

WHAT'S HAPPENING

Maryland Association for Family and Community Education, Inc. Newsletter

SEPTEMBER - COLLECT DUES

- All CHARACTER COUNTS![®] Essay and Artwork Contest starts – “Citizenship” National Literacy Month
- 1 FCE Blanket Making Day, 10 AM – 8 PM. Extension Office Garage
- 4 Extension Office Closed (Labor Day)
- 11 Maryland FCE Board Meeting, 10 AM MC Extension Office
- 12 Montgomery County Association Meeting, 9:45 AM Refreshments: Burtonsville. **“Preventing Domestic Violence and Child Abuse”** Speaker Debbie Feinstein, Chief Victims Division, State’s Attorney’s Office.
- 21 Set-up for Yard Sale (15500 Gallaudet Ave, Silver Spring), 10 AM
- 22-23 Yard Sale
- 25 FCE Blanket Making Day, 10 AM – 3 PM. MC Extension Office Garage

OCTOBER

- 2 10:00 AM Maryland FCE Board MC County Extension Office
- 6 10 AM Harvest Festival Set-up
- 7 10 AM Harvest Festival MC Extension Office
- 8-14 National FCE Week
- 9-27 Close Encounters with Agriculture 4th grade program, Montgomery County Extension
- 15 Rural Women’s Day
- 16 World Food Day
- 15-21 CHARACTER COUNTS![®] Week
- 16-17 MD FCE Annual Conference, Holiday Inn Express Kent Island, MD Montgomery County Hosts
- 27-29 Craft Sale 15500 Gallaudet Ave, Silver Spring

NOVEMBER

- 1 **LOOK WHAT’S HAPPENING** deadline for items to Editor **Membership Dues to Jeanne Gillis**
- 14 Montgomery County Association Meeting 9:45 AM Refreshments Derwood Program TBD (see page 5) Montgomery County Extension Office
- 10 FCE Blanket Making, 10 AM – 8 PM. MC Extension Office garage
- 23 Office Closed (Thanksgiving)
- 19-25 National Family Week
- 28 Executive Board Meeting, 10 AM. Newsletter Folding, MC Extension Office

DECEMBER

- 1 State Dues/Membership Forms to NAFCE
- 5 10:00 AM Maryland FCE Board meeting MC Extension Office
- 12 Montgomery County Association Meeting 9:45AM Cookie Exchange and Crafts, MC Extension Office Garage.
- 15 Send yearly reports and outreach hours to President, Jeanne Purich
- 31 **Counties’ Annual Reports due to Vice President for Program;** **Membership Appreciation Award due to Vice President for Program**

MARYLAND FCE CONFERENCE

Register NOW for the 2023 two-day conference on October 16th and 17th. Registration form was in your last newsletter and on the web.

CHARACTER COUNTS![®]

Contest 2023-2024

Citizenship, the sixth pillar of character, is this year’s focus. Contact your local schools and encourage them to participate in the FCE essay and artwork contest from September 1, 2023 to January 31, 2024. Send winning county entries to the state president by March 1, 2024.

FROM THE PRESIDENT



With Fall and Winter coming up, we should think about how to save energy but still stay comfortable. The easiest way is to open your curtains on the south side windows during the day which will allow the sunlight to heat your home. Then close them at night. Next, we can use heavy duty clear plastic sheets on the inside of your window frames to keep out the drafts. Of course, a big way to save is to set the temperature of your thermostat to be as low as you can and still be comfortable. A smart or programmable thermostat can make it easy to adjust your temperature during the day or night. Be sure to go around your house to find where your leaks are. You can add caulking or weatherstripping to seal air leaks.

Maintaining your furnace and heat pumps is really critical. Replacing your filters once a month is recommended. If you have a fireplace, keep the damper closed unless a fire is burning. You can install tempered glass doors and a heat-air exchange system to blow warm air back into the room. Keeping the temperature of your hot water heater to a warm setting like 120 degrees will save energy and avoid scalding. You can lower your holiday lighting costs by using LED light strings when you decorate. Using a timer to turn on and off the lights is also better than leaving them on all night. I am sure you can think of other things to do to lower your energy costs.

I know we are all looking forward to our annual state conference. It will be on October 16 – 17 at the Holiday Inn Express Kent Island, 1020 Kent Narrows Rd, Grasonville, MD 21638. See you there.

Libby Wade, President
dunade@aol.com

301-831-8661

NEWS FROM THE VICE PRESIDENT FOR PROGRAM

MARYLAND FCE CONFERENCE

In 2022 we held an in-person Maryland FCE State Conference in Westminster for the first time since 2019. We were not numerous, but a good time was had by all! Photos may be viewed at



<https://photos.app.goo.gl/VCCgyxiRDybyF9NL9>

This year we will hold our in-person Maryland FCE State Conference at a new place with new local attractions to appreciate — Kent Island on the Chesapeake Bay. We have reserved rooms at the Holiday Inn Express, 1020 Kent Narrows Road, Grasonville MD 21638.

The program includes interesting speakers, an excursion to the Old Wye Mill, and the opportunity to walk and sit along the shore of the Chesapeake Bay. Breakfast is included for those who stay at the hotel. Lunch and dinner will be included in your registration package. Some of us will arrive at the hotel on Sunday, October 15, to take advantage of hotel amenities and Chesapeake Bay cuisine in a local restaurant. Please join us for a fun afternoon and dinner!

The conference program will begin with registration at 10:00 AM on Monday, October 16th, and will continue through mid-afternoon on Tuesday, October 17th.

Confirmed programs include:

- A talk about the bay and oysters from the Chesapeake Bay Environmental Center
- “It’s About Thyme” about the growing of herbs and cooking with them
- “Quakers and Feminism” about Quaker beliefs and history, especially in the United States, including Maryland. Many Quaker women led the fight for suffrage, for the abolition of slavery, and for the alleviation of poverty. Core Quaker beliefs about equality among all people — men and women, black and white, young and old — made them, along with other qualities, feminists.
- Diane Kendall will lead us in A Royal Icing Cookie Walk. We will decorate cookies for our dessert that evening.
- Monday evening entertainment will be “Stories and Songs from the Age of Sail on the Chesapeake Bay”, presented by Steven Lampredi, a member of Ship’s Company Chanteymen.

- An excursion to the Old Wye Mill, a working grist mill established in 1682
- A chicken pot pie luncheon at the historic Old Wye Church, which dates from 1721



• We will conclude the conference with our traditional basket raffle.

Full registration details are published in this newsletter and posted online at <http://www.mdafce.org/lwh%20summer%202023.pdf> Please mail in your registration form as soon as possible, to arrive before September 10th.

Kathie Mack
kpmack2@gmail.com

301-270-5367

NEWS FROM THE VICE PRESIDENT FOR PUBLIC POLICY

Taking the Time to Digest

Why has politics become such a painful subject to discuss (no, people argue), opine about (no, people try to force their opinion down others' throats), or to seek positive solutions to common problems without rancor or personal aspersions? The 2024 political hunting season has started early with numerous candidates for President out there yelling, banging their drums, and tearing each other down in thoughts and words. The nastiness has started early.

After the lockdown we had with COVID-19, one would think the “children” would play nicer with each other in the open playpen outside our doors, but that seems unlikely. Old habits and practices die hard. Kids will be kids, even when they are decades old!

The big news today is the Washington Commanders were sold to new owners for lots of money. I wish people would get as excited about coming together as citizens to work together solving our nation's social and economic problems, which

would benefit all of us, not just a few well-off owners, players, or fans.

Yes, it is summer, the dog days will soon be here, and we await the fall with the coming of new activities, fired up politics, better weather (we hope), and the blahs of a too short summer blown away by the changing of the seasons.

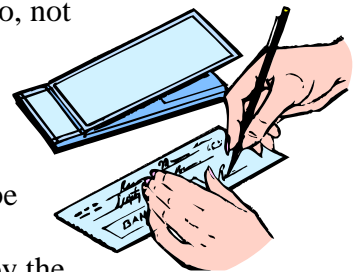
Yes, this article reflects the effect that the summer heat and humidity have had on my idea of public policy matters right now. I need to go back into the apartment, put my feet up, and let my thoughts do some further digestion, and see what pops up when I think. I do believe we take far too little time nowadays to reflect on and digest the stuff that life serves us — ideas, people, events, and their impact on our being and how we deal with everything.

So, my mantra for this moment in time, is take the time to digest now. Smell the roses and enjoy the best part of what life is giving you now. Fall might have more to add that might upset our current “digestion”!

Debra Rausch, VP for Public Policy
rauschda@gmail.com 301-498-8806

2024 Dues - Do Not Delay – Pay Today! MEMBERSHIP

Do you hear the bells? No, not school bells, rather FCE RENEWAL bells!! It's time to renew our FCE memberships for 2024 AND recruit new members. Fall can be busy with back-to-school activities and taking time to enjoy the colorful leaves and cooler temperatures. But don't forget to submit your FCE membership form (available on the web or from Kathie Mack or Jeanne Purich). We had 99 members in 2023. Let's try to get well over 100 for 2024. Don't forget that with every new member you recruit, both you and the new member will be eligible for a special drawing to attend the 2024 Maryland FCE conference for FREE.



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



ACWW TRIENNIAL CONFERENCE

At the invitation of the Queen of Malaysia, the 30th Triennial World Conference of the Associated Country Women of the World (Rural Women in Action) met in Malaysia. The first day included area meetings and introductions to voting at ACWW. The Opening Ceremony featured the King and Queen of Malaysia, the Prime Minister and his wife, royalty from the provinces, the World President of ACWW (Magdie de Kock from South Africa), the Executive Director (Tish Collins) and about 460 delegates from about 29 countries. Flags from all 74 country members were paraded into the hall and placed around the room. In addition to opening words and Malaysian dancing, the keynote address was given by one of the Queen's sons.

Conference proceedings included voting on constitution and bylaws changes, reports from the areas (United States of America; Caribbean, Central & South America; Canada; Central & South Asia; East, West, and Central Africa; Southern Africa; Europe; South East Asia & the Far East; and South Pacific), and elections of officers. Each evening there was a special dinner and dance performances, including a Malay wedding ceremony, an Indian dance show and dinner and a Malaysian street food buffet.

Three resolutions were passed that we are to work on during the next 3 years:

The **first**, "Establishment of Rural Women's Employment Action Plans" was introduced by Rural Women New Zealand and addressed. It focuses on addressing the particular needs of rural women to ensure access to training and education; fair, equitable and safe employment practices; working conditions and remuneration; access to resources; and advice on career, business and entrepreneurship.

The **second**, "Addressing Food Waste" was introduced by Jeanne Purich for the National Federation of Family and Community Education, USA. ACWW resolved to facilitate action and advocacy on the issue of food waste, recognizing the global need for coordination action to mitigate food loss and wastage at every stage.

The **third**, "Rural Gender Impact Analysis" was introduced by Rural Women New Zealand. ACWW resolved to urge governments to apply a Rural Impact Analysis and Gender Impact Analysis when considering plans and policies. The focus would be on ensuring that women, living rurally, would be considered when discussing the impact of such plans and policies on rural communities.

Participants were offered the choice of one of four day trips: to an Indigenous Community; the Multimedia University; a forestry project; and a craft project (making a block print square). The highlight of the conference was the banquet at the Palace!! Six double-decker buses, escorted by police, drove us to the palace. For 20 kilometers, we never stopped! An orchestra with Malaysia instruments and dancers from the Malaysian School of Dance entertained us before a five-course banquet!! The Queen and the World President spoke, we had a brief tour of the public places of palace and then returned to the hotel. Again, with the police escort. We truly felt like royalty. It was quite an experience!!

Chris Hager. MDAFCE Delegate to ACWW

Newsletter Deadline: November 1

Send all articles, Bulletin Board items, or address changes for the newsletter to: Jean Purich at jcpurich@cs.com.

We are on The Web!

The web site is a great place to look up information and events. So, if you need to find something, don't forget to check out -

MDFCE Web Site is www.mdafce.org

Bulletin Board

Speedy recovery to Dick deHaven after a fall, surgery and hospitalization.

Cathy Reals, had shoulder surgery on 7/20 and is now at home recovering.

Lowell Perry is recovering in rehab after a stroke.

Our sympathies to Pat Kenney and family on the loss of her husband, Bob; and to the Tortura family on the passing of Helen, who was 101 years, 1 month and 1 day old upon her death.

Montgomery County News

FAIR BOOTHS “Saddle Up for Fun!”

FCE presented and maintained **4 Fair Booths** at the MC Agricultural Fair. They were: Blanket Making by Kathie Mack, Composting by Cathy Reals, Food Loss & Waste by Jean Purich, and Reimagining your Lawn by Sharon Hume. Thank you to all who participated and to those that came to the Fair to sit at the booths.

BACK to SCHOOL SUPPLIES



We will continue to collect school supplies through September. Items can be dropped off on blanket days, at our September Association meeting, at my house, with Kathie Mack, or

when you come to the yard sale. Thank you very much for your help.

“PREVENTING DOMESTIC VIOLENCE AND CHILD ABUSE” Speaker Debbie Feinstein, Chief Victims Division

**September 12 (Tuesday)
9:45 AM Extension Office**

On average, nearly 20 people per minute are physically abused by an intimate partner in the United States. 1 in 15 children are exposed to intimate partner violence each year, and 90% of these children are eyewitnesses to this violence. Although we have had similar programs, we need to be kept aware of what is going on and what is being done. Learn what is happening in Maryland and what you can do.”?

FCE BLANKET MAKING DAYS

**September 1 (Friday) 10 AM to 8 PM
September 25 (Monday) 10 AM to 3 PM
November 10 (Friday) 10 AM to 8 PM**

We are working toward another record year for blanket distribution. And that is thanks to all of your hard work, time and effort. **We need yarn and fleece**, we do not need fabric, except for kids’ prints. Call Kathie at 301-270-5367 for more info.



YARD SALE

**Set-up Thursday September 21
September 22 and 23 (Friday and Saturday)
15500 Gallaudet Silver Spring**

The tables are currently on the front porch for you to drop off your items for the yard sale. We will need help for the set-up day on Thursday and for the sale days. Your lunch and drinks will be provided each day. If you can help, let me know.

HARVEST FESTIVAL

**Set-up October 6 - 10 AM (Friday)
Festival October 7 – 10 AM to 5 PM (Saturday)**

After 4 years, the Festival is BACK! We will be in the multipurpose room with kids’ games and grab bags; a bake sale and our wonderful crafts for sale. Frann will be in the small conference room with kids’ crafts. **We NEED HELP** on both days. If you can, please bake for the bake sale — cookies, brownies, quick breads, etc — NO pies or cakes. Please pack the cookies or brownies in 2 to 4 piece packs as they will be purchased for immediate consumption.

STATE CONFERENCE

**Holiday Inn Express Kent Island
October 16 – 17 (Monday and Tuesday)**

NOW is the time to register (early registration September 5) for a wonderful conference and tour, don’t be late. If interested, call me immediately so we can get your name on the reservation list. Interesting speakers, good food, lovely setting, friends — what more could you want? Be sure to read the VP for Program report on page 2 for details.

November

International Day Postponed until MARCH 2024

We are making some changes to the schedule! In order to have more participation and a better experience for everyone, we are moving International Day to March. Fall is always such a busy time; we are hoping that in the Spring you will be ready for an great International experience.

A new program for November will be planned and information will be forthcoming in the Monthly Notes.

Hope to see you soon.

jcpurich@cs.com

301-641-4878

SHARE YOUR SKILLS

Hello, fellow fiber artists!

Please think about how much joy your handiwork brings to your life – knitting & crocheting helps reduce stress and anxiety. There's such a sense of accomplishment when you finish a project! Yarn and needlework keep your hands busy, and might prevent mindless eating, nail-biting, or other uncomfortable habits. These hobbies can be almost meditative. And the finished products are treasures for yourself, friends, and family members.

Have you considered sharing your skill and knowledge with others?

There are professions that have a responsibility to pass knowledge on to the next generation – ballet dancers, nurses, construction workers, etc. What about us? How old were you when you first learned your craft? (I was 14 years old when I learned to sew in a Home Economics class. At age 75, I'm still making baby quilts, bathrobes for little girls, stuffed animals, and other gifts).

Although we're not obligated, let's pass it on!

It's such a pleasure to see young people at Blanket Making Days at the Montgomery County Extension! The skills these teens are learning and the patient teaching they receive will last a lifetime, if they wish. They seem to revel in mastering a new talent in a comfortable, supportive environment.

There is a Maryland State requirement for graduation for public school students to complete at least 75 hours of SSL: Student Service Learning, beginning at Grade 6, and continuing through high school. FCE being a full 501(3)c is able to give SSL hours to these students. Your FCE participation allows you to enjoy interacting with these young people. Many of the students are starting from no knowledge of these skills. Start with small, do-able goals. Perhaps a 10x10 square that can be added to other squares to form blankets. Homeless shelters and Veterans' Homes aren't looking for perfection, but a personal touch. Unique or patriotic color combinations are always welcome.

When teaching crochet, it's helpful to have a small piece already started. Learners will be able to hold the piece more comfortably and check how their stitches compare to your stitches. Teaching someone to knit is best done one-on-one. Sit next to your



student so they can copy your movements. If you're teaching a left-handed knitter, sit facing them so they can mimic you. In both cases, suggest YouTube tutorials, in case they run into difficulties outside of teaching hours. Craft stores sell magazines devoted to patterns, but some of these books also include basic illustrated instructions.

What if you don't want to teach? You can still share your skills by making small stuffed (washable) toys to donate to hospitals, police/fire stations, or holiday toy drives. There are plenty of free patterns available on Ravelry.com

Camaraderie among crafters is universal. You might have seen it for yourself at a blanket making day. Maybe you have a group of friends who get together to work on projects, help each other through rough spots, learn new stitches and enjoy each other's company. A friend of mine is preparing to move to an adult community. Before she even packed a box, she posted a notice on the general bulletin board asking whether anyone would be interested in forming a knitting group. She received several phone calls and a few invitations to lunch at the facility. By the time she moves in she'll have a group of friendly faces and an established gathering to kick-start her new life.

The Warm Up America! Foundation has chapters in most states. These groups knit or crochet 9x7 units using leftover yarn, once they finish a project. The units (usually 35) are connected to form blankets which are donated to victims of natural disasters, battered women's shelters, refugee organizations, or wherever there is a need. Another community of crafters spending time together as they accomplish something helpful. If you can't find a local group, consider creating one that suits your needs. Go to <https://www.knittingforcharity.com/warmupamerica.html> for more information.

There are so many ways to contribute to the needs of others using skills you already possess. Please rock those hooks and needles and help keep the crafts alive and growing!

Susan Goldberg
susan.m.goldberg@gmail.com.



Chinese Sweet and Sour Fish

This is one of the recipes from the Malaysian Triennial.

Prep Time 15 minutes,
Cook Time 10 minutes
Total Time 25 minutes,
Servings: 4 people

Ingredients

MARINADE

- 4 tablespoons potato starch or corn starch
- 2 or 3 egg yolks
- 1 tablespoon soy sauce

SAUCE

- ½ cup chicken or fish stock, or clam juice
- 1 tablespoon soy sauce
- 1 tablespoon sugar, or more if you want it sweet
- 1 tablespoon Chinese black vinegar or malt vinegar
- 2 tablespoons tomato paste mixed with 2 tablespoons water
- 1 teaspoon potato starch or corn starch

STIR-FRY

- 3 cups peanut or vegetable oil for frying
- 1 ½ pounds skinless fish, cut into bite-sized pieces
- 3 tablespoons peanut oil, lard or vegetable oil
- 8 dried hot chiles, use less if you don't want it spicy, broken in half and seeds shaken out
- A 2-inch piece of ginger, peeled and minced
- 3 garlic cloves, sliced thin
- 3 tablespoons chopped chives
- 2 teaspoons sesame oil

Instructions

1. Mix the ingredients for the marinade together and then mix in the chunks of fish. Make sure they are all well coated, and set it aside while you chop everything else. Mix together all the ingredients for the sauce and set it aside.
2. Heat the 3 cups of oil in a wok or deep-frying pan until it's about 350°F. If you don't have a thermometer, you'll know the oil is hot enough when a bit of flour flicked into it sizzles instantly. Get a baking sheet or tray handy and line it with paper towels. Fry the fish in two or three batches, separating the pieces of fish the moment they hit the hot oil. Cook until they turn golden brown, about 3 minutes. Remove and let them drain on the paper towels.
3. When the fish is done, carefully pour off all but about 3 tablespoons of the oil. Add the chiles, ginger and garlic and stir-fry over high heat for 30 seconds. Add the fish and stir fry for a few seconds, then pour in the sauce ingredients -- be sure to stir the sauce before you pour it

in because the starch will tend to settle to the bottom. Let this boil furiously for 1 minute, then turn off the heat.
4. Stir in the chives and sesame oil and serve at once with steamed rice.

What is RSV?

Respiratory syncytial virus (RSV) is a common, contagious virus that usually causes mild symptoms. In older adults and adults with certain underlying conditions, RSV can cause severe infections.



Symptoms of RSV can range from mild to severe and can last up to 2 weeks.

Symptoms include cough, fever, tiredness, headache, runny nose and congestion.

Similar to some other respiratory infections, RSV can spread by cough or a sneeze. And while you are typically contagious for 3-8 days: some people, especially those with weakened immune systems can be contagious for as long as 4 weeks - even after they stop showing symptoms.

According to the Centers for Disease Control (CDC), RSV cases historically have risen during the fall (September to November) and peak in the winter (December to February).

Although RSV infection is usually mild, it can sometimes lead to pneumonia or other complications.

Prevention of RSV includes:

- Cover your coughs and sneezes with a tissue or your shirt sleeve, not your hands. Consider wearing a mask
- Wash your hands often with soap and water for at least 20 seconds
- Avoid close contact with others, such as kissing, shaking hands, and sharing cups and eating utensils
- Clean frequently touched surfaces such as doorknobs and mobile devices

Vaccines are available for both infants and older adults.

For this upcoming “virus” season, be sure to get your flu vaccine and any new COVID vaccine. The RSV vaccine should be available to those 60+ this fall as well.



Don't forget the annual conference, October 16 & 17. Registration is in the summer newsletter, on the web, or contact Jeanne Purich at jcpurich@cs.com.

**Holiday Inn Express Kent Island
1020 Kent Narrows Road, Grasonville, MD
21638
Phone: 410-857-4454**



From West:

From the beltway, take **50** east across the Bay Bridge; take Exit **41**, head **right** on the ramp for **MD-18** toward **Kent Narrows West**; Turn **left** onto **MD-18/Main St** toward **Piney Narrows Rd/MD-18/Main St**; Turn **left** onto **Kent Narrow Way N** (Road name changes to **Kent Narrow Way**): Turn **left** into parking lot

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

