

FORT MEADE, MARYLAND

| ESTABLISHED 1946



The President's Corner

By Mavi Conner

Hi there, and welcome to another edition of The Pinch! The days are flying by, and we are approaching the last few months for this club year.

We are in the middle of prepping for various important events that both serve our community and show appreciation for our members. Don't miss out on getting involved with our Community Outreach committee for the annual Clean Up! Fort Meade or to lend a hand at the Father & Daughter Dance



Sydney & Jenn S. happily share the spotlight with an honorary member at the February MMU

and the Military Spouse Appreciation events on Fort Meade. This is the way we give back, and we would love for you to be part of it!

Thank you for taking the time to talk to the nominations committee! We have a fantastic group of individuals running for different positions in our Executive Board, and I am so excited for you to get to know them better. During the April Monthly Meet-Up we will be voting for President, Vice President, Secretary, Outreach Treasurer, Morale Treasurer, and Membership Director. If you have any questions about the election process please let me know. I would be more than happy to walk you through it.

We have a busy, bright, and exciting path ahead of us and, as always, I am so honored to be able to lead this organization and count on you every step of the way. Thanks for being here!

Member Snapshot

This month we are focusing on Newer Members



Shamicha "Micha" Yanes New Member Extraordinaire

Current Neighborhood:
Meuse Forest

Ask Me About:

Life as a military brat, best grocery store on earth, dream place to live

Favorite part about a previous duty station?

We were stationed in Monterey, CA and we lived a block from the beach, an experience we wouldn't have had without the military life. (See Asilomar Beach below.)

Favorite Movie:

Pitch Perfect





Recognizing Service with the Armed Forces Military Spouse of the Year

By Stephanie Oberbeck

The Armed Forces Insurance Military Spouse of the Year (AFI MSOY) award was founded in 2008 to honor military spouses from all branches of service. The award recognizes military spouses' important contributions and unwavering commitment to their communities. Nominations for AFI MSOY are submitted by both the civilian and military community. The FMSC has been fortunate to have had several of our own members be awarded this prestigious award over the years.

In 2022 Vice President Wilma Potts was the base winner for Fort Meade, and was nominated by several members of the community. Alexa Greathouse said, "Wilma inspires me to be the best military spouse that I can be. [Through her work with the Thrift Shop and FMSC], her leadership ability has helped those organizations give back to the military community of Fort Meade." When responding to what she hoped to accomplish with her title, Wilma said "'Military Spouse' is so much more than just a title, it is a lifestyle that we have agreed to. It gives a sense of pride to be able to give back to both those military families who sacrifice so much to support our military members as well as the communities that support our military families. I would love to share my journey and inspire others to flourish within this wonderful experience of being a military spouse."



Wilma Potts, FMSC Vice President
AFI MSOY Fort Meade, 2022



Sasha Hernandez-Ticali, FMSC Treasurer
AFI MSOY Naval District Washington, 2023

In 2023, Outreach Treasurer Sasha Hernandez-Ticali was the base winner for Naval District Washington. She was nominated by Kayla Clark who stated "[Sasha] has a giving heart and is never afraid to jump in with both feet and get things done. When she isn't at work helping make sure military families have the support and education they need to have a smooth PCS you can find her helping with her local spouse groups and education platforms." In describing her contribution in her own words, Sasha said "My biggest goal and joy is to be a resource. Helping bridge the gap in the military community, to help others build their inner circle, know where to find help, build on their knowledge and so much more is something I love being able to do. If I can walk away from one connection and build someone's confidence in their ability to be able to do something, my job is done."

Previous FMSC Fort Meade AFI MSOY winners also include Traci Ostrander and Ellie Batista.

Michelle Peterson Fabulous New Member



Current Neighborhood:
Annapolis, MD

What do you love about Spring?
IThe moderate weather--not too hot and not too cold!

Ask Me About:
I taught water skiing for three years at a camp in northern WI. I also traveled abroad in high school with the Ambassadors of Music as a percussionist.

Favorite Movie:
The Hunger Games

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What I Want You to Know . . . About the Struggle to Take Up Space

By Lauren Cramer

As a new member of FMSC, I was really surprised to be offered the opportunity to write for *The Pinch*. I try my best to not be noticed, so the amazing deluge of opportunities to connect that has been offered to me since joining in December has been staggering. While I am a person who's been accused of having a big voice and presence, using it and taking up space are not things that come naturally to me.

I try to make every room in my house look like it's never been stepped in, bedroom never been slept in. I don't always succeed with a 5 year old and a 3 year old running around but that is my goal. I have always tried to take up as little space and leave as little trace of my existence as possible.

I've read that people who haven't felt safe to authentically express themselves tend to struggle to take up space. As an only child of

'old-school' parents, being seen and not heard was expected of me. I was also made to feel that a full schedule was the best way to show that you had value. As a stay-at-home mother, my family cannot fathom what I am contributing to the world. There's no salary for what I do so quantifying my value is something I struggle with.

I have also dealt with physical abuse from people who became aggressive without any warning signs. To survive in those relationships, silence was the best strategy. I never felt a need to extricate from those relationships, until it affected my children.

Race is another big part of why I struggle to take up space. As a black woman I must be careful. I am in constant fear that my existence will put me in danger. People look at me and they can decide I am a threat if I take up too much space, have too much .

confidence, or look too comfortable. So, I have spent my life making myself as small and innocuous as possible. My neighbor used to call the police every time my family would come to visit. It took several years before she stopped.

I went shopping in Home Goods, my favorite store, with my daughter and I saw another woman coming into the aisle behind me. I immediately apologized and stepped out of the aisle. She stopped and looked at me then said "You don't need to apologize for existing. Also, you don't want your daughter to think she has to either." I must have looked shocked because she said "I'm a teacher and girls apologize too much. You weren't in my way and you should not have felt the need to apologize." I realized while I knew to advocate for my kids, I have never really learned to do so for myself.

If you find that taking up space is something that you struggle with, remember that you have value, you exist and have a right to exist. Taking up space is not something that needs to be earned with a job or achievements. There are people who will see you and enjoy you. I think I've found some of those people here in the FMSC. I hope you find your people too.

I am also taking up space on this page, and I think that is a step in the right direction.



February MMU - "Love for the Ages"



MARYLAND HISTORY MINUTE

Learn More About Harriet Tubman

By Meghan McDonald Carlson

Did you know that March 10 is Harriet Tubman Day in Maryland (and New York State, where she spent her later years?) Head to Dorchester County and enjoy the Harriet Tubman Underground Railroad State Park.

The anti-slavery activist indeed hailed from the state of Maryland and knew the swampy back-country astoundingly well, as evidenced by her successfully escorting some 70 people from slavery in the Chesapeake region. The fame and respect she garnered translated into substantive fundraising for abolitionist efforts as her compelling tales of heroism prompted donations.

While her personal rescue missions secured her place as a titan of American history, her work during the Civil War is less well-known. As the war raged on and Black refugees were making their way to the Carolina coast, Tubman arrived in South Carolina ready to help. She tackled immediate, practical tasks with these new arrivals and helped as a "root doctor" staving off disease and medical ailments in a few areas where soldiers were straggled. (Remember, 3 of 5 Civil War soldier deaths were due to disease.) Her work as a spy, though, is especially entrancing. Plotting the terrain, developing local informants and reporting on Confederate positions, Tubman's skillset proved critical to multiple Union colonels. My favorite battlefield highlight was the armed expedition she planned & executed up the Combahee River in South Carolina in June 1863. By the end, over 700 Black men, women and children were spirited away as barns, homes, rice mills and more burned. Leading Colonel Montgomery and his regiment of 300 Black soldiers, Tubman's mission also helped demonstrate the brave role Black regiments could play.

Check out the Harriet Tubman Underground Railroad Byway

A 125-mile byway through the Eastern Shore up to Pennsylvania, with 45 historically significant stops



Emily Gershey
Dazzling Newer Member

Current Neighborhood:
Potomac Place

What do you love about Spring?
All the flowers starting to come out, wildlife and fresh air

Favorite part about a previous duty station?
The key spouse program and the base events

Favorite TV Show:
Outlander

Ask Me About:
Key spouse program or my boys



January MMU - "Dance Through the Decades"





WILDERNESS WONDERS

Signs of Spring & Watching for Constellations

By Jennifer Denton

Spring is all around us! Plants are budding and blooming, birds and insects are returning and the Chesapeake Bay region of Maryland is ready to begin its growing season! If you are new here, you may not be aware of some of this area's biggest signs of spring so keep your eyes and ears open for these few things and enjoy this beautiful season!

First things first, the daffodils are blooming. These flowers are some of the first to appear in March, letting us know that warmer weather is just around the corner! Next, you might hear some 'peeps' in the evenings, especially if you live near an area with water. These sounds are coming from tiny frogs, the Northern Spring Peeper to be exact, popping up to say hello. You may also see, and smell, Skunk Cabbage beginning to unfurl. These plants are also common in wetland areas and their smell attracts pollinators as well as discouraging predators. Finally, you may begin to hear the buzzing of Bees, another of our very helpful pollinators. Be sure to plant a bee-friendly backyard and help out a most important creature.

While all of these changes are happening during the daytime, you may also enjoy looking to the sky at night. Warmer temperatures and clear nights are a great time to look for constellations and space events. The sky map in our area during March and April is going to be busy! During early March, Venus and Jupiter will be visible very close to each other. Further into April we will have Mercury pass at its closest point to Earth, making it more visible with a telescope around dusk. There will also be a Hybrid Solar eclipse on the 20th and the Lyrids Meteor Shower on the 22nd to the 23rd!



No need to stay up late to have starry fun!



Northern Spring Peeper

Frogs and amphibians relish wetlands and rely on water for every stage of their development. Maryland delivers with over 240,000 acres of swamp.



Michelle P. and Micha happily step into the kissing booth at the February MMU



Teammates Pamela & Emily relish a hard-fought battle in the February MMU Social: Minute-to-Win-It



It's Your Golden Hour: Formal Looks at the Post Thrift Shop

By Michelle Morgan

The season of celebrations is here!

Whatever your special occasion—prom, graduation, weddings, military balls, or simply a fancy night on the town—the Post Thrift Shop has the threads to keep you looking fabulous at affordable prices! Look at this month's Thrift Shop finds and remember: there are consignment options as well.

Prices below include everything pictured. Don't forget there are plenty of accessories available, too! Everything from belts and ties to shoes and jewelry. We look forward to seeing you there. and we would love to see photos from your special day. So, share some photos with us on Facebook!



Patriotic Bombshell,
\$12



The Valedictorian,
\$12



Lady in Red,
\$16



Dean's List
\$17

COME VISIT!



Every Tuesday - Thursday
9 AM - 2 PM

1st Saturday of the month
9 AM - 1 PM

2nd & 4th Weds. of the month
6 PM - 9 PM

Find us on Facebook!



392 Llewellyn Avenue
Fort Meade, MD 20755

Check out our Website!



HAVING FUN WITH THE FMSC!



Dawne is ready to celebrate!

The crowd showed off their painting skills on a bright, sunny morning in Annapolis

The Paint Party Social was a success!



Sasha & Wilma get into it



Pamela splatters carefully



Katie & Bee show off their handiwork

The January MMU delivered all the things!

✓ Fun
✓ Food
✓ Club Business



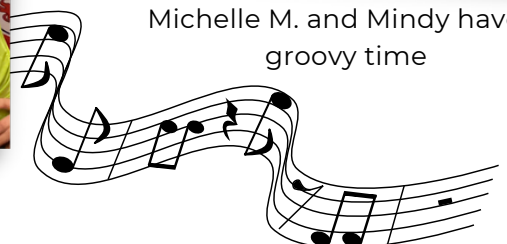
Katie is always game for the costumes!



Tara wins the Classic Rock round of Music Bingo



Michelle M. and Mindy have a groovy time



CELEBRATING OUR MEMBERS!



Director of Community Outreach Jen Denton wins Joint Board Member of the Quarter Award in January.



Dawne Lee's steadfast committee work garnered her the General Member of the Quarter Award in January & here she is winning the coveted First Prize in February's Chili Cook-Off! Oh yeah!



"How lucky I am to have something that makes saying goodbye so hard."



- Winnie-the-Pooh



As Director of Membership, Cassie Smith has the bittersweet task of sending off dear members, including Maria Alkire and Carrie Fisher.

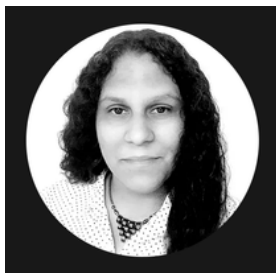
We wish them well in North Carolina & Virginia!





FMSC EXECUTIVE BOARD NOMINEES 2023 - 2024

NOMINEE FOR PRESIDENT



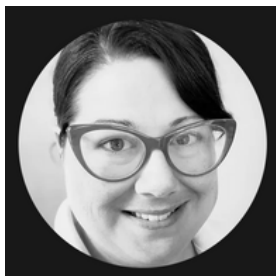
Wilma Potts

NOMINEE FOR VICE PRESIDENT



Stephanie Oberbeck

NOMINEES FOR SECRETARY



Jen Denton



Meredith Hixon



Ashley Jones



Mindy Rodriguez

NOMINEES FOR MORALE TREASURER



Meredith Hixon



Jenn Stenberg

NOMINEES FOR OUTREACH TREASURER



Sasha Hernandez-
Ticali



Jenn Stenberg

NOMINEES FOR MEMBERSHIP DIRECTOR



Mindy Rodriguez



Cassie Smith

Try your Luck Match the lucky symbol with its country

Shamrock 🍀	Japan
Cricket 🦗	Africa
Maneki Neko 🍀	Ireland
Scarab 🐞	Thailand
Elephant 🐘	England
Acorn 🌰	Egypt
Alligator Tooth 🦷	China



Mallory puts the finishing touches on her Cowboy Queso--a tasty complement to February's Chili Cook-off

Some Upcoming Dates

March 28
TS Volunteer Luncheon
March 22nd & April 12th & 26th
TS Open Nights
March 30th & April 27th
TS Work Nights
March 31st
Spirit Night @ Panda Express
April 1st - TS Bag Sale
April 20th - MMU
April 8 - FMSC Egg Hunt

Social Clubs:

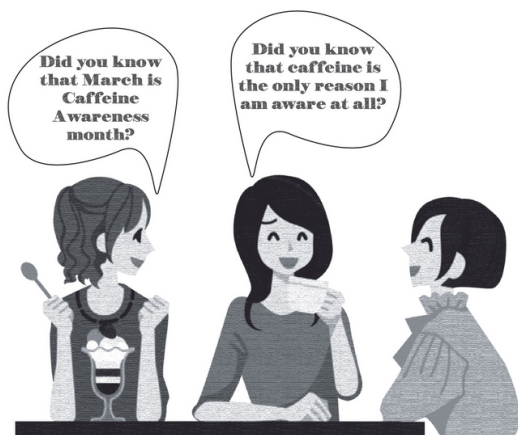
March 20th, April 10th & 22nd - Playdate Club
April 3rd - Cooking Club
March 17 - Bunco Club
March 20 - Book Club
April 28th - Wine Club

Save the Date!

April 29 - Clean Up! Fort Meade

Contact Stephanie Oberbeck
for access to the Google calendar

DAWNE LEE



Meghan and Lauren make good use of the beautiful photobooth to snap a selfie.
Thank you Hospitality Team!



FORT MEADE FOOD PANTRY

Presented by
The Fort Meade Spouses' Club

EVERY THURSDAY
11.00 AM - 1.00 PM



**LOCATED INSIDE THE POST THRIFT SHOP AT
392 LLEWELLYN AVE.**

AVAILABLE TO ALL RANKS AND STATUS
WITH A MILITARY ID

FOR MORE INFORMATION OR
IF YOU ARE IN IMMEDIATE NEED PLEASE CONTACT
OUTREACH@FORTMEADESPOUSESCLUB.ORG

The Fort Meade Spouses' Club 14th Annual CLEAN UP! FORT MEADE

APRIL 29, 2023




The Fort Meade Spouses' Club invites you, your family,
and friends to join us in the beautification of Fort Meade.

The Pinch is the product of the FMSC's Photography & Publications Committee with Meghan McDonald Carlson at the helm as Director.

Join us!

photopublications@fortmeadespousesclub.org