



The President's Corner

By Wilma Potts

FMSC Family,

In this President's Corner, I want to emphasize the importance of prioritizing our relationships within the club. Amidst the whirlwind of events, meetings, and external pressures, it's easy to lose sight of the human connections that lie at the core of our community. Now more than ever, we need to reaffirm our commitment to supporting, encouraging, and uplifting one another. Never forget that YOU are the most important component of the FMSC.

As we navigate the ever-changing landscape of our club, I find it crucial to reflect on our journey, acknowledge the current and upcoming changes, and chart a course that keeps our community at the heart of everything we do. Change is inevitable, and it's how we respond to it that truly defines us. While change can sometimes be unsettling, it also presents us with opportunities for growth, renewal, and a chance to refocus on what truly matters: each other.

Let us take the time to truly listen to each other – not just to respond, but to understand. Let us celebrate each other's successes, big and small, and offer a helping hand during times of struggle. Let us foster an environment of empathy, compassion, and understanding. I am proud to be a part of a club that values inclusivity and respect, and the bonds that are formed within our "walls" are like no other. Thank you for being a part of it!



Help out at our next Crabby Shack!
Details above



Ryane Page and Heather Rodgers enjoy each other's company at the MMU!

How lucky are you? We've stolen the leprechaun's lucky charms! How many did we hide here?

Who We Are, What We Do



Wilma Potts
President

The FMSC has been lead this year by Wilma Potts! Wilma has also served the club as Vice President & Parliamentarian. In addition to completing her duties, for example serving on the Post Thrift Shop Council and ensuring an annual audit is completed, she must also be available to be a support system for other board members while keeping the club's best interests in mind.

The office of the President is never an easy job to fulfill, but Wilma is utilizing all her assets and support systems to make this a great year for the Fort Meade Spouses' Club.





Milestones!

By Tonya Starbeck

This month we would like to highlight the anniversaries of each member who reached their one, three or five year membership! WE love highlighting and celebrating our members as much as possible so please be sure to let us know if you have something to shout out!

Two of our members have also begun new jobs which is always a reason to celebrate! Dawne and Akuaha have each embarked on new positions in the last few months. Have a look below to find out more!



Dawne Lee



Where do you work?
Fort Meade Commissary

When did you start your job?
February 2024

Is your company still hiring?
Yes for multiple positions

What drew you to apply for the job?
It was closer to home and paid more than where I was working. It also has a retirement program after working there for 20 years that will follow me through any pcs without having to start over again. Plus there are yearly pay increases and bonuses

Is your job remote or in person?
In person

What's the favorite thing about your job so far?
It is more physical work which helps me keep in better shape. I'm always busy so the day goes by fast, and there is a great team mentality between my co-workers. Everyone helps each other out.

Akuah Moreno



Where do you work?
Navy Chief of Information
CHINFO

When did you start your job?
January 2024

Is your company still hiring?
Periodically- usajobs.gov

Is your job remote or in person?
In person

What drew you to apply for the job?
Public affairs opportunities within specifically Community Outreach

What's the favorite thing about your job so far?
Outreach opportunities within communities. Navy Week support. Event support.

Our Director of Member Development, Tonya Starbeck, hands out each of our anniversary certificates!



Stephanie Oberbeck Vice President



The Vice President of the FMSC this year is Stephanie Oberbeck! In completing her duties, she has a number of big projects to handle throughout the club year.

Stephanie took us to outer space for this year's Children's Holiday party, which was a great success! She is also in charge of planning the Holiday Party and the Club Trip!

As Vice President, Stephanie also has downlink positions to support throughout the year. We love what you've done for us so far and can't wait to see what's next!





CELEBRATE



Mavi Conner
Parliamentarian



The position of Parliamentarian is an important and necessary job in the FMSC. The Parliamentarian keeps us on track during our meetings and makes sure we adhere to our Constitution, Bylaws and Standing Rules.

This year Mavi Conner is our Parliamentarian. You may know Mavi from previous years when she acted as our President, Vice President, Membership Director and more!

Mavi and her position are both integral parts of the Fort Meade Spouses' Club!



Congratulations and thank you to each and every one of you who celebrated a club anniversary! Our members are our lucky charm!



What I Want You to Know... About CrossFit

By Mallory Noble



I was only ever athletic in middle school. In high school I cheered and could run a mile if I had to, but I never had an actual desire to run or be athletic. As I got older, I would attempt gym memberships that went unused and start and quit “Couch to 5k” programs on the regular. I never even finished a workout program I started, not once. So why even start another one?

In April 2022 I was 12 weeks post op from a hysterectomy. Due to the restrictions following my surgery, I lost any stamina I had and weighed more than I have ever have in my life. I was stuck, I was uncomfortable, and I needed something to jumpstart my weight loss. Scrolling through social media, I found a post about a CrossFit Bootcamp. Although intrigued, I told myself, why sign up, you would never finish it. “You haven’t finished anything, you aren’t athletic, you can’t do this”, I told myself, truly believing the words. I was at rock bottom when it came to taking care of myself. I told myself it was this or nothing. You either do this and complete it, or you lose the fight to be active and healthy. I signed up and told no one. If no one knew, no one would be disappointed in me when I stopped.

The first week was the absolute hardest. We did benchmark exercises to track our progress and I could not even do a sit-up. I had to modify them, and I was in shock in how truly out of shape I had become. Three weeks in I finally told my husband and others that I was doing CrossFit. I kept going back, continuing to modify and making the most out of the workouts. A large part of why I kept going back is because of the community at Grounded CrossFit. After the bootcamp ended 16 weeks later, I felt accomplished. I had done something I have never done, I finished a workout program and had no plans to stop.

CrossFit is a physical activity for any body. Literally anyone, anybody can do it. Typically, workouts in CrossFit are listed as Rx’d, meaning being done as prescribed. There is also a scaled and foundations version of the workouts. Scaled refers to the difficulty being scaled to meet the needs of the athlete.

Foundations refers to the most basic of moves, typically with body weight to work up to being able to complete the scaled version of workouts. While some CrossFit gyms offer Foundations courses, they are not necessary. All workouts can be scaled down to whatever you are capable of doing. This is true for adaptive athletes as well.

While my favorite part of CrossFit is the community, the other aspect that keeps me going is doing things I didn’t think I would be able to do. This included doing box jumps for the first time, being able to do hanging knee raises, kipping into a pike, lifting barbells, completing two CrossFit Opens, and entering an Olympic lifting competition. I have so far to go, but I never hesitate to look to see where I have been and what I can still accomplish. This month I did my first RX’d workout for the CrossFit Open. I had originally completed it with the scaled variation and then kept telling myself, why don’t you just do it.

So what is it I really want you to take away from this article? CrossFit is worth checking out? Sure, that is true. That the CrossFit Community is one of a kind, will encourage you, and keep you coming back? Yes, that too. But what I really want you to know about CrossFit is that it helped me find a part of me that was buried so deep I forgot it existed. I was able to rediscover that I am capable and that I could push myself to see what I could accomplish next. It allowed me to see the worth and value of my body, what it can do, it continues to allow me so many opportunities to do so in an incredible supportive environment, and it could do the same for anyone-including you.

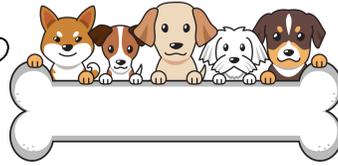


**NEVER
GIVE UP**

Mallory at Open 2023 and Open 2024 from Left to Right.

Our Best Pals

By Tara Varney



Apollo and Athena, the Jones Family dachshund duo, sit staring wide-eyed at me. Apollo quivers anxiously while Athena glares in my direction, sniffing the air with distrust.

"Well, hello, Athena and Apollo. How's it going today?"

Athena, a red long-haired dachshund, is about 15-16 years old (78 in dog years). She continues to glare at me. Her long white eyebrows twitch to the left, then to the right, as if to ask, "And just who are you anyway?" Apollo, who is only a year or two younger than Athena, inches forward at my outstretched hand, eager for a quick scratch but still unsure.

"Would you like a treat?" I grab a small bag from my pocket and hand a treat to each. At first suspicious, Athena looks from me to my hand and back again. She is overwhelmed by insatiable hunger and devours the snack, wagging her tail in gratitude.

"How about a belly rub?"

Upon hearing those words, Athena rolls over and exposes her belly while still watching me.

"Apollo, would you like one? I heard these were your favorites-peanut butter."

Catching the delicious scent, Apollo gobbles down the treat, then licks my hand clean to ensure no crumbs remain from my meager offering. Athena slowly walks towards the couch and swipes at something underneath it. What little remains of a white sock pops out. Athena gingerly lays down and starts greedily chewing.

"Mmm... I suppose you are finished here?"

She suddenly stops and gives me a piercing look of annoyance. She stands up, dragging her hind legs just a little bit. Whether out of routine or desperation to leave my company, Athena let out a short yip in Apollo's direction as she began to walk around the house, sniffing at the doors and looking around for any changes or unwanted guests. Apollo jumped in my lap, eager for a quick scratch and cuddle.

"Sweet boy."

Satisfied, he took off to join Athena on her routine patrol of the house. She was his best friend, and he would never let her be alone. The loyalty of this grumpy, old pair of dachshunds is one of the many reasons dogs are man's best friend.





THE POST THRIFT SHOP COUNCIL

All profits from the Post Thrift Shop are donated to the FMSC and are used to sponsor Community Outreach projects. It is important we support the store by volunteering there.



By Mavi Conner



MAVI CONNER

PRESIDENT

Leads the Council and oversees store operations, including hiring process & staff reviews.



ADRIANA FACIO COLON

VICE PRESIDENT

Assists the President in overseeing operations for the store and its employees.



WILMA POTTS

FMSC PRESIDENT

Supports the President and oversees the Council operations.



JEN DENTON

SECRETARY

Maintains calendar for Thrift Shop operations and takes minutes at all Council meetings.



MEREDITH HIXON

BUDGET COORDINATOR

Oversees financial operations and evaluates budget decisions.



SASHA TICALI

PUBLICITY

Creates all printed and digital ads. Manages the store's social media.



MALLORY NOBLE

VOLUNTEER COORDINATOR

Acquires, trains and retains volunteers. Enables ways to honor and motivate volunteers.



STEPHANIE OBERBECK

PARLIAMENTARIAN

Assists the President to manage meetings and advises on parliamentary procedures.

We would love to have you at the Post Thrift Shop when you get a chance. Just drop by! You will see an amazing team, motivated volunteers and great finds! Yes, you are allowed to shop from the main floor while you volunteer!

We are open for business on Tuesdays, Wednesdays and Thursdays from 9am - 2pm, on the second and fourth Wednesday of the month from 6pm to 9pm and the first Saturday of the month from 9am to 2pm.

We also have one Work Night a month on the last Thursday of the month, where FMSC members and their families can come and volunteer.

For more info and/or to coordinate an orientation message Mallory or send her an e-mail at Volunteer@PostThriftShop.org



Monthly Meet Up! FMSC Love Shack



Tara is always there to hide from a photo! Whether you enjoy pics or not, we love to see you at our Meet Ups!



Mallory and Ashley show a prize!



Meghan, Adriana, Dawne and Jenn pose for a quick snap at the MMU!

Friendship is the best shared with old friends and new!



The lovely ladies of the FMSC!



Some of our tasty treats!



Fundraising Opportunities

Flower Power
ONLINE FUNDRAISER

NATIONWIDE - NOW UNTIL MAY 15TH

50% of online sales will be donated to
The Fort Meade Spouses' Club

<http://fmsc.fpfundraising.com/>

For additional information please contact moralefundng@fortmeadespousesclub.org



Fun and Games

Scavenger Hunt Game

- | | | | |
|---|---|---|--|
| <input type="checkbox"/> Gold Coin |  | <input type="checkbox"/> Green Shirt |  |
| <input type="checkbox"/> Pot of Gold | | <input type="checkbox"/> A black shoe | |
| <input type="checkbox"/> Something Green | | <input type="checkbox"/> Striped Socks |  |
| <input type="checkbox"/> Shamrock |  | <input type="checkbox"/> Parade | |
| <input type="checkbox"/> Clover | | <input type="checkbox"/> Bagpipes | |
| <input type="checkbox"/> Something Gold | | <input type="checkbox"/> Cabbage | |
| <input type="checkbox"/> Leprechaun Hat | | <input type="checkbox"/> Corned Beef Sandwich |  |
| <input type="checkbox"/> Something Orange | | | |
| <input type="checkbox"/> Pipe |  | | |
| <input type="checkbox"/> Something Lucky | | | |
| <input type="checkbox"/> Horse Shoe |  | | |
| <input type="checkbox"/> Rainbow | | | |
| <input type="checkbox"/> Flag of Ireland |  | |  |
| <input type="checkbox"/> Barrel | | | |
| <input type="checkbox"/> Ribbon | | | |

To be a member in good standing you need to earn or purchase one fundraising hour each month! Here are two amazing ways to do that while getting something for yourself! Don't be afraid to share with friends and family and direct any questions to Meredith!

FMSC Fundraising Event

ROGGENART
Bistro & Cafe

Tuesday, April 30th
4:00pm - 8:30pm



6476 Dobbin Center Way
Columbia, MD

All the money we earn during our fundraising events goes back into our events and activities for our members, i.e. you! We love celebrating our members!

ST. PATRICK'S DAY

FINISH MY PHRASE

- | | |
|-----------------|------------------|
| shamrock _____ | party _____ |
| lucky _____ | Irish _____ |
| green _____ | eat _____ |
| March _____ | leprechaun _____ |
| happy _____ | parade _____ |
| celebrate _____ | potato _____ |

St. Patrick's Day ANAGRAM

HOW MANY WORDS CAN YOU MAKE FROM THE WORD "LEPRECHAUN" USING EACH LETTER ONCE?

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
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_____	_____



FMSC CLUBS

Try something new or enjoy your favorites!



Wine

Join us on March 22nd at 7pm for a night of comradery paired with some snacks and sips. Hope to have you join us!



Walk N Talk

Walk and Talk will meet again on April 19th at 9:30am. What's better than a nice walk with friends? Don't forget to come out and join us!



Bunco

Want to test your luck with a game of dice? We will be getting together for games and prizes at 7 pm on April 19th!

• PRIZES •



Book

Explore the book Starling House by Alix E. Harrow then come tell us how you liked it! We meet up on April 15th at 7:30pm.

Breakfast

Need a chat and a treat? Join us Friday morning April 12th at 9:30 and spend some time relaxing together.



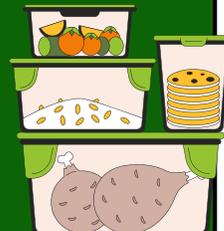
Playdate

Are you a playdate parent? We are looking for a new Playdate Club lead to organize our events when the weather is right. If this is your jam, let us know!



Cooking

Come for some recipe ideas and fun on April 2nd at 6:30 pm. Have a favorite recipe you'd like to share? Let our club lead, Mavi Conner, know!





Upcoming Events!

Food Pantry

Presented by Fort Meade Spouses' Club

Every Thursday 11:00 AM- 1:00 PM
Inside The Post Thrift Shop 392 Llewellyn Ave.

Available to all ranks & status w/ valid ID
For More Information or Immediate Need
Contact outreach@fortmeadespousesclub.org



2024 WANT TO HELP?
SIGN UP HERE!

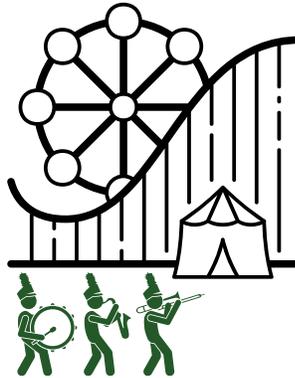


Are you ready to get involved? Support the Club and your community by volunteering at the Post thrift Shop!

Visit postthriftshop.org for store hours, volunteer info, and FAQs!



Club Trip is just around the corner! Enjoy some quality time with friends and ride some rides!



- Calendar Snapshot**
- Mar. 22 **Scholarship Meeting**
 - Mar. 26 **TS Volunteer Luncheon**
 - Mar. 27, Apr. 10, 24 **TS Open Night**
 - Mar. 28, Apr. 4, 11, 18 **Food Pantry**
 - Mar. 28 **TS Work Night**
 - Apr. 2 **Volunteer Admin Meeting**
 - Apr. 4 **JB Meeting**
 - Apr. 6 **TS 50/50 Sale**
 - Apr. 8 **Photography & Publications Meeting**
 - Apr. 11 **Community Outreach**
 - Apr. 13 **CLUB TRIP!**
- Social Clubs:**
- Mar. 22- Wine Club
 - Apr. 2- Cooking Club
 - Apr. 12- Breakfast Club
 - Apr. 15- Book Club
- Contact Ashley Jones for access to the Google calendar



The Pinch is the product of the FMSC's Photography & Publications Committee. This issue was curated & edited by Jennifer Denton.

Join us!

photopublications@fortmeadespousesclub.org

Do you love the Holidays? Are you a fan of witchcraft and wizardry? Be sure to check out our Children's Holiday Party planning committee meeting in April!

