

WHAT'S HAPPENING

Maryland Association for Family and Community Education, Inc. Newsletter

SEPTEMBER - COLLECT DUES

- All CHARACTER COUNTS!® Essay and Artwork Contest starts – “Trustworthiness” National Literacy Month Collect Dues
- 2 Extension Office Closed (Labor Day)
- 6 FCE Blanket Making Day, 10 AM – 8 PM. Extension Office Garage
- 9 Maryland FCE Board Meeting, 10 AM MC Extension Office
- 10 Montgomery County Association Meeting, 9:45 AM Refreshments: Lunch Bunch. **“Hunger in Montgomery County”** Speaker John Gavin, Executive Director Adventist Community Services.
- 14 Blue Grass Festival
- 24 – 26 CWC Annual Conference, Destin FL

OCTOBER

- 4 10 AM Harvest Festival Set-up
- 5 10 AM Harvest Festival MC Extension Office
- 8-30 Close Encounters with Agriculture 4th grade program, Montgomery County Extension
- 13-19 National FCE Week
- 15 Rural Women’s Day
- 16 World Food Day
- 20-26 CHARACTER COUNTS!® Week
- 20-22 MD FCE Annual Conference, Holiday Inn Express Kent Island, MD
- 25-27 Craft Sale 15500 Gallaudet Ave, Silver Spring

NOVEMBER

- 1 **LOOK WHAT’S HAPPENING** deadline for items to Editor
Membership Dues to Jeanne Gillis
- 12 Montgomery County Association Meeting 9:45 AM Refreshments: Derwood **“Divided Nation, Divided Town: One Woman’s Experience”** Speaker: Emily Correll from Montgomery History

- 15 FCE Blanket Making, 10 AM – 8 PM. MC Extension Office garage
- 28 Office Closed (Thanksgiving)
- 17-23 National Family Week
- 19 Executive Board Meeting, 10 AM. Newsletter Folding, MC Extension Office

DECEMBER

- 1 State Dues/Membership Forms to NAFCE
- 2 10:00 AM Maryland FCE Board meeting MC Extension Office
- 10 Montgomery County Association Meeting 9:45AM Cookie Exchange and Crafts, MC Extension Office Garage. Refreshments Burtonsville.
- 15 Send yearly reports and outreach hours to President, Jeanne Purich
- 31 **Counties’ Annual Reports due to Vice President for Program.**

MARYLAND FCE CONFERENCE

Register NOW for the 2024 conference on October 20th - 22nd. The registration form was in your last newsletter and is on the web.

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 –

www.mdafce.org

Newsletter Deadline: November 1

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

FROM THE PRESIDENT



Autumn is almost here. Our days are getting shorter, and we have less sunlight to deal with as the sun sets earlier. I know some people like that the days are not as hot, but others are not looking forward to winter. I am one of those people who like all the seasons: Winter, Spring, Summer and Fall.

by Mary Jackson Ellis

Taking a walk is so much fun.

We don't hurry;

We don't run.

We watch for birds; we watch for bees.

We look for all the falling leaves.

Emily DiNuzzo says although both *fall* and *autumn* stem from Britain, *autumn* was the more popular word for a long time. Both have had their ups and downs in popularity. It wasn't until the 1800s that American English and British English took unofficial stances on these words: *fall* is the word of choice in the U.S., and *autumn* in Britain. It's still unclear why America clings so strongly to *fall*. Some speculate it has to do with daylight savings time, as in "spring forward, fall back."

Autumn vs. fall: Which one should you use?

Good news: It's acceptable to use either *autumn* or *fall* when referring to the season filled with colorful leaves and fun fall activities (like a visit to the apple orchard). If you wish to be more formal, you could choose *autumn* for both speaking and writing.

Libby Wade, President
dunade@aol.com

301-831-8661

NEWS FROM THE VICE PRESIDENT FOR PROGRAM

MARYLAND FCE CONFERENCE

The 2024 Maryland FCE

Conference will be held October 21-22 at the Holiday Inn Express, 1020 Kent Narrows Road, Grasonville MD 21638, on Kent Island on the Chesapeake Bay. This is the same hotel where we held the 2023 conference.



An ample breakfast is included for those who stay at the hotel. Lunch on October 21-22 and dinner on October 21 will be included in your registration package. Arrive at the hotel on Sunday, October 20, to go on the cruise and take advantage of Chesapeake Bay cuisine in a local restaurant.

There will be a tour. On Sunday, October 20, we will take a narrated 70-minute Patriot Cruise on the Miles River out of St Michaels, Maryland. The boat is covered and handicapped accessible. The cost will be \$25.00 per person. The boat **LEAVES** at 2:30 PM, so please be there by 2 o'clock for boarding. Be sure to check the "cruise" box on the registration form and include the \$25.00 with your registration. If you are going on the cruise, you will probably want to stay Sunday night at our hotel, so be sure to check the box for Sunday night's stay.

The conference program will begin with registration at 10:00 AM on Monday, October 21, and will continue through mid-afternoon on Tuesday, October 22. Confirmed programs include:

- The Chocolatier's Palette. Did you ever wonder where chocolate comes from? Jill Sandler, from The Chocolatier's Palette, will explain how chocolate is made and will also offer us the opportunity to buy some of her wares.
- Kathleen M. McGuinness, a member of the Montgomery County Commission on Aging, will speak on aging in place and home health care in Montgomery County (where most of us live).
- Christopher B. Emery, author of *White House Usher: Stories from the Inside* and 2 mysteries will speak about his years on staff in the White House during the Reagan and Bush administrations. He will have books for sale (\$20.00 cash).
- Cheryl Bush, a Queen Anne's County Extension agent whom we met last year, will help us to assure food safety in our homes based on a home

audit, like a restaurant food inspection, that each of us should complete in advance and bring to the conference program.

- Exploring our Eastern shore history and heritage. Gail Owings, Executive Director of Eastern Shore Heritage, Inc. will share “Stories of the Chesapeake Heritage Area.”
- As we enjoy our changing seasons, Judy Wink from the Chesapeake Bay Environmental Center will tell us about migratory birds of the Bay.
- FCE members Amber Beall and Kathie Mack will present a program they learned at the 2024 National FCE conference on the history and nutritional properties of beans. Hopefully, homemade bean soup mix and recipes will be available — perfect for fall and winter suppers!
- FCE member Martha Moser will lead us in a relaxing hands-on activity involving decoupage seashells. The conference will conclude with our traditional basket raffle.

Full registration details at <http://www.mdafce.org/lwh%20summer%202024.pdf>

Kathie Mack
kpmack2@gmail.com

301-270-5367

NEWS FROM THE VICE PRESIDENT FOR PUBLIC POLICY

Trump, Electioneering, Campaigning, and All That "Stuff"!

The running theme of all my articles centers on the responsibility of the American Citizen (Voter) to be informed, do their research, form their own opinions, and put those conclusions into action, in other words, go vote! In a world where many people die for the privilege to choose their leaders, Americans are too ensconced in their phones/other devices to see what is happening in our so-called “democratic society” before their very eyes.

The January 6, 2020, coup attempt was only the tip of the iceberg. The systematic progress of legislation in many ultra conservative states has been working to strip citizens of their voting rights, access to educational and employment opportunities, and promoting fear and hate of anyone whose skin isn't



the same color or religion as theirs. Social media promulgates these messages of fear and hate hiding behind platforms that one doesn't know if they are created by a human being or the monster that is quickly emerging called AI, which is Anonymous and of questionable Intelligence! This also means it is difficult to verify the truthfulness of the garbage being fed to the average American voter if all one utilizes is social media.

This is where the study of history steps in! History of past campaigns, what was said by different candidates, what was going on in the world and here at home at that time, and, what in hindsight was done rightly/wrongly. Lessons learned and what the following campaigns did to apply those lessons. Also, what they didn't do that they should have. Here too is where a strong foundation in civics taught as a graduation requirement (that must be passed) hopefully gives the young voters to be an understanding of what individual constitutional freedoms and rights are being eaten away by the conservative powers that be in state legislatures and even our appellate and supreme courts! The energy that has recently awakened in the political arena (and I mean arena literally, as a place of vocal combat *ad nauseam*) and younger citizens' interest in the November election, has been engendered by President Joe Biden passing the democratic party campaign torch to Vice President Kamala Harris. As has been said, there is now only one “old person running” for President!

Where we will be politically, socially, and historically during and after this election is very hard to foresee. We didn't imagine President Biden stepping aside last month. Hopefully the wake-up call we received (when the former president tried so very hard to encourage those citizens in the crowd on Jan. 6th to march on Congress and stop the certification of the win by Joe Biden, so that he, Trump, could stay in power), will truly sink in to Americans across this amazing country. We could have ended up as just another dictatorship among the world's many such countries! Our country is still that young plant started 239 years ago, supported by the blood and smarts of patriots through the following generations until now. Will the dedication and smarts of this generation keep the plant growing?

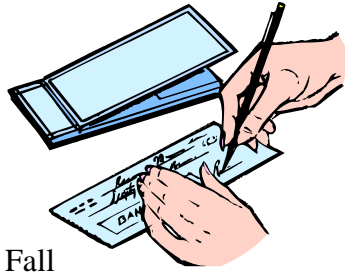
Debra Rausch, VP for Public Policy
rauschda@gmail.com 301-498-8806

2025 Dues - Do Not Delay – Pay Today!

MEMBERSHIP

It's time for the 2025 FCE membership drive!! Please renew your FCE membership for 2025 AND recruit a new member. Fall can be busy when we take time to enjoy the colorful leaves and cooler temperatures and, of course, the holidays are just around the corner. (Hint: membership would be a great gift and a good way to make your holiday shopping list shorter.) Just don't forget to submit your FCE membership form, along with a form for any new member you recruit. We had 93 members in 2024, with 4 new members. With your help, we can try to get over 100 for 2025. 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 2025 Maryland FCE conference for FREE.

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



MARYLAND FCE BYLAWS REVISIONS

Please Read - These will be Voted on by the Members Attending the Annual Conference

Article V Officers

Section 2. Qualifications

Delete: B. Shall have agreed in writing have to her/his nomination.

C. Shall have written endorsement of her/his Member Association affiliate.

D. Should be serving or have previously served as an elected officer of her/his Member Association affiliate.

Section 10. Duties of Secretary

Current: C. Ascertain the number of the voting delegates present by calling the roll of the Board and the Member Association presidents.

Revised: C. Ascertain the number of the voting delegates present by *recording attendance of the Board and the members present.*

Section 11. Duties of Treasurer

Current: C. Pay authorized expenses of Maryland FCE upon approval of a designated person.

Revised: C. Pay authorized expenses of Maryland FCE upon approval of *the Board.*

Article XI Meetings

Section 1. Annual Meeting

Current: A. Member Associations/members shall be notified of the Annual Meeting at least ninety days prior to the meeting.

Revised: A. Member Associations/members shall be notified of the Annual Meeting at least *sixty* days prior to the meeting.

Current: B. The voting delegates at the Annual Conference shall be the Board and Presidents of Member Associations in good standing or their certified alternants. A certified alternate shall be a member of the Member Association.

Revised: B. The voting delegates at the Annual Conference shall be the Board and *all MAFCE members present and in good standing.*

Current: C. The majority of the certified voting delegates registered shall constitute a quorum.

Revised: C. The majority of *voting members* registered shall constitute a quorum.

Article XII Member Associations

Current: Affiliated Member Association Duties may be assigned in the order listed. Carroll, PG, etc.

Revised: Affiliated Member Association duties may be assigned.

Bulletin Board

Grateful thanks for prayers for Carolyn Fields, 3 1/2 year old granddaughter, grandniece and great granddaughter of Diane Kendal, Brenda Peters and Barbara Perry. Following a long surgery and recovery period, she is now up and running.

Speedy recovery for Sandra Wright after back surgery. And to Joyce Stratum who had a recent stay in the hospital.

Condolences to the Kitty Cooley and family on the death of her beloved husband, Jack. He will be sorely missed.

“Never believe that a few caring people can't change the world. For, indeed, that's all who ever have.”

Margaret Mead

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; Fertilizers & Pesticides by Cathy Reals; Voting Rights: A Short History by Jean Purich, and Batteries, Bottles, Boxes & Bags by Sharon Hume. Thanks 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, or with Kathie

Mack. Thank you very much for your help.

**“Hunger in Montgomery County”
Speaker John Gavin, Executive Director
Adventist Community Services.
September 10 (Tuesday)
9:45 AM Extension Office**

In our affluent community, hunger is an especially complex issue. Hunger is prevalent yet often goes unnoticed, and its prevalence remains steadily on the rise. Learn how shifting the atmosphere surrounding hunger will also call for advocacy and education, for participants and community leaders alike.

**FCE BLANKET MAKING DAYS
September 6 (Friday) 10 AM to 8 PM
November 15 (Friday) 10 AM to 8 PM**

We are working toward another record year for blanket distribution. And that is thanks to all 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 information.



HARVEST FESTIVAL

Set-up October 4 - 10 AM (Friday)

Festival October 5 – 10 AM to 5 PM (Saturday)

Multipurpose room, Extension office

We will be in the multipurpose room with kids’ games and grab bags, a bake sale and our wonderful crafts for sale. In the small conference room, we will have 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 20 – 21 (Monday and Tuesday)

Register NOW for a wonderful conference

and river cruise, don’t be late. 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.

“Divided Nation, Divided Town: One Woman’s Experience” Speaker: Emily Correll from the Montgomery History Speakers Bureau.
**November 12 (Tuesday)
9:45 AM Extension Office**

This is the story of Rockville’s Dora Higgins and her experiences during the Civil War. Based on a letter that Dora, an ardent abolitionist, wrote to her mother describing her trials when rebel general J.E.B. Stuart’s men came through Rockville. It is sure to be a very interesting talk.

Hope to see you soon.

jcpurich@cs.com

301-641-4878

CHARACTER COUNTS!®

We are pleased to announce that our state winner Nataname Girma was the second place National FCE winner. She will receive a certificate and \$150.00 from National FCE.

The contest for 2024-2025 is Trustworthiness, is the next year’s focus. The FCE essay and artwork contest runs from September 1, 2024 to January 31, 2025. The requirements for the contest are available from Jeanne Purich.

A FIRST-TIMER'S EXPERIENCE AT NATIONAL FCE



(Jeanne Purich, Kathie Mack, Amber Beall)

WOW!!! What a delight being a first-time attendee at the National FCE Conference in Kentucky. I'm now wondering why it took me so long to arrange my personal schedule to attend this conference. So glad I attended this year meeting new friends, laughing, learning new and interesting facts, seeing Maryland FCE members receive awards, and evening winning a few items at the silent auction.

I learned the difference between Food Security and Food Insecurity. People have the means to purchase food, however, overcoming various issues, circumstances, and obstacles acquiring and preserving the food can be challenging for a family right here in the USA. I learned at a formal dinner, slicing the roll and putting the butter on the roll all at the same time is not correct etiquette. Who would have known! Yes, being aware of the correct eating utensil placement was encouraging which I already knew but only buttering just the bread bite you are eating is proper – who would of thought – not me!

Oh, just how many bean variations are there besides the most common as green beans, navy beans, and kidney beans? More than I ever thought! Well, you will learn too just how many kinds of beans there are when YOU attend the Maryland State FCE Conference on October 21 and 22 at the Holiday Inn Express on Kent Island and learn some interesting bean facts when Kathie Mack and I present Beans, Beans, and More Beans!!

PS – This is another first for me – attending the Maryland State FCE Conference. If you have not ever attended, come join me being a first-time attendee too!!

Amber Beall
Burtonsville FCE Club living in South Carolina

ACWW's first new Rural Women in Action Project



Ukrainian students at the Educational Hub hosted in Bucharest

Planting the Seeds of Peace is a 12-month program designed to develop and implement a practical training course for Ukrainian refugee children centered around the ecological growing of plans and vegetables. The project will be implemented in Bucharest, Romania at a school hosting 200 Ukrainian children.

Background

We are delighted to announce that this is the first project funded under our new Rural Women in Action Fund program and is an Education and Community Development project. The project will be implemented by ACWW member society Geopolitical Alliance of Women, a Ukraine-based women's organization passionate about promoting women's inclusion in society and the Association of Ukrainian Romania Teachers who will be assisting in the implementation of the training program.

The aim of the project is to help children recover from the stress and trauma of war through the therapeutic practice of gardening. The participants will attend monthly classes during the school year to gain knowledge of horticulture. Alongside this the participants will attend practical gardening sessions.

The project was conceived to help children impacted by the conflict in Ukraine to recover through a practical and conscious approach to agriculture and horticulture. The children will learn about growing plants, soil restoration and climate change. The practice of gardening has been proven to be a very therapeutic tool for those who have suffered trauma, it has been found to reduce stress, anxiety and depression and to improve psychological wellbeing.

APPLE BROWN BETTY

With apple season coming soon, why not make a great apple dessert!



Ingredients:

- 6 cups thinly sliced apples (Granny Smith, Honeycrisp, or your favorite variety)
- 1/4 cup orange juice (or lemon juice)
- 1/2 cup all-purpose flour
- 1/2 cup brown sugar
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/2 cup cold butter, cut into small pieces
- 1 cup breadcrumbs (or crushed graham crackers)

Instructions:

1. Preheat your oven to 375°F (190°C).
2. Prepare the apples: Toss the sliced apples with the orange juice to prevent browning.
3. Make the crumble: In a bowl, mix the flour, brown sugar, cinnamon, and nutmeg. Cut in the cold butter until the mixture resembles coarse crumbs. Stir in the breadcrumbs.
4. Layer the ingredients: In a greased baking dish, layer half of the apples. Sprinkle with half of the crumble mixture. Repeat with the remaining apples and crumble.
5. Bake: Cover the dish with foil and bake for 30 minutes. Remove the foil and bake for an additional 15-20 minutes, or until the apples are tender and the topping is golden brown.
6. Serve: Let it cool slightly before serving. It's delicious on its own or with a scoop of vanilla ice cream!

Enjoy your homemade Apple Brown Betty! 🍏🍌

“Twenty years from now you will be more disappointed by the things that you didn’t do than by the ones you did do, so throw off the bowlines, sail away from safe harbor, catch the trade winds in your sails. Explore, Dream, Discover.”

Mark Twain

SEPTEMBER IS SUICIDE PREVENTION MONTH

Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues.

Warning Signs

Here are a few other warning signs of suicide:

- Increased alcohol and drug use
- Aggressive behavior
- Withdrawal from friends, family and community
- Dramatic mood swings
- Impulsive or reckless behavior

Suicidal behaviors are a psychiatric emergency, call 988 to reach the Suicide & Crisis Lifeline:

- Collecting and saving pills or buying a weapon
- Giving away possessions
- Tying up loose ends, like organizing personal papers or paying off debts
- Saying goodbye to friends and family

If you are unsure, a licensed mental health professional can help assess.

Individual Impact:

- 79% of all people who die by suicide are male.
- Although more women than men attempt suicide, men are 4x more likely to die by suicide.
- Suicide is the 2nd leading cause of death among people aged 10-14, the 3rd leading cause of death among those aged 15-24 and the 12th leading cause of death overall in the U.S.
- 46% of people who die by suicide had a diagnosed mental health condition — but 90% may have experienced symptoms of a mental health condition

Crisis Resources

- If you or someone you know is experiencing a mental health crisis, **call** or **text 988**.
- If you are uncomfortable talking on the phone, you can chat the Suicide & Crisis Lifeline at **988lifeline.org**.
- You can also text **NAMI** to **741-741** to be connected to a free, trained crisis counselor on the Crisis Text Line.

Don't forget the annual conference, October 21 & 22. Registration is in the summer newsletter, on the web, or contact Jeanne Purich or Kathie Mack.

**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



Directions to Patriot Cruise. 213 N Talbot St, Saint Michaels, MD 21663

This is about 50 minutes from the hotel. 2 PM
*Stay on **50 East** toward Ocean City/Rehoboth. Bear right toward **MD 322**. Turn right onto Saint Michaels Road/**MD 33**. Turn right onto **Mill St**. Turn right onto **Burns St**. Parking at the museum.

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

