

WHAT'S HAPPENING

Maryland Association for Family and Community Education, Inc. Newsletter

DECEMBER

- 1 State Dues and Membership Forms due to NAFCE
- 7 10:00 AM MDAFCE Board Meeting, Montgomery County Extension Office
- 31 **Counties Annual reports due Vice President for Program; County's Presidents' Reports due to State President; Membership Appreciation Award due to Vice President for Program**

JANUARY

- All Month Complete and Mail all Annual Reports
- 31 End of County 2020 Essay and Artwork Contest

FEBRUARY

- All Month **Birthday Month – Collect & send pennies to State FCE Treasurer (Pennies are for postage for the newsletter)**
- 1 “Look What’s Happening” deadline for items to Editor
Start county judging of Essay and Artwork Contest
- 1 10:00 AM MDAFCE Board Meeting, Extension Office Anne Arundel County
- 20 Send county winner of Essay and Artwork Contest to state president

MARCH

- All Month Women’s History Month
- 1 Heart of FCE & Spirit of FCL Award entries due State President
- 1 10:00 AM MDAFCE Board Meeting, Extension Office Anne Arundel County
- 8 International Women’s Day

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CHARACTER COUNTS!® Contest

Congratulations to Kaylee Meyers, from Carroll County who won second place at the National FCE level of the CHARACTER COUNTS!® essay and art work contest.

Send your CHARACTER COUNTS!® contest winning entry to Libby Wade, MDAFCE President by February 20, 2021.

MDAFCE Web Site is www.mdafce.org

Send newsletters, calendars and information to Libby Wade at dunade@aol.com. Check your county web site for accuracy.

Newsletter Deadline: February 1

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

Jean Purich, 15500 Gallaudet Ave,
Silver Spring, MD 20905-4196 or email to jcpurich@cs.com.



FROM THE PRESIDENT



"TODAY WAS A DIFFICULT DAY" SAID POOH.

There was a pause. "Do you want to talk about it?" asked Piglet. "No," said Pooh after a bit. "No, I don't think I do." "That's okay," said Piglet, and he came and sat beside his friend. "What are you doing?" asked Pooh. "Nothing, really," said Piglet. "Only, I know what Difficult Days are like. I quite often don't feel like talking about it on my Difficult Days either. "But goodness," continued Piglet, "Difficult Days are so much easier when you know you've got someone there for you. And I'll always be here for you, Pooh." And as Pooh sat there, working through in his head his Difficult Day, while the solid, reliable Piglet sat next to him quietly, swinging his little legs...he thought that his best friend had never been more right."

(A.A. Milne)

We are definitely in difficult days and we need to remember that there are people who are there for us. I hope you have someone to sit beside you on your difficult days. Family, Friends, or just people who we encounter in our daily lives. And like Piglet, we need to do what we can to support each other. We need to be creative because of all the rules of social distancing - Stay at least 6 feet (about 2 arms' length) from other people; Do not gather in groups; Stay out of crowded places and avoid mass gatherings. But with technology, we can use email, telephones, and the computer. Zoom is a fantastic tool. The MDAFCE board has continued to meet using Zoom. Even if we cannot get together, we can talk and see each other using the computer and Zoom. Stay safe. Stay in touch. But most importantly. Stay well.

Libby Wade, President
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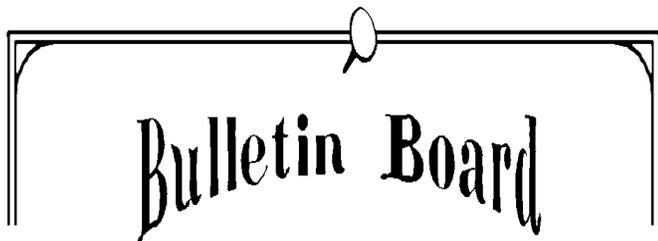
NEWS FROM THE VICE PRESIDENT FOR PUBLIC POLICY

Winners. Losers. Compromise. Sportsmanship. Teamwork. Common good. Meeting in the middle. Let's shake hands. Common sense. Competition. Better luck next time. Love your neighbor. Respect. E pluribus unum - out of many one. Fair play. Election time in the United States of America brings out the positive and negative elements of these words which both describe what we should be doing as citizens of this ongoing experiment in democracy and what we are increasingly failing to put into action. Both our politics and our society at large are stuck at a line in the sand accusing "the other side" of being on the wrong side of the line. We should be meeting at these invisible barriers, finding the common ground we can accept, and move forward. What one side compromises on this time, can be renegotiated on the next. Both sides get something they can live with until the next decision is up for discussion and acted upon. We have such a "humongous" following of every kind of team sports in this country. You name it, and there is a sport or a competition in it. What we have forgotten to practice is the concept of sportsmanship, fair play, competition, and at the end of the game shaking hands, wishing the other "fellow" well, and looking forward to the next meet. It takes a team working together to reach the goal line. And, each team member has an important part to play in reaching that goal. Something vital is being lost in the interaction of our fellow citizens with each other-common ground and respect for the other person, even when they differ on how things should be done & who should be doing them. The compromises our representatives in government make should be for the common good of the citizenry that populate our country, state, and locality. This is written in our constitution and is the bedrock of why we elect our representatives in the first place. Many of the new citizens in this country know their civics better than the home grown ones do! Our recent election ran surprisingly smoothly, in spite of the pandemic we are deeply experiencing and all the "nay-sayers" that it wouldn't work. However, the politics involved are getting in the way of the results of that election to move forward. The current and long standing political environment must change. There is no place in our social environment for the bad feelings, hatred, disrespect, and tearing

down of the other person just because they think differently than you. Diversity of political, religious, and personal beliefs is, again, the bedrock and fuel of our American citizenry and form of government. We think as Americans, but we are made up of diverse cultures, traditions, and backgrounds that add spice and depth to our national life. The list of ideals that began this article represents the America many of us grew up with and are seeing less practiced today. The state of the American Union has many cracks and holes in it which need to be repaired and reinforced. In effect, our whole populace needs to go back to school and be refreshed in their civics, as well as, go back to what we were taught in church or at home about that "Golden Rule". It isn't going to shine unless we put it into greater practice. We are all truly the sum of the many parts and America needs all those parts to function, as the land of opportunity and hope that it has been and continues to be for millions depends on that sum.

Debra Rausch
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Our heartfelt sympathy to Sue Ziegler and family (Montgomery County) on the loss of her mother and past state FCE president, Evelyn Ziegler.

Sympathy goes to the family Rusty Kolodrubetz. Her nephew Mark passed away of COVID.

TREASURER'S REPORT

Copies of the treasury report are available from Elizabeth Heagy, Treasurer at momheagy@yahoo.com or 410-857-3388.



IN AND AROUND MARYLAND

CARROLL COUNTY

Carroll County had 9 members rejoin as members of FCE for 2021. I took the information about CHARACTER COUNTS!® to the school board and we hope one or more teachers will have their 4th grade class write an essay and draw a picture about Responsibility the pillar for 2021. I also hope the schools will be open in the Spring when we will be awarding the winners so I can present the winners in person instead of mailing the prizes like I did this year.

At the State FCS Board meeting, I learned that Kaylee Meyers, the student that won in Carroll County, the State of Maryland contest and won 2nd place at National FCE. I am so proud of her and am sure she is happy to be a 3 time winner. She is with William Winchester Elementary School here in Westminster. Ranea Butler, a guidance counselor at William Winchester is the person at that school who submits the papers of the 4th graders.

We still have not been able to have a meeting here in Westminster since the Ag Center is not open and is not allowing any meetings in their building.

Joan Antonio decided she would no longer be our president so Debi Gibson will now be installed as our president at our 1st meeting. Debi was our vice-president and the person getting the speakers for our meeting so we are looking for someone to take over that job, when we can meet again.

We had 2 members receive certificates for 65 years of service to FCE and those certificates would have been presented at the October State conference that was canceled, so they were mailed to me and I have been trying to get them delivered. Those certificates went to Bertha Shriner and Virginia Maskell. When I talked to Virginia she said her mother started the Homemakers Club she belonged to when she was just a baby so she attended all the meeting with her mother, so she felt like she was a member for all her 93 years. She did not rejoin this year because she thought she had been a member long enough.

Elizabeth Heagy, Carroll County
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FREDERICK COUNTY

Winter Activities Report

Due to the continued impact of the Pandemic and Social Distancing, all of our Frederick County FCE Homemaker activities, meetings, and lessons at the Extension Office have been cancelled for the rest of the 2020 year. Now it looks like we may not meet any time soon since we have no idea when this pandemic will be over. We are now polling all clubs concerning the collection of 2021 dues and setting up meetings and lessons for the fall of next year.

Hopefully you were able to vote some way – whether in person or by dropping your ballot in an official Election Board drop box.

Hope everyone is staying safe and that we will be able to meet again soon.

Donna Bowles

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MONTGOMERY COUNTY

Unfortunately this is becoming a broken record, we could not meet this fall and will not be able to meet in the near future. But that does not mean MCAFCE has been stagnate. We opened up our blanket making project to more students and now have 80 students signed up to make blankets. Twenty-five have drop off blankets and received SSL hours for their work. We have awarded 532.5 SSL hours so far. We have been holding monthly drop offs, so students and our regular blanket makers can drop off their blankets and hats. Because we have students who are in school during the week, we are holding Saturday drop offs every other month. This year so far, MCAFCE made 922 children's blankets and 382 baby hats that were distributed to local hospitals, new mom's programs and sheltered families.

We also collected school supplies which were donated to the Betty Ann Krahnke Center, National Center for Children and Oak View Elementary School.

We have kept in touch with members by monthly "notes" via email and of course the quarterly newsletter. Although several members did not renew, we also got a new member.

We too will not be able to meet in person until sometime next year, but we have planned

programs and events. Much will depend on whether or not the vaccines work and that supply can meet demand. We all are in that wait and see place.

The holidays will not be the same for you, your family or friends, but please remember you are loved and you are worthy. Just as you might feel down today, someone else may also, so reach out; it will help you and them. Call your kids, grandkids, a friend, a relative, an FCE member, or a neighbor. Send a card or hand written note, even if you think you have nothing to say – just say, "I'm thinking of you today". That is all you have to say. We have all

survived many things and we WILL survive this.



Jeanne Purich

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PRINCE GEORGE'S COUNTY

Our club has not met since the last newsletter. Doing things at home, gardening some, talking on the phone, Zoom meetings with friends and the MDAFCE Board, and occasional visits to church, drive through takeout, grocery shopping, and doctor's appointments, have been the sum of this person's (Debbie) activity since the last newsletter. So far, we are well and hoping that everyone is doing well, too. Happy Thanksgiving and Merry Christmas. Here is hoping for that vaccine to become a reality that helps us to exist with this virus and that we have learned some vital lessons in preparation for the next pandemic.

Debra Rausch

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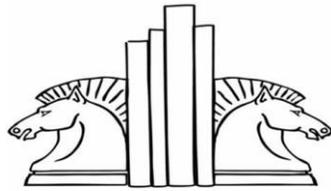
301-498-8806

"The test of our progress is not whether we add more to the abundance of those who have much; it is whether we provide enough for those who have too little."

Franklin D. Roosevelt

BOOK ENDS

Some of us might have too much time on our hands these days, while others are looking for a temporary escape from what daily life has become.



A timely book with valuable insights for us these days is “**Such a Fun Age**”, by Kiley Ried. It follows Emira, an African-American nanny for a wealthy white family. The nanny job is a stopgap for Emira, who graduated college with no idea of what she wants to do with her degree and her future.

Her employers experience an emergency late one evening – vandalism and property damage. They beg Emira to take her young charge out of the house for an hour or two while the police investigate their home. There’s a local 24-hour upscale grocery store nearby, and the two of them plan to spend a little time there wandering the aisles and staying warm until the child can return home. A well-meaning (?), elderly (white) woman can’t think of any good reason for “a girl like Emira” to have a white child with her so late at night. When the store manager and the local police become involved and prevent Emira from leaving, the situation escalates.

The book continues in a back-and-forth format examining Emira’s reactions and her employer’s overcompensation and pre-formed ideas about what her nanny ‘must’ be feeling and how she should fix things.

Another book for sheer pleasure, easy reading, and a spot-on description of what it’s *still* like to be a high school girl in Texas, grab “**Moxie**”, by Jennifer Mathieu.

Football is king, the star quarterback loves to bully and manipulate girls, but his father is the school’s principal, so females’ complaints are not addressed.

After one incident too many, our heroine goes onto social media under the pseudonym ‘Moxie’ and issues a call to action to all the female students in the school.

Although I’m sorry to still be reading about this in 2020, it’s a delightful story, and reminds us how any of us can safely get into “good trouble”. (Thank you, John Lewis).

I’d be so happy to hear from readers who tried one or more of the suggested books. I’d also welcome suggestions of other good reads for future columns. And/or topics you’d like to read about.

We’re all in this together, and any way we can help each other out is appreciated.

Susan Goldberg

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(Ed. Note – If you have read a book and I am sure many of you have over that last few months, please write a synopsis and email it to me so we can include it in the next newsletter.)

MEMBERSHIP

The “good news”: so far, we have received memberships for 107 people, including one new member! Many thanks to our counties and clubs who have been tracking and encouraging their members to renew and to recruit new members.

The “not so good news”: we are slightly down from last year. So, please remember – it is NOT TOO LATE to renew or recruit a new member. All new members and their recruiters will have a chance to attend our MD’s next FCE conference for FREE in October 2021. Stay safe and healthy!



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Set the World Rejoicing

Poet Unknown

There's never a rose in all the world,
But makes some green spray sweeter;
There's never a wind in all the sky.
But makes some bird's wing fleeter.
There's never a star but brings to heaven
Some silver radiance tender,
And never a rosy cloud but helps
To crown the sunset splendor;
No robin but may thrill some heart,
His dawn like gladness voicing.
God gives us all some small, sweet way,
To set the world rejoicing.

ACWW News

You make a real difference...

Since its founding in 1929, ACWW's purpose has been advocacy - amplifying the voices of rural women so that the issues they face and the solutions they raise are heard and acknowledged by national and international policy-makers and legislators.



By 1936, ACWW was providing expert input and consultative services to the Nutrition Committee of the League of Nations. We were recognized for our understanding of the living conditions of rural women, and this continued after World War Two when the new United Nations was founded. Within two years of its creation, the organization had granted ACWW Consultative Status with the Economic and Social Council (ECOSOC), the Food and Agriculture Organization (FAO), and UN Educational, Scientific and Cultural Organization (UNESCO).

Today rural women continue to face challenges that are interconnected, from the way climate change affects food growth and distribution, to the legal implications of governments weakening human rights treaties. So many of the issues identified by members in 1929 remain, and this is largely because governmental systems and ideas remain the same. We need to see systematic change to address these systemic problems, with the realization that rural women are crucial to the lives of all humanity and must therefore be included in global, national, and local dialogues.

This report looks at ACWW's advocacy work between the Triennial World Conference in Melbourne, Australia in April 2019 and August 2020. It is supported by a vast range of resources in different formats available on our website at www.acww.org.uk and can also be found there in digital format for you to share.

ACWW carries forward all the information our members provide to feed into UN systems, surveys, and meetings. Our representatives take every opportunity to engage with these systems, and amplify the voices of you, our membership. We also complete the cycle by passing information from the UN back to our members. The UN provides us the

opportunity to hold governments to account, and ensure that you are heard at the international level. Your support in the past year has increased tremendously for this work, and helped us to elevate our representation and impact.

What is Advocacy?

It can be frustrating when people aren't listening to us. Sadly, being a rural woman can often mean it's even harder to have your opinions and ideas taken seriously by others. This can be very difficult to deal with, especially when you need to communicate with local governments or decision-makers.

You might find they don't always offer you all the opportunities and choices you would like, or involve you fully in decisions about your life and community

Advocacy means getting support from another person to help you express your views and wishes, and help you stand up for your rights. Someone who helps you in this way is called your advocate. In this case, ACWW works to advocate for your needs, views, and rights at the international level by negotiating at the United Nations for the inclusion of rural women, and for specific issues to be included in international treaties and agreements. We also provide supporting information and resources to help you and your Member Society be better represented locally.

ACWW maintains consultative status with UN Agencies, giving us access to negotiations and discussions other organizations cannot participate in. It also allows us to partner with other Non-Governmental Agencies to raise the voice of rural women even further, as a united voice rings out louder.



Magdie de Kock
ACWW World President

Partnerships and Collaborations



Evelyn Marie Ziegler



Evelyn Marie Ziegler (Zeka) of Ellicott City, passed away peacefully on October 11, 2020 after a brief illness. She was 93.

Evelyn was born July 12, 1927 in Sharon, PA, a daughter of Alexander and Susanna Skourn Zeka.

She was Salutatorian in the Sharon High School Class of 1945. She completed secretarial training at the Youngstown Business College.

She worked as a legal secretary, bank teller, and as the secretary for a railroad construction company. She had a passion for arts and crafts and owned E Z Crafts and later E Z Designs. She was proud to be a successful small business owner.

Evelyn was active as a volunteer including girl scouts, boy scouts, 4-H, PTA, Republican Women, and she served as an election judge.

She held many volunteer leadership positions including past Regent of Court Howard Catholic Daughters, President of Howard County Homemakers and a state officer of Maryland FCE. Evelyn was preceded in death by her husband, Rudolph. They married in 1956 in Pennsylvania and relocated to Ellicott City Maryland.

She is survived by her son Don and daughter-in-law Peggi, daughter Sue Ziegler and daughter Brenda and son-in-law Walt Clyde and five grandchildren; John and wife Jessica, Colleen and husband Rob, Jason, Thomas and fiancé Emma and Chris.

Evelyn enjoyed reading, traveling, playing bridge, and attending dances. She loved spending time with family especially around the holidays.

In lieu of flowers, donations may be made to Gilchrist Hospice Care, 11311 McCormick Road, Suite 350, Hunt Valley, MD 21031.

HAVE A HEALTHIER CHRISTMAS



- **Don't Sit Down All Day Long**

We know every Christmas special under the sun will be showing on the TV, but you don't need to plonk yourself on the sofa all day! Encourage the whole family to get out for a walk at some point – ideally, after dinner to aid digestion.

- **Go Easy On the Booze**

Do try to keep tabs on how much you are drinking, and intersperse alcoholic drinks with soft ones.

- **Don't Give Yourself A Christmas Stuffing!**

Recent research suggests that we consume around 3,000 calories in our Christmas dinner – more than the entire recommended daily intake for a man!

Instead of gorging yourself on Christmas dinner, eat a normal-sized meal and then take a 20-minute break to see if you are still hungry. The chances are, you'll realize you've had enough.

- **Keep Colds (and COVID) at Bay**

Minimize your risks by maintaining a healthy immune system (eating healthy, getting enough sleep, no smoking, wear your masks), so you are more able to fight off any viruses.

- **Don't Stress**

'Tis the season to be jolly' but jolly is the last thing many of us feel with overspending, cooking, cleaning, endless 'to do' lists. Try to keep a sense of humor and proportion.

- **Eat Fruit**

Ensure that your Christmas shopping list enables you to fill up the fruit bowl and get your vegetables. (And no, mulled wine doesn't count as one portion!)

- **Do Something For Others**

Try to do something for others this festive season, whether it's baking some extra mince pies for an elderly neighbor, donate to a shelter or your church.

- **Think Before You Eat**

Rather than mindlessly popping whatever is in front of you in your mouth, spend a moment thinking about whether you really want it, or are just eating it because it's there.

- **Be a Careful Cook**

December is one of the most common months for people to get food poisoning. To minimize the risks, don't leave food out all day. Put out small amounts at a time, so that what is on the table has just been cooked or just come out of the fridge. **And most importantly, have a happy, healthy festive season!**

One Pan Autumn Chicken Dinner

Servings: 5 servings

Prep 20 minutes

Cook 30 minutes

Ready in: 50 minutes

Ingredients

- 5 (6 - 7 oz) bone-in, skin on chicken thighs
- 4 Tbsp olive oil, divided
- 1 ½ Tbsp red wine vinegar
- 3 cloves garlic, minced (1 Tbsp)
- 1 Tbsp each minced fresh thyme, sage and rosemary
- Salt and freshly ground black pepper
- 1 large sweet potato (about 16 oz) (can leave unpeeled), chopped into ¾-inch cubes
- 1 lb Brussels sprouts, sliced into halves
- 2 medium Fuji apples, cored and sliced into half-moons about ¾-inch thick
- 2 shallot bulbs, peeled and sliced about ¼-inch thick
- 4 slices hickory smoked bacon, chopped into 1-inch pieces
- 2 Tbsp chopped parsley, for garnish (optional)



Instructions

1. Preheat oven to 450 degrees.
2. Pour 2 Tbsp olive oil, red wine vinegar, garlic and herbs into a gallon size resealable bag.
3. Add chicken, season with salt and pepper then seal bag and massage mixture over chicken while working to evenly distribute herbs. Set aside and let rest while chopping veggies.
4. Place sweet potato, Brussels sprouts, apples and shallot on an 18 by 13-inch rimmed baking sheet.
5. Drizzle with remaining 2 Tbsp olive oil then toss to evenly coat, season with salt and pepper to taste. Spread into an even layer.
6. Set chicken thighs over veggie/apple layer.
7. Separate any pieces of bacon that may be stuck together then sprinkle bacon over veggie apple mixture.
8. Roast in preheated oven until chicken and veggies are golden brown, about 30 - 35 minutes (chicken should register 165 in center). Broil during last few minutes for a more golden brown crispy skin on chicken if desired.
9. Garnish with parsley if desired and serve warm.



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