

## WHAT'S HAPPENING

Maryland Association for Family and Community Education, Inc. Newsletter

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### JUNE

- All Nominees for State Officers, Group I
- 7 10:00 AM MDAFCE Zoom Board Meeting
- 14 Flag Day



### JULY

- 4 Happy Birthday America
- 29-31 NAFCE Zoom Annual Conference

### AUGUST

- All **All County Associations' List of Officers and Committees for 2022 should be sent to State President**
- 1 **LOOK WHAT'S HAPPENING** deadline for items to Editor
- 1-3 **ACWW USA Area Meeting** Holiday Inn Cincinnati, OH/Earlanger, KY.
- 2 10:00 AM MDAFCE Zoom Board Meeting

### SEPTEMBER

- All **CHARACTER COUNTS!®** Essay and Artwork Contest starts – “Fairness”

### THE SIX PILLARS OF CHARACTER



- Collect 2022 Dues Membership Drive
- National Literacy Month
- 12-15 CWC Meeting
- Holiday Inn & Thelma Keller Convention Center Effingham, Illinois
- 13 10:00 AM MDAFCE Board Meeting, Place TBD

### OCTOBER

- TBD Annual Conference, a one-day event

### Inside.....

From The President	2
Membership	2
Maryland FCE Conference	2
Public Policy Notes	3
In and Around Maryland	4
How Shall We Proceed?	5
What Do You Need in a Disaster Survival Kit?	6
Skin Care and Cosmetics	6
Book Review	7
Crispy Wok Tossed Cicadas	8

### CHARACTER COUNTS!® Contest

Yovany Garcia, from St. Francis International School in Montgomery County was the First Place winner in Maryland for the National FCE CHARACTER COUNTS!® Essay and Artwork Contest focusing on “Respect”. He received \$50 from both Maryland and Montgomery County FCE. Yovany’s entry was sent to National FCE for competition with other states’ winners.

### Check out the WEB with MDAFCE

[www.mdafce.org](http://www.mdafce.org)

Send newsletters, calendars, information and calendar updates for your web page to Libby Wade at [dunade@aol.com](mailto: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](mailto:jcpurich@cs.com) with your information.



## FROM THE PRESIDENT

### The Wizarding World of FCE

Who would have thought that this horrible COVID-19 pandemic would still be going on after more than a full year! The first case was reported on January 9, 2020 in China. Then on January 21, the first case was reported in the U.S. On February 3, 2020, the U.S. declared a public health emergency. So far, there have been 32 million cases and 583,148 deaths in the U.S. However, as of this writing, 32% of us have now been fully vaccinated. But the impact has been felt all over the country.



Let's look at how things have changed:

1. There is widespread remote working which has isolated us from our colleagues.
2. There have been layoffs and closing of businesses and 25% of all jobs have been lost and this has mostly affected women.
3. With the loss of jobs has come the loss of healthcare.
4. Home schooling and virtual learning is now the norm. This has impacted the younger children especially. They have had no interaction with their peers.

5. The loss of contact with family has been hard on everyone.
6. There has been a surge in depression and anxiety.

Can there be anything that we can be positive about? With warmer weather, we can start having picnics together. And with the development of vaccines, we can all have renewed hope that this pandemic will soon be over.

Stay Positive!!

Libby Wade, President  
dunade@aol.com

301-831-8661

## MEMBERSHIP

I hope that everyone is staying healthy and looking forward to more in-person activities now that the vaccines are available. We currently have 118 members. But just remember, the "more, the merrier!" As we emerge from our "COVID cocoons", do you see new faces in your neighborhood? If so, why not invite them to a county meeting? It will be a good way to introduce them to our organization and let them try it out before our membership renewal in the fall. Stay safe and healthy!

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

## MARYLAND FCE CONFERENCE

To ease back into "normal", the Annual MDAFCE Conference will be held as a one-day event, not an overnight. We are currently looking for a place and date. We are looking at late September or October. More information will be emailed as soon as final plans are available.



Libby Wade, President  
dunade@aol.com

301-831-8661

Here's a Chuckle!  
I told my wife she should embrace her mistakes....  
So she hugged me. Sigh!

# PUBLIC POLICY NOTES

## The Long View

It doesn't take a long period of time to pass by to observe the human animal's proclivity for short term memory deficits. I am not speaking of Alzheimer's, Dementia, or other illnesses of the mind with physical or psychological causes. The funny and sad thing about this proclivity is most of it is purposefully caused. If humans don't want to acknowledge someone or something, they act out in many ways. Don't want to believe the coronavirus is real and well out there and as bad as the CDC and the past year has proven by science and all the ongoing cases and deaths? Start talking about conspiracies and one party or the other trying to take your right to free choice by the wearing or not wearing of those darn masks or trying to control your freedom to get sick, no matter that you could be the cause of someone else getting ill or expiring from this virus. Don't believe in the numbers confirming that you lost an election? Tell your supporters that the system is rigged, and definitely so, IF you lose, so that you knowingly (or maybe unknowingly) foster their fears of losing their freedom, their right to bear Ak-47's and semi-automatic guns for pleasure or for hunting "game", and fan the flames of racial mistrust and hate of someone different than them. (Or, of trying to overthrow that government as was attempted on January 6<sup>th</sup> this year). Don't like those confederate statues, references to the holocaust, systemic racism and social injustice, the attempted decimation of Native Americans as a culture and as an impediment to the settling of their land by others who wanted that land, and the building of many sections our country by "enforced labor", i.e., black slaves, indentured immigrants, child labor, etc.? Just rewrite that history - tear down statues, rename buildings and streets, pretend that doing this will make things right and make the bad stuff go away, write on an empty page, wipe the slate clean, and make it like history never happened.

The problem with not acknowledging that bad things have happened in our human past, is, that history (and that means people) repeat or expand on the mistakes of that past. The short view of what happens now is that we do not learn from what a long view of history can teach us, i.e., to see patterns of

criminal behavior, the human history of insensitivity to the many different cultures and peoples who share this planet with us, and ways to make better decisions now for the future learning from those bad or wrong decisions of the past. If we rewrite and purposefully choose to not look back and see our history as it really happened, we operate on shaky ground. Anyone knows you don't build on sand, a sinkhole, a quicksand pit, or on crumbling ground. You are bound to fail and end up in a hole you can't dig out of. Without the whole picture, our survival as a democracy, a republic, a free people, a thinking people, a better example of the continuing American dream that was started so long ago (yet so short a time historically) is questionable. Dragnet's Sgt. Joe Friday would interview victims, witnesses, or criminals with the quip "Just the facts, ma'am or sir". The facts of history need to be taken into account to see the short and long view of our historical record together, both the good and the bad. Without the whole picture, we cannot see the unbridled truth of our history. Without truth, how can we not end up building for today and for tomorrow on sand?

Obliterating the past without teaching our people about the goodness and the ugliness of what we are erasing will not keep our present and future people from making even more terrible decisions and ending up in the sinkhole of history without knowing how they got there and blaming their "ancestors" for being there. That choice of our future is happening right now and we now must choose for the truth, the whole truth, and nothing but the truth, no matter how ugly or terrible it may have been or is. So be critical of what you hear, take much of it with a grain of salt, and seek answers from many sources. Think with a short and a long view of what is happening around you. Then vote, serve, and support those who would make well processed decisions for the future. Our historical record is being written now by all of us. It is a truly powerful and scary position for all of us to participate in, but that is the basis of our constitution: "We the people..."

Debra Rausch, VP for Public Policy  
rauschda@gmail.com

301-498-8806

# Bulletin Board

Condolences to Deborah Gibson (CC) and family on the loss of her sister. Debi wrote of her sister: Her name was Kathy Weinhold. She was 55 and passed away from cancer. She was married for 36 years to David. She had two daughters Crystal and Candy. She had 7 grandchildren. She was the youngest girl. She is also survived by three sisters and 3 brothers and many cousins, nieces and nephews. It was one of the saddest days of our lives.

Debi

My being home has been very difficult on me and my husband, since I can only leave the apt. to go to doctor's appointments or get tests done. Plus, he will not let me drive so he takes me where ever I go. I have been to Advanced Radiology so often that they no longer need my cards.

Also, I just received a call from Mathew Shipley saying they are having a Memorial service for their mother Barbara Shipley on May 28<sup>th</sup> at 4 pm at Resthaven Memorial Gardens off Rt 15 near Frederick. They picked May 28<sup>th</sup> because it is the day she died last year and it is also the wedding anniversary of Barbara and Mike.

Elizabeth Heagy  
momheagy@yahoo.com

410-857-3388

## IN AND AROUND MARYLAND

### CARROLL COUNTY

Carroll County has not done much with FCE for the last couple of months because I have had pneumonia and I am the one doing most of the calls to members to see how people are. I have been trapped at home next to an oxygen concentrator - which I usually only use at night when I sleep because my oxygen level drops when I sleep. This machine is too heavy for me to pick up and move but it does have wheels so it can be moved from my bedroom to the living room each day. So at least I am not trapped in the bedroom all day every day.

I did hear from Debi Gibson that Chris Johnson, Helen Totura's granddaughter, that they have a barn that is empty and when the weather is warmer, we can meet in her barn for meetings. Debi and I both look forward to when we can have our 1<sup>st</sup> meeting for 2021. Chris also told Debi that she would help in getting speakers for the meetings. So, we have a plan to have meetings and now we have a place to meet, we just need the weather to get warm enough for us to meet.

Also, this week Debi Gibson's sister Kathy Weinhold died on April 28. She was married for 36 years and was 55 years old. She died at the Dove House in Westminster. Kathy was buried May 1<sup>st</sup> in Westminster. Please say a prayer for Debi and her family.

### FREDERICK COUNTY

While FCE/Homemakers still haven't met, I can report that things are looking up a little in Frederick County. The Health Department reports that almost 92,000 people are fully vaccinated, or a little over 35%. The positivity rate is down to 2.5%. There are 4 mass vaccinations sites available, as well as pharmacies and doctor offices. Public schools will return to 4 day a week in person learning, as well as continuing virtual learning. While indoor social distancing and face masks are still required, outdoor restrictions have been lifted.

It will definitely be a blessing to get back to normal – traveling, shopping, and seeing children and grandchildren. (I recently watched my grandson graduate from college via live streaming.)

We are ready!!

Donna Bowles  
donnaBowles1@comcast.net

301-473-8452

### MONTGOMERY COUNTY

Well, it has been 15 months since we have been together. Did we ever think it would be that long? No, no one did. But it has been and we have almost made it to the sunshine side. With the number of vaccine shots that have been delivered and with most people eligible, we will be able to be somewhat back to normal soon.

Montgomery County FCE has been able to keep our blanket project going, thanks in part to student participation. The students have been working at home to earn their Learning Service Hours. We have had more difficulty in finding places to donate the blankets. We have looked to shelters, pregnancy centers and community-based help agencies as places to donate to.

We have been in touch with our Essay and Artwork contest winner and will be going to school to deliver his prizes as soon as possible.

Personally, I ate out in a restaurant for the first time since February, 2020. Boy, did that feel different and wonderful. All my family is now vaccinated, so we can give a hug and have a hug! How delightful. I hope you and your family are starting to enjoy some of the same things.

Jeanne Purich  
jcpurich@cs.com

301-384-2805

### PRINCE GEORGE'S COUNTY

So far, we are in the start of the second year of the coronavirus. Sue has a new dog, Debbie has an old bird (cockatiel - 26 or 27 years old) and an older husband (hehe!), Barbara is in the process of moving in with her daughter, and Alicia is considering retiring after 20 years with the fire department. Besides taking it day by day, our club hasn't met since last year. Debbie has fallen a few times, no broken bones, so far. Arnie, her husband has fallen, too. It reminds me to caution everyone to be careful. Falls are dangerous for our age. The zoom meetings with the state board give us hope we will meet in person sooner rather than later. Meantime, Debbie and Arnie put some plants in the ground and hope they will grow faster than the weeds and produce something edible. More of us are vaccinated, things are looking up. Take care and be careful!

Debbie Rausch  
rauschda@gmail.com

301-498-8806

Summer is here. Copy the link below for information on the signs of drowning.

<https://slate.com/technology/2013/06/rescuing-drowning-children-how-to-know-when-someone-is-in-trouble-in-the-water.html>



## How Shall We Proceed?

2020 was an amazing year and it challenged our thoughts and actions in many ways.

At this time a year ago the Maryland FCE Board was looking at confirmed speakers and plans for the upcoming October state conference in Westminster, MD which unfortunately required postponement.

At the May, 2021 meeting, the Board had a lengthy conversation addressing possible plans and the feasibility of having the 2021 fall state conference still scheduled for Westminster. The outcome was to cancel the present plans and consult our membership for their views on the best and most interesting ways for us to continue to grow and meet our various membership needs.

Conversation produced many issues to be considered including having a two day or one day meeting? Is there a good central location to hold a meeting for members from Carroll, Frederick, Montgomery and Prince George's County? Would our members travel for any meeting? Are members interested in ZOOM programs?

When we think about our FCE history we think about sharing programs. Variety has been the spice of our lives. What are we interested in now and what would we like to share or have shared with us?

Are we interested in Maryland state or county history?...Growing indoor plants?...Having a tasting party of Covid 19 inspired recipes?...Making a baby's Christening bonnet from a man's handkerchief?...Informal types of needlework marathon?...Medicare updates?...Book reviews???

If you were focusing on future state FCE activities and gatherings what would be your program plan? Now is the time to share your thoughts regarding all of the questions mentioned in this article and more! The future is in our hands.

Take a few minutes to assist our elected state officers and board members as they plan for the future of our FCE organization. **Send your thoughts and ideas to [barbaraperry36@gmail.com](mailto:barbaraperry36@gmail.com).**

Don't delay - share your thoughts today!

## What Do You Need in a Disaster Survival Kit?

In the event of a natural disaster or other crisis, **your emergency kit should at least provide for your most basic needs:**



food, water, warmth, and clean air.

**At a minimum, you should have the basic supplies listed below:**

1. Water: one gallon per person, per day (3-day supply for evacuation, 2-week supply for home)
2. Food: non-perishable, easy-to-prepare items (3-day supply for evacuation, 2-week supply for home)
3. Flashlight
4. Battery-powered or hand-crank radio (NOAA Weather Radio, if possible); Extra batteries
5. Family first aid kit
6. Medications (7-day supply) and any medical items that you need
7. Multi-purpose tool
8. Sanitation and personal hygiene items
9. Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, driver's license, passports, birth certificates, adoption papers, insurance policies.) Put in a water proof zip-lock bag
10. Cell phone with chargers
11. Family and emergency contact information
12. Credit Card
13. Extra cash, small bills, roll of quarters,
14. Emergency blanket
15. Manual can opener
16. N95 or surgical masks
17. Duct tape
18. Scissors
19. Whistle

**Consider the needs of all family members and add supplies to your kit:**

1. Medical supplies (hearing aids with extra batteries, glasses, contact lenses, syringes, etc)
2. Baby supplies (bottles, formula, baby food, diapers)
3. Games and activities for children
4. Pet supplies (collar, leash, ID, food, water, carrier, bowl). If you have a pet, take a picture with you and the pet so that if you are separated from your pet, you can prove that the pet is yours.
5. Two-way radios
6. Extra set of car keys and house keys

**Additional supplies to keep at home or in your survival kit based on the types of disasters common to your area:**

1. Rain gear, Plastic sheeting
2. Towels
3. Work gloves
4. Tools/supplies for securing your home
5. Matches
6. Extra clothing, including warm clothes (no matter what the season), hat, gloves and sturdy shoes
7. Household liquid bleach
8. Entertainment items

## SKIN CARE and COSMETICS



Skin care is a "must" throughout the life cycle regardless of gender. This important body covering breathes, perspires, stretches, and fits like a glove. Time, however, has a way of changing what the mirror reveals! As the body matures and ages, it is important to recognize, understand, handle, and adapt with the times.

- The first step to any skin care routine is to rid yourself of things that harm your body (smoking, tanning beds, baking in the sun, too much alcohol).<sup>1</sup> Skin is reflective of heredity, health patterns, and habits. Eat correctly, exercise regularly, drink adequate amounts of water, and get sufficient rest/sleep. Water may be the best-kept beauty secret. You cannot drink too much.

- Skin care is about three things: protection, exfoliation (ridding the skin of dead cells), and nourishment (inside out and outside in).

- As the body matures--especially after age 30--periodically re-evaluate your skin care routine and the products you use. As the skin changes, adjust skin care techniques accordingly. For example, if you

have always cleansed with soap, it may be necessary to change to a milder product. (continued)

- **Golden Rule #1:** Don't use anything that comes in bar form (unless recommended by a dermatologist). Never use body soap on your face as it is too strong and harsh. When washing your face, use lukewarm (tepid) water rather than hot. You may need to avoid the use of soap during winter months.

- Exfoliation causes the skin to produce new skin that is more youthful and undamaged. Therefore, exfoliation becomes more important with the passing of time. What a wash cloth could do in your youth may now require topical (alpha hydroxyl acid, Retin-A) or mechanical (skin peels) measures. Explore your options with a skin professional (board certified dermatologist).

- **Golden Rule #2:** Do not wipe or scrub, which can abrade or stretch the skin - this includes removing makeup.

- *Immediately* after taking a bath or shower, apply a body moisturizer all over - extremely important during the winter months. The body's moisture-producing/moisture-locking glands become less active after age 40. Your complexion frequently requires additional moisturizers.

- It is the damage to the inner skin that creates lasting, difficult-to-correct skin problems. Wear sun screen year around. A sun-screen of at least SPF 15 is recommended for most individuals. Fair skinned individuals need more protection.

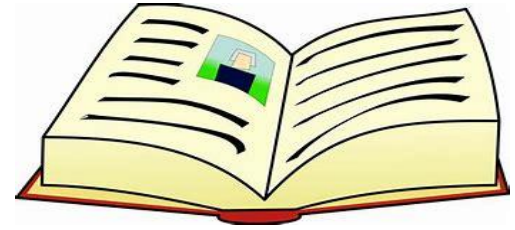
- Creams, lotions, cosmetics, or commercial concoctions--regardless of price or promise--cannot permanently bring back what nature and time has changed (wrinkles and "age" spots). Be cautious with new products promising "great" results!

- Avoid excessive weight loss or the yo-yo (up and down weight gain/loss) effect. Smoking and a smoke-filled environment discolors the complexion and can contribute to wrinkling.

<sup>1</sup>Steven Victor, M.D., and Ina Yalof. *Ageless Beauty*, Crown Publishers, New York: 2003; p. 176.

**Educational programs of the Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin.**

~ Book Review ~



## Still Standing

by Governor Larry Logan and Ellis Henican

"Surviving cancer, riots, a global pandemic and the toxic politics that divide America."

In his own words and unique, plain-spoken style, Governor Larry Hogan tells his story. He is a lifelong uniter at a time of sharp divisions. What the *Washington Post* calls a "forceful, can do" leader with practical solutions that take the best from all sides. He is seen as an open-hearted man who has learned important lessons from his own struggles in life.

The book begins in the 1950's and concludes with the then upcoming 2020 presidential election.

Hogan, a native Marylander, was born in 1956 in Prince George's County. As a Republican, he is unique to become a two-term governor in the Democratic state, as was Governor McKeldin in 1955. He swore to execute duties "diligently and faithfully without partiality or prejudice." He vowed to put problem solving ahead of partisanship and compromise ahead of conflict. He promised to work for the people who elected him.

Resulting from his commitments and actions he has gained national respect and been elected chairman of the National Governors Association.

He is a hardworking, down to earth common sense family man.

In these days with so much actual lying communicated from our political leaders in actions and words we seldom find a feeling of trust. As Maryland citizens, we are having a refreshing brake to have an honest, hardworking and caring governor who is compelled to stand for what he really believes in for the citizens of Maryland and Maryland's status within the United States.

**Still Standing** is a well written, informative, positive and easy to follow read. You may find some surprising information in the pages. I did.

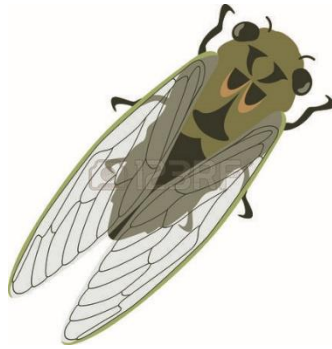
Barbara Perry

# CRISPY WOK TOSSED CICADAS

Source: AndrewZimmern.com

## Ingredients:

- 2 cups cicadas
- 2 tablespoons peanut oil
- 2 tablespoons minced ginger
- 1 hot dried Asian chile
- 4 tablespoons minced lemongrass
- 1 cup chopped scallions
- 1 clove minced garlic
- 2 tablespoons sugar
- 2 tablespoons Toban Djan (fermented bean paste with chiles)
- 1 cup minced celery
- 2 tablespoons soy sauce
- 1 teaspoon corn starch
- 3 tablespoons rice wine (or sake)



## Directions

1. Collect roughly 2 cups of cicadas, keep them in a bucket (with a lid) with an inch of water inside. Wet wings means they won't fly off! Dry on a towel, pluck wings and legs, and set aside.
2. Preheat a large wok over high heat. Add the peanut oil, and swirl.
3. Add the minced ginger, hot dried Asian chile (tsin-tsin work great), minced lemongrass, chopped scallions, minced garlic, sugar, Toban Djan (fermented bean paste with chiles, Lee Kum Kee brand is fine) and toss for 15 seconds. Add the cicadas. If you can't find fermented bean paste, use a few tablespoons of Chinese dried salted black beans instead.
4. Toss for one minute to cook. Add the minced celery, toss. Mix the soy sauce, corn starch and rice wine together in a separate bowl, then add the mixture to the wok. Toss, cooking for another minute or so until sauce tightens.

Maryland Association for  
Family and Community Education  
15500 Gallaudet Avenue  
Silver Spring Maryland 20905

