

WHAT'S HAPPENING

Maryland Association for Family and Community Education, Inc. Newsletter

JUNE - Register for State Conference – Page 7

- All Nominees for State Officers, Group II
President-elect becomes President, Vice
President for Public Policy, Treasurer
- 3 Maryland FCE Board Meeting, 10:00 AM.
Montgomery County Extension Office
- 6 FCE Blanket Making, 10 AM – 8 PM.
Extension Office Garage
- 20 Set-up for Yard Sale (15500 Gallaudet Ave,
Silver Spring), 9 AM
- 21 - 22 Yard Sale (rain date June 28 & 29)

JULY

- 1 Maryland FCE Board
Meeting 10:00 AM. MC
Extension Office
- 4 Happy Birthday America
- 12 FCE Blanket Making Day, 10
AM – 3 PM. Extension Office Garage
- 25-28 National FCE Annual Conference, Florence
KY. Registration at www.NAFCE.org



AUGUST

- 1 **NEWSLETTER** deadline - send items to
Editor
- 5 Maryland FCE Board Meeting, 10:00 AM
Montgomery County Extension Office
- 8 Set up Montgomery County Fair Booths 10
AM
- 9 - 17 All Day 75th Jubilee Celebration Annual
Montgomery County Fair – “Yesterday,
Today and Tomorrow”
- 23 – Sept. 8th Maryland State Fair, Timonium, MD
- 27 Montgomery County FCE Executive Board
Meeting – 10:00 AM (reference room)

SEPTEMBER - COLLECT DUES

- All CHARACTER COUNTS![®] Essay and
Artwork Contest starts – “Trustworthiness”
National Literacy Month
- 2 Extension Office Closed (Labor Day)
- 6 FCE Blanket Making Day, 10 AM – 8 PM.
Extension Office Garage
- 9 Maryland FCE Board Meeting, 10:00 AM
Montgomery County Extension Office
- 10 Montgomery County Association Meeting,
9:45 AM Refreshments: Lunch Bunch.
Install 2025 Officers
“Hunger in Montgomery County – John
Gavin, Executive Director, Adventist
Community Services

Check out the WEB with MDAFCE www.mdafce.org

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

Newsletter Deadline: August 1

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



“Keep your face to the sun and you will
never see the shadows.” Helen Keller
“What sunshine is to flowers, smiles
are to humanity.” Joseph Addison

FROM THE PRESIDENT



Summer is almost here. Our days are longer and we have more sunlight. In most cases people's moods have improved. The weather is warmer and we have more hours of sunshine. And outdoors we can start seeing more animals and their babies. Flowers, plants, grass, and trees are growing and blooming.

I look forward to doing activities with my family. Some of those things that I do are: going to car shows with my husband; doing Sunday picnics with family; driving a couple of hours to see my mother; and going to the swimming pool as the spring ends and summer begins. You need to think about what you can do with family and friends.

Other things to do and think about are: opening the windows to let your house air out; going outdoors to exercise - like walking around the neighborhood; and going to watch your grandchildren play games. Summer sometimes gets too hot but most times is just perfect with the weather being a mixture of sunshine, overcast, and rain!

Everyone needs to think about coming to our Annual Conference. Save the dates of October 20-22. We will again be at Holiday Inn Express Kent Island, 1020 Kent Narrows Rd., Grasonville, MD. 21638. Check out the tour information in Kathie's article. See you there!

Have fun with whatever you do!

Libby Wade, President
dunade@aol.com

301-831-8661

PROGRAM NOTES



MARYLAND FCE CONFERENCE

The 2024 Maryland FCE Conference will be held at the Holiday Inn Express, 1020 Kent Narrows Road, Grasonville MD 21638 on Kent Island on the Chesapeake Bay.

The programs being developed will include interesting speakers, a cruise, and the opportunity to walk and sit along the shore of the Chesapeake Bay.

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

There will be a tour. On Sunday, Oct 20th, we will take a 70-minute narrative 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** as at 2:30 PM, please be there by 2 o'clock for boarding. Be sure to check the "cruise" box on the registration and include the \$25.00 with your registration. If you are going on the cruise, you will probably want to stay Sunday night; be sure to check the box for the Sunday night's stay.

The conference program will begin with registration at 10:00 AM on Monday, October 21st, and will continue through mid-afternoon on Tuesday, October 22nd. 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 a topic related to aging in place and free resources available 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).

- Exploring our Eastern shore history and heritage, Gail Ownings will share “Stories of the Chesapeake”.
 - As we enjoy our changing seasons, Judy Wink from the Chesapeake Bay and Environmental center will share migration patterns of the birds of the bay.
 - We will do a relaxing hands-on activity.
- We will conclude the conference with our traditional basket raffle.

Full registration details are published in this newsletter and will be posted online by June 1st.
<http://www.mdafce.org/lwhnews.htm>.

Kathie Mack, MDAFCE Vice President for Programs
kpmack2@gmail.com 301-270-5367

PUBLIC POLICY NOTES

What We Need to Know

We have heard the repeated quote “Those who don’t learn from past history are bound to repeat its mistakes”. While it can be true, history is also very fluid and hard to predict. This is true because people and their actions and motivations are just as fluid and their actions and motivations may follow no clear logic. While tacticians and students of Russian history in the 20th and 21st century can see a pattern of seeking out those warm water ports to carry out international commerce as they took over Crimea and seek to overrun Ukraine, the dissent inside Russia against Putin and his demagoguery is stronger than the state news agencies report. In fact, history is on the move in that country and its spheres of influence.

Look at the movement of forces in China since the end of WWII. With the rise of the Communist Party, the trek of the Nationalists (Chang Kai Shek) to the island of Taiwan to be free, the oppression of minority groups (Uyghurs/Mostly Muslim & Tibetan Minorities), and their thrust to become top dog on the international political and commercial scene, a pattern is also developing that they are seeking to be the new power on the block, ousting US dominance. What we cannot predict is how far they will go to force that change of power holders.

Then, let’s look at America. Since WWII, we emerged as the nation that rebuilt Europe on the Marshall Plan, created an alliance with those countries, some of whom were former enemies, and made

promises to help and support each other in good times and bad. One of these alliances was NATO, and another, encompassing even more countries of the world, the United Nations. As time has passed, the world has looked upon the values and freedoms that Americans have enjoyed and have enshrined in her very bedrock laws, as ideals to establish and pursue in various forms within many different cultures.

Within our country, as the baby boomers grew up in the prosperity of the 50s and 60s, the Vietnam War and Hippie Movement turned our culture upside down. We have been sliding down slippery slopes since - civil rights, voting rights, protests on college campuses, questioning of religious, moral, and social values, racial equality, social justice issues, immigration in all forms, human dignity, pro-life/abortion issues, gender confusion, mental/physical health issues, and conservative vs. liberal politics. If people keep informed and aware of what is happening with the greater picture (world happenings as a whole), and what is occurring day by day country-wide in America, we can go to our voting booths this November and elect the best choices of candidates that show by their knowledge and statements that they are engaged in the country and the world.

The rest of the world, Africa, Asia, and Middle East, have been moving in the historical current all along. When geography isolates itself from the rest of the planet, it can be a shock to the culture within that there are other stories, other perspectives, and other ways to solve societies’ problems. The civics classes that should be a major part of every student’s knowledge base before being turned out into the world, are critical for that student to function in a world that is now so small, we know our foreign neighbors’ problems as intimately as our own within the speed of how fast social media is communicated. What we need to know is what’s out there in the many formats and forums. We just simply have to engage, sift through the chaff and wheat, and keep our eyes open to history happening now.

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



Montgomery County News

Spring Luncheon

FCE Striving for a Better Future

Thirty-five (35) members and friends enjoyed Thu Huynh, RD discussing how we can incorporate **Zero Waste Eating** into our daily lives. And the mint pesto was delicious. Jason Barth, from The Ranch, explained their new programs and their success rate. Javi Alacron, Annual Fund Manager from Montgomery College and Michala Perry, one of our scholarship recipients, attended. Attendees donated 67 books for newborns and many plants for The Ranch. We were treated to a delicious lunch, lovely decorations and favors. Thanks to all of you for all your effort and attention to details. It was a great day!!!

FCE BLANKET MAKING DAYS

June 6 Thursday 10 AM to 8 PM

July 12 Friday 10 AM to 3 PM

September 6 Friday 10 AM to 8 PM

November 15 Friday 10 AM to 8 PM



Thank you for all the hard work, time and effort each of you have put into continuing this project. We are so pleased to be distributing to some of the hospitals as well as all the other agencies. 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 June 20

June 21 and 22 (Friday and Saturday)

15500 Gallaudet Silver Spring

The tables are on the front porch for you to drop off your items for the yard sale. We will need lots of help for the set-up day on Thursday and for the sale days. This is a major money maker for the scholarship fund.

BACK to SCHOOL SUPPLIES

In July, August and September, we will collect school supplies, socks and gloves (socks and gloves all year). Items can be dropped off



on blanket days, our September Association meeting, at my house, or with Kathie Mack. Thank you very much for your help. I know the schools and students are very appreciative of these supplies.

FAIR BOOTHS

“Yesterday, Today and Tomorrow”

75th Jubilee

August 9 – 17



Did you know the first “barn” raising for the Fair occurred in 1949?

Planning and working on the **Fair Booths** has begun. If you would like to design a display to present at the Fair, please let me know. We have display boards that you can borrow or you can design a free style booth. Also, if you can spend some time at the Fair to sit by the booths and talk about FCE, blanket making, etc., please contact me, Jeanne - 301-384-2805.

“Hunger in Montgomery County”

John Gavin, Executive Director, Adventist Community Services

September 10

9:45 AM Extension Office

Hunger in the U.S. and around the world is caused by various interconnected social and economic factors. Our world is increasingly complex and divided. Inflation, war, the COVID pandemic, and climate change are impacting food insecurity around the globe and across the US. Learn about the problem in Montgomery County. Adventist Community Services is one of the places where we donate blankets and hats.

Have a safe and healthy summer. Hope to see you soon.

Jeanne Purich

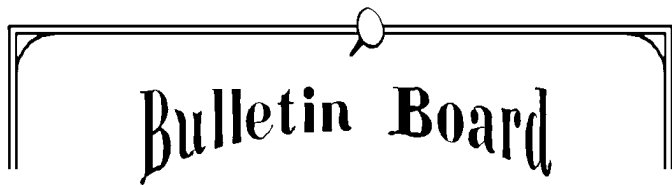
President of MC FCE

jcpurich@cs.com

MEMBERSHIP NEWS

The Membership Drive for 2024 has ended, and we have 93 members, including 4 new members. Our 2025 Membership Drive will start in August. Don't forget that you will receive an FCE Star pin for every new member you recruit as well as a chance for you and the new member to attend the 2025 fall conference for free. Here are some recruiting tips: try inviting the person to one of our summer functions. Even in the summer, there are lots of great FCE activities, including blanket making sessions, yard sale, county/club meetings and the FCE booths in the Home Arts Building at the Montgomery County fair. This is a great introduction to FCE activities to help others join our circle of friends. Our goal for 2025 is to break 100! (Members that is.) Enjoy the summer!

Jeanne Gillis, Membership Chairman
jeannegillis2326@gmail.com



We sadly announce the deaths of 2 long time members. Marilyn Simonds, (97) former MDFCE board member, passed on April 17. She was active in many FCE and other volunteer activities. As a nurse, she was a mentor to many.

Jean Horner (91) passed on April 18. An active member of the Burtonsville FCE Club, she will be sorely missed. Donations in her name can be made to the MCAFCE Scholarship fund in care of Jeanne Gillis, 101 Rolling Road, Gaithersburg MD 20877-2043

ACWW News

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

The aim is to help children recover from the stress and trauma of war through the therapeutic practice of gardening.

ULTRA-PROCESSED FOODS

Ultra-processed foods have been linked with a litany of health problems. Most ultra-processed foods are found in the middle aisles of a grocery store. Shop the perimeter where stores stock fresh, whole foods, states Albert-Laszlo Barabasi, a professor at Northeastern University and a lecturer at Harvard Medical School who studies ultra-processed foods. "Most of the foods that are fresh are good for you," he said. Here's a chart to help you make some nutritious swaps:

Ultra-processed	Processed	Home version
sweetened breakfast cereals	plain bran cereal	oatmeal made with rolled oats and sweetened with honey
soda	artificially flavored sparkling water	carbonated water with a splash of fruit juice or fruit slices
flavored potato chips	plain tortilla chips	DIY pita chips
white bread	whole wheat bread with minimal ingredients	homemade whole wheat bread
fried chicken	deli rotisserie chicken	roast chicken from scratch
flavored candy bar with long ingredient list	simple candy bar with short ingredient list	dark chocolate squares
frozen, blended coffee drink	store-bought cold brew	drip coffee
mashed potato flakes	frozen potatoes	fresh, whole potatoes
energy drink	sweetened fruit juice	fresh-squeezed orange juice
flavored granola bars with added sugar and preservatives	granola bars with minimal additives	DIY granola
artificially flavored cheese crackers	naturally flavored crackers	whole grain crackers (check ingredients on label) and cheese slices

ESTABLISHING A BASELINE OF MY BRAIN HEALTH

Little did I know that improving my sleep hygiene (good pillows; dark, cool room; and limiting snacks and screen time before bedtime) would improve my brain health. But I learned that this was the case when I completed a free cognitive evaluation with Sunday Health, a new clinical practice focused on cognitive health. My objective in trying to stay physically and mentally fit after 65 was to get a measure of my brain health and memory function now as a baseline for aging and tests in the future.

The process was both interesting and fun; it included an online brain test and phone and zoom interviews by Sunday Health clinicians who were knowledgeable, informative, friendly, and *very very* patient. One of these sessions was an hour-long, one-on-one meeting with a deeply experienced neurologist who spoke with me human-to-human. Best of all, the process yielded a very useful report about what I was doing right to maintain brain health into my 70s (daily exercise, volunteering, keeping up with friends, and eating a balanced diet, for example) and where I could improve (as with my sleep). Sunday Health shared this report with my primary care physician so that I will have holistic care as I age.

Sunday Health is seeking more patients for its screening, assessment, diagnosis, and care planning services. If you are interested in getting a baseline assessment through this fascinating process, please visit www.sundayhealth.com or text or call (571) 517-1564.

Please note that:

- Sunday Health offers cognitive screenings, evaluations, assessments, diagnoses (if appropriate), and care planning. It is a licensed, HIPAA-compliant medical practice in DC-MD-VA. It's not a general practice, but can coordinate with your general practitioner, if you want. They will also keep your information confidential if you prefer not to share results.
- For residents of DC-MD-VA with traditional Medicare Part B, Sunday Health's services are covered by Medicare and your 20% share may also be covered by a Medigap plan if you have one.

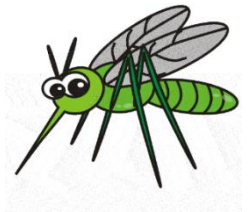
Brigid Holleran
Sunday Health Doc

202-413-6468

Washington Metro Oasis

The mission of **Washington Metro Oasis** is to empower adults age 50+ to lead active, healthy and enriched lives through a unique mix of lifelong learning, social, health and volunteer programs. The Oasis summer 2024 catalog is now available! You'll [find the full schedule of classes](#) on our website OR you can contact us at 240-800-374 or washingtonmetro@oasisnet.org to request a printed catalog.

FROM THE DEPARTMENT OF AGRICULTURE - MOSQUITO CONTROL



The Maryland Department of Agriculture's Mosquito Control Program is urging residents to act now to reduce mosquito populations by reducing standing water on their properties. Aside from being nuisances, mosquitoes can also carry a number of diseases that are harmful to humans and animals, including West Nile Virus and Eastern Equine Encephalitis. It is important to start before mosquitoes become adults because some mosquitoes can live for several weeks - including Maryland's biggest nuisance, the Asian Tiger Mosquito (*Aedes albopictus*). These small black insects have a white stripe on the back and white spots on the legs. They do not fly very far - the majority will fly less than 500 feet - so by eliminating their breeding locations, you may get rid of them in your yard. Asian Tiger Mosquitos breed in anything that holds rainwater, especially toys, tarps, abandoned swimming pools and plastic gutter extenders, which hold water in their ribbing and curves. The department recommends covering gutter extenders with a fine mesh material and a rubber band and to clean the leaves and debris out of them twice a year. For items that hold water but cannot be dumped, residents can consider putting a biorational larvicide such as Mosquito Dunks or Mosquito Torpedoes into the water. The pesticides only kill mosquito larvae and are available at most hardware stores and other retailers. For proper application, please read the label of all pesticides before use. For more helpful tips and information, please visit MDA's Mosquito Control Program webpage. For information on mosquito-borne diseases and West Nile virus, please visit the Maryland Department of Health's website.

Maryland FCE Annual Conference 2024
Monday October 21th - Tuesday, October 22st 2024
Holiday Inn Express Kent Island, 1020 Kent Narrows Road, Grasonville, MD 21638
Phone: 410-857-4454

Please print or type (complete form for each person attending).

Name: _____ Classification (check all that apply)
 Address: _____ FCE Member
 _____ 1st Time Attendee
 _____ Guest
 County: _____ Phone: _____
 Roommate: _____
 _____ E-mail Address (PLEASE)

Full Conference Registration (Registration starts at 10:00 AM, meeting starts at 10:30 AM)

Includes: Conference materials, meeting rooms and speakers, **1 night lodging** (10/21),
 1 breakfast (10/22, included with room stay), 2 lunches (10/21 & 10/22), and 1 dinner (10/21).

(check here) POSTMARKED BY:	September 15	September 16 – September 30
_____ Single Room	\$ 200.00	\$ 210.00
_____ Double Room	\$ 140.00 (EACH)	\$ 150.00 (EACH)
_____ St. Michael's Cruise	\$ 25.00 (EACH)	

Handicapped room needed YES _____ NO (please circle) _____

Check Monday lunch choice:

Chef Salad _____ Chicken Ceasar Salad _____ Steak & Cheese Sub _____

(Monday dinner is Italian.)

Dietary restrictions (list) _____

Commuter Registration:

_____ 2-day Commuter Conference materials, meeting rooms and speakers, 2 lunches (10/21 & 10/22), 1 dinner (10/21)	\$ 75.00	\$ 85.00
_____ Monday only 10/21 Conference materials, speakers, meeting rooms, 1 lunch, and 1 dinner	\$ 55.00	\$ 65.00
_____ Tuesday only 10/22 Conference materials, speakers, meeting rooms and 1 lunch	\$ 50.00	\$ 55.00

If you are going on the **CRUISE**, you will need the extra night's stay, Sunday, October 20, check here. _____

You will pay the hotel directly but we will tell them you are coming.

Cost \$ 119.00/night plus 6% occupancy tax.

Make check payable to – **Maryland FCE (MDAFCE)**

Mail check and form to:

Chris Hager econchris@earthlink.net 301-279-2037

842 Azalea Drive Rockville, MD 20850-2017

NO REFUNDS OF ANY MONEY. YOU MUST FIND YOUR OWN REPLACEMENT IF YOU CANNOT ATTEND.

Direction to Annual Conference

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

