members have been able to secure the COVID vaccine and more appointments slots are opening up. It is just going to take time. It is hard to be patient, when we all would like to hug are families, especially the grandchildren.

Jean Purich
jcpurich@cs.com
301-384-2805



PRINCE GEORGE'S COUNTY

Our little group is in quarantine limbo. Sue and Debbie come out on ZOOM once a month for the State Board meeting. Sue has been sewing masks and keeping her cats and turtles healthy. Also, she is looking for a new puppy dog. Debbie is busy at home and doing the church bulletin each week. Doctor appointments in between and church ZOOM meetings figure in, too. Alicia is busy at home, working for the fire department and is coming up on 20 years, next year. She is contemplating a career change, possibly in the health area. Barbara Marsh was well at Christmastime. Reminds me, I need to call and catch up with her. Hope the vaccines arrive soon and we keep healthy until then. Happy Spring!

Debra Rausch
rauscdula@gmail.com

301-498-8806

MEMBERSHIP



We received one membership form in December, 2020 and one in February, 2021 (both renewals, one family and one individual). As of February 5, 2021, we have

117 MDAFCE members! Please remember that it's NOT too late to renew or recruit a new member. We welcome new MDAFCE members at any time during the year. Just send the completed membership form and check to your county treasurer as soon as you get them.

Bonus: If you recruit a new member, you and your new member will qualify for a chance to go to our fall conference at no charge.

Stay safe and healthy!

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

Bulletin Board

Our deepest sympathies to the families of Montgomery County's member Betty Burris and former member Louella Marlin. Betty was a member of the Olney-Sunshine club for 11 years. Lou Marlin was instrumental in starting new clubs, a 4-H leader for many years, a member of the MCAFCE board and an FCE member for over 50 years.

Speedy recovery to Bill Raab and Dotti Jenney whom are recovering for COVID.

SPRING

Spring begins Saturday, March 20 and ends Sunday, June 20



Spring, also known as springtime, is one of the four temperate seasons, succeeding winter and preceding summer. There are various technical definitions of spring, but local usage of the term varies according to local climate, cultures and customs. When it is spring in the Northern Hemisphere, it is autumn in the Southern Hemisphere and vice versa. At the spring equinox, days and nights are approximately twelve hours long, with daytime length increasing and nighttime length decreasing as the season progresses.

Many refer to Astronomical Spring on March 19, as the first "official" day of spring. Most meteorologists will argue that spring begins a few weeks before, on March 1st. This is done for climate record-keeping. Climatologists require set time periods to calculate averages and do seasonal comparisons over the years. Astronomical dates will fall on different days depending on the year and keeping seasonal climate records based on those dates would be confusing and inaccurate.

Weather-wise, it makes more sense around the globe. In spring, mild surges of air from the south are becoming a regular occurrence and severe weather threats begin to kick in by March 1. The heat of summer has been experienced in most areas across the country by June 1 and the heat of summer is waning by September 1.

LIVING A FULL, ACTIVE LIFE WITH ARTHRITIS

Many people experience the aches and pains of arthritis, especially as they age. In fact, arthritis is the most common chronic condition in people over age 65 in North America. While once thought of as a death sentence for an active lifestyle, we now know that maintaining and even progressing physical activity can help with arthritis symptoms.



Osteoarthritis (OA) is the most common form of arthritis and results from degeneration of the cartilage that cushions joint surfaces. In other words, the smooth lining that helps bones roll and glide on each other with ease wears down, causing stiffness, pain, swelling, and decreased blood flow to that area.

Where there was once cushion to absorb shock and reduce friction with activities like jumping, bending, squatting and loading, now there is more friction on contact of bone on bone.

This causes dull, achy, nagging pain at one or multiple joints. Usually people who experience OA have the worst pain in the morning, and it gradually improves throughout the day. However, if swelling is present, it may increase as a person uses the joint more during the day. For instance, if the knee is swollen, the swelling may be worse after walking or prolonged standing.

The most common joints affected by OA are the hips, knees, hands and feet. It's also frequently seen in the shoulders, spine, and ankles. A variety of risk factors contribute to developing OA, both modifiable and non-modifiable.

Risk Factors for Osteoarthritis

Modifiable

- Obesity
- Repeated stress on joints
- Body mass index
- Physical activity level

Non-Modifiable

- Age
- Gender (more common in women)
- Genetics
- Bone deformities

How does exercise help? Arthritis causes pain and stiffness in joints. When it hurts to move a joint, people typically avoid moving it, making it stiffer. Stiff joints don't get good circulation (blood flow). Circulation helps tissues heal. So, when there's decreased blood flow to a joint, tissue healing decreases, and the joint becomes stiffer because it's not being moved. Stiff joints also tend to lose range of motion.

Once a few degrees of range is lost when straightening the knee for example, it will change the way you walk and thereby change the way your hip is working as well. As you can see, this becomes a dangerous cycle. Luckily, exercise stimulates circulation to a joint, improving mobility, quality of movement, and tissue healing. Your Physical Therapist will help guide you as to what exercises are safe to do and how often to do them so you can stay active and healthy.

Physical Therapy is the first step in managing arthritis, as exercise given in the proper dosage can alleviate symptoms and improve overall quality of life. Your Physical Therapist may use exercises to improve your range of motion, strength, flexibility, and balance. They may also perform manual therapy, such as soft tissue and joint mobilization, to improve circulation and quality of movement in a particular area. These tools will help reduce your symptoms and restore your ability to do things like swim, lift weights, or walk.

If you find that Physical Therapy is only partially managing your symptoms, your doctor may suggest you take medication such as Acetaminophen, a Non-Steroidal Anti-Inflammatory (NSAID), or glucosamine chondroitin. Arthritis doesn't have to stop you from living an active lifestyle.

References

1. Kaplan, M, Huguet, N, et al. Characteristics of physically inactive older adults with arthritis: results of a population-based study. *Preventative Medicine*. 2003;37(1):61-67
2. Messier, S.P., Legault, C., Mihalko, S. et al. The Intensive Diet and Exercise for Arthritis (IDEA) trial: design and rationale. *BMC Musculoskeletal Discord*. 2009;10(93).

CLEANING YOUR SHOWER - UCK !!!!



It's no secret that showers can be a cleaner's arch nemesis, thanks to the triple threat of moisture, high heat, and residue from soaps and shampoos. Saudia Davis, the CEO of Green House Eco-Cleaning, in Brooklyn, knows this well. But that trifecta, she adds, is often the least of your worries. Perhaps worst of all, minerals in water can deposit cloudy buildup on glass surfaces, even in well-ventilated bathrooms where squeegeeing or wiping down shower walls is second nature.

But don't fret—hope isn't lost entirely. It's absolutely possible to remove the film that these nuisances, from shampoo and soap to hard water, leave behind. Davis suggests this powerful one-two punch: First, put baking soda or Bon Ami powder cleanser on a microfiber cloth. Then, moisten the product with an equal mixture of water and distilled white vinegar before you smear it all over those glass doors.

It's not enough, however, to smear and swipe away. You need to let your concoction sit in order for it to work effectively. So, spray your mixture with more of the vinegar solution until it becomes lightly saturated. Let everything stand for five minutes, then wipe it away with a soft scrubber. But be sure to avoid steel wool, which can scratch glass.

And if you're simply looking to restore shine? Spritz the surface with rubbing alcohol and polish with a clean cloth. Feel free to skip straight to this step if your doors are in good shape but need some help in the glimmer and gleam department.

TRIBUTE TO LOU MARLIN

We celebrate the life of Louella (Lou) Marlin who was an active FCE member in Maryland for over 50 years.

Born and raised in Kentucky and originally a nurse by profession, Lou married gaining a husband and son at the same time. The family grew to include two more sons and a daughter. She became a "stay at home" mom, organized the Congressional Homemakers Club and became a 4-H leader. Following years directed her future as she accepted more leadership positions in both organizations at the local, county, state, national and international levels. She received and shared knowledge gained at each position emphasizing the importance of "Each One Teaching One".

Through FCE participation Lou attended at least fifteen National FCE annual conferences and Country Women Council (CWC) annual conferences and nine Associated Country Women of the World (ACWW) triennial conferences. She served as Montgomery County president, Maryland vice president for public policy and National eastern public policy coordinator.

An original Family and Community Leadership (FCL) member, she promoted leadership training for women worldwide. Some of her leadership led Maryland's FCE support for the Seat Belt Law and collection of signatures to send to congressmen to "Tune Out Violence on TV".

Lou received many honors of recognition as a result of her broad support of Extension through 4-H, Extension Homemakers, host family for international 4-H exchange students (IFYE) multiple times and contributions to the programs and management of the county and state annual fairs.

Lou kept a calm orderly perspective on life, observing the right and wrong way to handle life situations. Her church life was active and very meaningful to her and those around her. Setting examples to be observed and followed, she gave of herself and enriched the lives of others. What a treasure she was to those who knew her. Hugs!



Susie Fishbein's Purple Cabbage Salad



TOTAL TIME: Prep: 20 mins Cook: 0 mins
Marinating Time: 60 mins Total: 80 mins Servings: 8 to 10 servings.

Ingredients

For the Salad

- 16 ounces cabbage (purple, shredded)
- 1/3 cup scallions (chopped)
- 1/3 cup pine nuts
- 3 carrots (julienned, or 1 (8-ounce) bag shredded carrots)
- 1 (11-ounce) can mandarin oranges (reserving liquid)
- 1 to 2 handfuls dried cranberries (can be sweetened kind)

For the Dressing

- 4 tablespoons brown sugar
- 1/2 teaspoon black pepper (freshly ground)
- 1/4 teaspoon salt (fine sea salt)
- 4 Tbs red wine vinegar
- 1 Tbs juice (from mandarin orange liquid)
- 1/2 cup vegetable oil
- 1 teaspoon chicken consommé powder (pareve)
- 1/2 teaspoon garlic powder

Directions

- Place the cabbage, scallions, pine nuts, carrots, oranges and cranberries into a large zip lock bag. Set aside.
- In a jar or cruet, mix the brown sugar, pepper, salt, and vinegar, reserved liquid from the oranges, oil, consommé powder, and garlic powder.
- Close and shake until thoroughly mixed.
- Pour over the salad.
- Refrigerate to let the flavors mix for at least 1 hr.

Tip: If you don't have pareve chicken soup mix on hand (or prefer to skip the MSG that's in many kosher consommé powders), you can omit it. You may want to add an extra pinch or two of salt if you skip the soup powder, but taste the salad first -- you may not miss it, especially after it has had a chance to marinate.

**Maryland Association for
Family & Community Education
15500 Gallaudet Avenue
Silver Spring, MD 20905**

