

WHAT'S HAPPENING

Maryland Association for Family and Community Education, Inc. Newsletter

JUNE

- All Nominees for State Officers, Group I
- 3 10:00 AM MDAFCE Board Meeting, Carroll County Extension Office
- 14 Flag Day



JULY

- 4 Happy Birthday America
- 18-21 NAFCE Annual Conference, St. Louis, MO

AUGUST

- All **All County Associations' List of Officers and Committees for 2020 should be sent to State President**
- 1 **LOOK WHAT'S HAPPENING** deadline for items to Editor
- 5 10:00 AM MAFCE Board Meeting, Prince George's County Extension Office

SEPTEMBER

- All CHARACTER COUNTS!® Essay and Artwork Contest starts

THE SIX PILLARS OF CHARACTER



Collect 2019 Dues Membership Drive
National Literacy Month

- 9 10:00 AM MDAFCE Board Meeting, Anne Arundel County Extension Office

OCTOBER

- 21-22 Annual Conference
Best Western Hotel, Westminster Maryland

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CHARACTER COUNTS!® Contest

Riya Dhingre, from William Winchester Elementary school in Carroll County was the First Place winner in Maryland for the National FCE CHARACTER COUNTS!® Essay and Artwork Contest focusing on "Trustworthiness". She received \$50 from MDAFCE. Her contest papers were sent to National FCE for competition with other states' winners.

Check out the WEB with MDAFCE www.mdafce.org

Send newsletters, calendars, information and calendar updates for your web page to Libby Wade at dunade@aol.com.

Newsletter Deadline: August 1

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

Jean Purich, 15500 Gallaudet Ave, Silver Spring, MD 20905-4196. Or email me at jcpurich@cs.com with your information.



FROM THE PRESIDENT

The Wizarding World of FCE

As I thought about summer, I found some thoughts on summer on the Internet and really enjoyed them. I decided to pass them along to you. So, here are quotes by various people as listed on the Internet:



“Fun time is here again as your kids dash out in bikinis, holding bucket and spade in hands, lapping on loads of sunblock lotion and running off in flip flops in a carefree manner.”

“After being trapped with indoor activities for months, now it's the time to break free and bask in the warm sunshine! There's a burst of activities everywhere. Kids swimming in the rivers, beaches and swimming pools... Adults fishing, reading, and picnicking... And naturally, there'll be barbecue invitations too.”

“And what else comes to mind as you think of summer? Oh, eating an ice-cream to cool down the heat when it gets too hot, getting out your lawn mower and once again mowing your lawn, and treating your eyes to blooming flowers everywhere. Not forgetting tanned skin, squinting eyes and sweaty bodies.”

“There's no ignoring summer time! Summer is definitely a strong and commanding season, where it leaves many traces of its presence.”

“A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken.”-- James Dent

“A single sunbeam is enough to drive away many shadows.”-- St. Francis of Assisi

“Rest is not idleness, and to lie sometimes on the grass on a summer day listening to the murmur of water, or watching the clouds float across the sky, is hardly a waste of time.”-- John Lubbock

“Someone's sitting in the shade today because someone planted a tree a long time ago.”-- Warren Buffett

“Summer afternoon - summer afternoon; to me those have always been the two most beautiful words in the English language.”-- Henry James

“Summer is the time when one sheds one's tensions with one's clothes, and the right kind of day

is jeweled balm for the battered spirit. A few of those days and you can become drunk with the belief that all's right with the world.”-- Ada Louise Huxtable

“You can never appreciate the shade of a tree unless you sweat in the sun.”-- Author Unknown
Have a Happy Summer!

Libby Wade, President
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MEMBERSHIP

Welcome 2019 New Members

Barbara Eisenberg, Karen Gillis, Mary Gregos, Elaine Haas, Evelyn Hanson, Robin Horner, Theresa Maciejewski, Joyce Stathem, Sally Thomas, and Adel Washington

Many thanks to all the county treasurers who continue to send their membership information and dues to me as soon as they get them. We are thrilled to have **11** new members as of April 30th. This gives us a total membership of **134** which includes 80 individuals, 5 family memberships (10 members), and 44 seniors. Please continue to invite people to join FCE and, if you recruit a new member, be sure your name and address are included on the bottom of the form. Why? Because you and your new member will have a chance to attend the state annual conference in October, at no charge! All recruiters will also receive a gold star from National FCE.

Susan Morris, Chairman
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Bulletin Board

Speedy recovery to Zelda Shuman, Montgomery County, who was recently in the hospital.

NEWS FROM THE VICE PRESIDENT

The first ACWW Triennial I went to in 2010 in Hot Springs, Arkansas, was mainly to find out what ACWW was all about. Every month my FCE club, Temple Hills Day, now disbanded, passed around a box marked “Pennies for Friendship”, but when I asked for information about ACWW, nobody could tell me. So I went to that conference to find out, and I was so impressed that I not only became an individual member, but I have been to every Triennial since; 2013 in Chennai, India; 2016 in Warwick, UK and 2019 in Melbourne, Australia.

It is a long trip to Australia! I was traveling with Jeanne and Ed Purich and fellow FCE members and Jeanne's friends, Amber and Jack Beall. We left here on March 31st and flew to Los Angeles. After spending the night in a hotel, we boarded the Qantas flight for Melbourne on Monday night and arrived in Melbourne on Wednesday morning April 3rd – due to a 16 hour time difference - after 15 hours in the sky!

I was singing in the choir again, as I had done at Warwick, so I went directly from the airport to the meeting rooms of the Country Women's Association (CWA) where we were practicing. My transportation was called a “shuttle”, but I would call it a private van. The driver was from Ireland and he and I had a very friendly discussion about the gunfight at the OK Corral in Tombstone, Arizona.

We practiced about 4 or 5 hours. The ladies of the CWA provided morning tea, lunch, and afternoon tea on the 3rd of April and morning tea and lunch again on the 4th. One of the ladies in the choir instructed me in the pronunciation of Melbourne, saying “It is NOT Melbourne, it is Melbun!”

On the afternoon of the 4th, I took an excellent “City Sites” Tour. Melbourne is an extremely interesting city, though plagued by heavy traffic and many traffic jams.

On the morning of April 5, the conference opened with an impressive ceremony featuring the flag of each country who is a member of ACWW - more than 70 countries. This was followed by the Presidential address given by outgoing President Ruth Shanks, the Keynote Speaker, and entertainment featuring Principal Vocalists of the Victorian State School Spectacular.

After lunch, Conference Session I took place which included adoption of the standing orders, committee reports, conference information, voting

procedures, and introduction of nominees for the Board of Trustees 2019 - 2022. During this session, as well as all other sessions where voting took place, the voting delegates were separated from the other attendees (observers). There were different colored voting cards for each session and you had to use the right colored card to enter/vote in that session!

April 5th was my birthday, so my roommate (Ardyce Snyder) bought my breakfast. We went to dinner with Bonnie and Scott Teeples. We were finished eating when Ruth Shanks stopped by and Bonnie told her it was my birthday. Ruth said, “She should have a cake.” Soon after that, I saw Ardyce whispering to a waiter and a little bit later, the waiter brought a small chocolate cake with chocolate glaze and a small chocolate card which said “Happy Birthday” and set it in front of me. Then Bonnie, Ardyce and Scott sang “Happy Birthday”. That was one of the nicest birthdays I have ever had! And the cake tasted fabulous! Chocolate is my favorite cake and I believe that was the best I have ever tasted! I wish I had the recipe.

The morning of Saturday, April 6th was very similar to the afternoon of the day before. All the resolutions were passed except that which would have eliminated the role of Deputy World President. After lunch there were 3 concurrent sessions divided in such a way that everyone attended in small groups all the sessions.

Sunday morning brought the Thanksgiving Service for which the choir sang 2 songs, “Imagine” by John Lennon, and “I Am the Gentle Light” as well as leading the hymns. This was followed by more voting in Session 4, then, after lunch, 3 more concurrent sessions. For the entertainment, a special showing of a documentary film “She Shears” which followed female sheep shearers from New Zealand competing at the world's most prestigious shearing sports competition.

Monday was more voting and more reports followed by the Gala Dinner – good food and entertainment.

Tuesday April 9th was the last of the voting. The closing ceremony is the reverse of the opening – the flags are taken down and put away until the next Triennial, which will be in Malaysia in 2022. The Area Meetings were held. Bonnie Teeples is the new USA Area President. Magdie de Kock of South Africa is the new World President.

The day following the end of the conference was “Excursion Day”. I had chosen to go on the tour

“A Country Affair”. Our first stop was the Warragul Hospital Linen Service to see how the linens are washed. Then back on the bus to see some of the new subdivisions which have been built on the farmland. The houses are extremely close together! Then on to lunch, which was held in a church hall and prepared by Warragul Night Branch Country Women's Association. After eating the delicious food, we got back on the bus to learn about Hydroponic gardening at Favorite Tomatoes where we were each given a packet of cherry tomatoes. Our tour ended with a visit to the most technically advanced dairy farm in the District where robotic milking takes place! Then it was back to the hotel and head for home the next day. A long, long trip, but certainly worth it!

Sue C. Van Slyke
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PUBLIC POLICY NOTES



Suicide Prevention.

We hear about this subject in the news, especially when a famous celebrity like Robin Williams takes his own life, and think to ourselves, why did he do that? He had fame, money, loved ones, and was liked by millions around the world. What's to be depressed about? Then, we hear that veterans are committing suicide at the rate of 20 every day. Still, this news affects us, but what can we personally do about these things that haven't impacted us? Then, suicide happens to someone we personally know. We read their obituary in the paper or on the funeral home website. And many of these deaths by suicide are known only to their loved ones. Not just once, but twice in some families. My husband's two brothers. Fifteen years apart, different ages, different circumstances. One planned out, one out of the blue. Loved ones left with questions and no answers. Why? What? How? What can we do, after the fact, to help others out there to make different choices and get help?

First, get educated about the epidemic of suicides occurring in this country alone. I googled "Suicide Prevention" and saw various sites devoted to suicide: Veterans Crisis Line, veteranscrisisline.net, or 1-800-273-8255, press 1; and National Suicide Prevention Line, 1-800-273-8255. I noticed they are using a common phone number to connect these two groups. Then, there are specific sites for other groups

educating the public about their efforts to bring awareness, hope, and tools to the handling of suicide as a mental illness issue. My article is a gist of an article written by Lindsey Young, Assistant Editor and Staff Writer, at the website, www.vikings.com, home of the Minnesota Vikings!

Stephen Weatherly, a Minnesota Vikings football player, traveled in April, to Lakeside, Arizona, in Navajo, County. He went to speak about his own experience with depression after an emotionally/verbally abusive relationship in high school. He was only able to recognize his toxic situation after college campus programs and involvement with the One Love Foundation. The occasion he attended was to speak to teachers, parents, community members, and young people at an NFL (National Football League) Suicide Prevention Night, at Blue Ridge High School. Middle school students were also in attendance. He felt strongly about "tearing away" the stigma surrounding mental illness.

A statistic mentioned in the article by Becky Montoya, LPC, Blue Ridge Junior High Counselor, was Navajo County's suicide rate was 3 times the national average, and that suicide is the number 1 cause of death in teens and young adults after accidental deaths, many of which may be unreported suicides. During the presentations, a role-playing Suicide Prevention technique called QPR (Question, Persuade, Refer) was used to give people tools to ask their friends how they are and to approach an adult or other resource for help if their friend is not well.

Just as human trafficking and the opioid crisis has gotten a huge amount of awareness and educational outreach by many groups, there needs to be more effort put into the education of mental wellness as an important part of our physical wellbeing. With an equal emphasis placed on both areas, the hope is to give people other options for seeking help and relief from their problems than taking a path where there is no return.

One friend on Facebook posted that instead of just posting suicide numbers to call, how about we treat each other more humanely and kindly. With all the cussing, tearing another person down, and hateful things that are said on social media and in the public forum by politicians and media, my friend has a good point to start with.

Debra Rausch, VP for Public Policy
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MARYLAND FCE CONFERENCE

The Annual MDAFCE Conference will be held at the Best Western Hotel, 451 WMC Drive, Westminster, MD, 21158. Prince George's County FCE will be the host. The dates are Monday October 21 (Registration will start at 9:30 AM, meeting at 10 AM.) and Tuesday October 22 (starting at 8:30 AM). Overnight rooms are reserved at the hotel and those staying at the hotel will have breakfast included on Tuesday morning.



This will be a fun and informative conference. Hear about the new FCL programs from the National FCE July Conference and the ACWW Triennial that took place in Melbourne Australia,

Attend and experience the magic and fun of FCE! You may even make new friends.

Sue C. van Slyke, Prince George's County
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IN AND AROUND MARYLAND

CARROLL COUNTY

Carroll County has been busy picking our CHARACTER COUNTS!® Essay and Artwork contest winners. A group of us met in April to read all the entries and looked at their drawings and picked the winners. Riya Dhingre was our 1st place winner and she received a check for \$25 plus a certificate, a book, book mark and a stuffed bee. She was also the Maryland State winner so she also received a \$50 check from Maryland FCE. I had notified Riya's parents that we were coming to the school, May 1st, so they were there to see their child win! Anabel Varhaftik was our 2nd place winner and she received a \$15 check plus the certificate, a book, book mark and a stuffed bee! Katie Gegg, our 3rd place winner, received a \$10 check plus a certificate, a book, book mark and a stuffed bee! These children were all from William Winchester Elementary. We also had nine Honorable Mentions at this same school and they all received \$5 plus a certificate, book, and a book mark. The other 25 children at William Winchester received certificates and book marks. Their teacher – Renae Butler will distribute them!

On May 15th, we went to Taneytown Elem and presented 3 children there with their certificates, book marks and books plus one of them received an Honorable Mention so they will also get \$5.

Then on May 2nd, four of us read the college scholarship entries and 2 winners were picked. Both students will receive \$750! Both of the winners are graduating seniors in Carroll County and planning to go to college. Michael Briggs goes to Manchester Valley HS and plans to attend Carroll Community College in the fall. Kaitylin Blizzard attends Francis Scott Key High and plans to go to Delaware Valley University in the fall.

In May, we had our meeting on May 13th. This meeting replaced our May Day Luncheon. We served Royal Farms Chicken and wedge potatoes, salads, and desserts. The program was Estate and Funeral planning.

On June 3rd, Carroll County FCE will host the Maryland State Board meeting. All FCE members are welcome to attend. The meeting starts at 10 AM, usually ending around noon and then we prepare the Summer newsletter for mailing.

Also in June, on the 19th, we are planning a bus trip to see Camelot at the Dutch Apple Dinner Theater in Lancaster, PA. We are still looking for people to go on the bus trip so if you are interested, please let me know. Cost of the trip is \$85 and that covers the show, buffet lunch, bus, and the bus driver's tip. We also plan a stop at the Stauffer's Cookie Outlet (in York PA)! The bus leaves from the CC Ag Center at 9:30am.

Elizabeth Heagy
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FREDERICK COUNTY

On April 16th, Frederick County FCE Homemaker members held their annual spring meeting. Fifty-five members and guests were in attendance. The meeting was hosted by the Frederick County FCE Homemakers Board of Directors. The event was held at the Jefferson Ruritan Club. Tables were set up for the sale of DIY gardening and craft books and individual club scrapbooks. Martha Moser gave a membership award to Nancy Burdette for being a homemaker club member for 50 years. She also gave awards to Glade Valley Club for 50 years of service and to the Gambrill Park Club for 70 years. Each club has been busy contributing homemade

goods and performing services for our communities this past year. Kathryn Nicodemus led the members present in a Remembrance Service for nine members that had died during the past year. A buffet luncheon was served. After lunch, our guest speaker, Chris Haugh, presented a slide show and spoke about the history of Mt. Olivet Cemetery in Frederick, Maryland. He then opened up the floor to questions. Each club brought a table centerpiece, which were then given as door prizes.

April's lesson at the Extension office was given by the authors of two books, "I Didn't See That Coming" and "We the Widows". Two very timely topics as we get older concerning how to deal with the death of a spouse. May's lesson taught us how to attract beneficial wildlife to our yards and gardens. Most clubs will host picnics in June and not present a formal lesson.

Since most clubs take the summer off from regular monthly meetings, our next focus will be demonstrating various crafts at the Great Frederick Fair in September.

Donna Bowles
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MONTGOMERY COUNTY

Fifty-two FCE members and guests attended our Spring Luncheon entitled "Beautiful Butterflies!" The program given by Master Gardener, Mary Bortz, highlighted types of butterflies and their caterpillar state and how to attract them to your garden. Before lunch we took a walk around the parking lot for our participation in the ACWW program "Women Walk the World".

Three students from Montgomery College spoke about how important scholarships were to them. One student, a mom, brought her daughter. She is returning to school to become a nurse after caring for a family member.

In June, we will head to Gettysburg, to the home of Frann Peters at Lake Heritage for a "Fun Day" and some relaxation. Some of us will lounge on the porch, others will shop or visit Gettysburg or even go for a boat ride on the lake. Our speaker will be the granddaughter of a suffragette.

In July, several of us will attend the National FCE Conference in St. Louis Missouri. If you have never been to a National conference, I encourage

you to do so. Registration can be found on the web at www.nafce.org.

August (9-17) brings us to the Montgomery County Fair in Gaithersburg. We will present and man four display booths in the Home Arts building. Here we speak to the public about our mission and programs. We always show our blanket making project and three other educational/informational booths.

Jeanne Purich
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PRINCE GEORGE'S COUNTY

Hello, Summer!?

Hopefully, summer will not be worse for the heat we did not get this spring. News is short on this end. Sue van Slyke went to Australia to the ACWW Triennial in Melbourne. Can't wait to read and hear her report. Our family experienced a funeral. Both my husband and I have been sick with bronchitis, head colds, and coughing. Sharon Adamoyurka is hanging in there. So is Barbara Marsh. Frances Fullwood is happy in Lusby! This summer, Alicia Rausch is ticking off the last 2 classes to finish her 20 year bachelor's degree. Yay! At the last board meeting, we picked colors and themes for baskets for the state conference fundraiser. Planning, with great help from and effort from the board, the annual fall conference is moving forward! Thanks you, Jeanne! There will be more to report in the Fall newsletter.

Happy summer!

Debbie Rausch
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"Life is boring if you don't laugh, joke around and be little crazy every now and then. At the end of the day it's about being happy".



Direction to Annual Conference

Best Western Hotel

451 WMC Drive, Westminster, MD, 21158

Phone: 410-857-1900

Monday October 21st - Tuesday, October 22nd

From East and South:

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

From the North or West:

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



**Maryland Association for
Family and Community Education
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Silver Spring Maryland 20905**

