



The President's Corner

By Mavi Conner

Finally, the summer is over!

I am so sorry if you are the type of person who loves the hot summer; I prefer the crisp and golden fall with all the amazing things that come with it! While you adjust to your back to school schedule, let me say that it is so refreshing to have you here, reading this newsletter, and being part of the FMSC. The newsletter team has put together this fantastic edition, and I can't wait for you to read it and share your favorite part with us!

If you are a brand new member and starting to get to know us a little more: Welcome Home! We are pleased to have you. Don't hesitate to ask questions. We are here to support each other and make military life just a little easier! As always, thanks for everything you do for our organization and for being part of the light our community needs most.

You are a shining star!



August 2022 MMU - "State Fair"

Member Snapshot

This month we are featuring a selection of Play Date Club & Outreach Committee Members



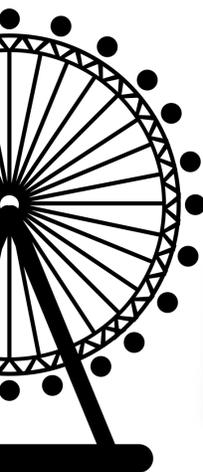
Maria Alkire
Co-Lead of Playdate Club

Current Neighborhood:
Laurel

Ask Me About:
My pets, goals for the future, journey to the States, Sweden, honestly anything!

Favorite Way to Play
Board games & video games

Park to Recommend:
Harpers Ferry in West Virginia





MISCHIEF IN MARYLAND **Bring on the "Ber" (Months)!**

By Laura O'Leary

SeptemBER and the "ber" months are finally here! The kids are back in school, and Fall is just around the corner. Life in Maryland also means the Renaissance Faire is here, and it ties in perfectly with our September Monthly Meet Up theme. Head down to Revel Grove and sample your way through five separate food alleys with dozens of vendors. Scotch eggs, fried macaroni, turkey legs, and all manner of things on a stick will delight your tastebuds and transport you back to a simpler way of living! If your sweet tooth gets a hankering, frozen fruit slushies, key lime pie on a stick, funnel cakes, and more can easily be hunted down! Spend some time at the stages watching the amazing performers, but definitely do not miss Ichabod Wainwright and the Wheel of Death!!

OctoBER is prime time for festivals, farms, and Halloween events. Old Stein Inn's Oktoberfest, Baltimore Japan Art Festival, and Crabtoberfest all take place the first weekend and all three of them are worth attending! Local farms have opened their corn mazes, have their harvest veggies on display, and all the apple cider you can consume. Heading into Halloween weekend, Baltimore will have a troll in the dungeon during their Witches and Wizards Weekend where you can perfect your spell casting and edible potion making...please note - Amortentia is off limits for all witches and wizards! For even more fabulously fun Fall festivals to frequent check out this QR code!



NovemBER allows us a chance to hearken back to September 6, 1870 when Louisa Ann Swain became the first woman to legally cast a vote in the United States since 1807. Get ready to cast your ballots for the U.S. Congressional level elections where 34 seats in the Senate and all 435 seats in the House are up for grabs! Make sure you request your mail-in ballot from your home of residence, or get suited up on November 8th to vote in-person at your local polling location. Check registration here



Ice Cream Station at the July MMU
"Scoop There it is!"



Katie Christly
Co-Lead of Playdate Club

Current Neighborhood:
Hanover

Ask Me About:
Anything!

Favorite Way to Play:
I love going to historic sites and museums

Park to Recommend:
Folly's Beach in Charleston, South Carolina--it's not as touristy as some of the other beaches [and] has a very laid-back surf community feel to it

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What I Want You to Know... is that You Are Not Alone

By Mavi Conner

Have you ever had an out of body experience? The feeling of being present but not . . . in a dream, in a nightmare.

Hello, my name is Mavi Conner and I am #OneInFour. One in four women suffer a miscarriage, still birth, or infant loss. Often families suffer alone and in silence; it shouldn't be that way, but I get it. It is hard, but what has helped me in my healing process has been the ability to talk about it when I decided I was ready to share.

What did I feel?

I remember, too clearly, the sounds of the doors being shut after the nurses left the room, the muffled voices of the doctors, my friends, my mom, my husband – all of them trying to make sense of what happened. Me? Feeling empty, angry, disappointed in myself, in my body. Devastated, hopeless, numb, and alone. I couldn't believe it happened again. Without a doubt, infertility and miscarriage have been the most heartbreaking things I've experienced.

What did you feel?

I want to hear your story as well. Talking about infertility and loss is convoluted, but if knowing that I have gone through it helps you feel understood, I am here to listen when you are ready. Everyone grieves in different ways, and no matter how long that baby was with you, they will

forever be yours. How long does emotional healing take? I don't have the answer to that. These losses are devastating. In truth, I don't want to get over it, or forget about it. I want to always remember my babies who we never got to meet.

If you have not gone through this, what can you say if you know someone that is?

This one is not easy. Emotions are high so navigate carefully; do not over do it, and keep in mind that saying: "I don't know what to say, I love you" is more than enough.

1. Some words that helped me: I am here for you. I cannot imagine what you are going through and know that I am here just to hold your hand. It is OK to be sad. I am leaving meals/coffees by the door for you and your family. You don't need to say anything, I am just here to remind you that you are loved.
2. Speak their names: I did not have the opportunity to name all my babies, just one of them. His name is Marc James, and every time I hear his name, I receive affirmation of his short existence and acknowledgement that those I love share my feelings. Their love is unconditional and that is a priceless comfort.
3. **VERY IMPORTANT:** Ask the other parent if there is anything you can do for them. For a couple who lost a baby, the grief is unimaginable. Occasionally,



PREGNANCY & INFANT LOSS

Awareness Month

October

one is trying to push the pain down to be able to "be strong" for the other. Validate both of their experiences.

October is National Pregnancy and Infant Loss Awareness Month. During the entire month, we take time to honor and remember those who have lost a child during pregnancy or lost a child in infancy. This is an opportunity to normalize loss, erase the stigma associated with it, and honor those babies we have lost.

To anybody hearing the words, "There is no heartbeat," "The sac is empty," or "We did everything we could to save your baby." To those who sat crying on the toilet, or in bed, or in the bath – I hear you, I feel you, and you will survive this. You are not alone.

All my love, Mavi



If you or someone you know have experienced a pregnancy loss or the death of a baby and need support, there is a 24/7 hotline available provided by FirstCandle.org - 1-800-221-7437



WILDERNESS WONDERS

Berry (Pickers) Beware

By Jennifer Denton

Have you ever been out walking and noticed some delicious-looking berries? Maybe they are in the woods or near your house? Not all berries are friendly so let's talk about one you and your kiddos should avoid.

At my house I have quite a few potted plants that spend the summer outside on the back porch. Last year a new plant blossomed in the pot next to a small blueberry bush and my husband pointed out the beautiful 'blueberries' that had jumped pots. I was quick to let him know that the new plant was a weed called Pokeberry and eating it can cause serious illness in adults and can be very harmful to children. Some symptoms include pain, nausea, vomiting and diarrhea.

Pokeberry is easy to distinguish from other berries because of its red stem and deep purple berries. The berries stain fingers and anything else that comes in contact with them so if you do notice your child with stained fingers or lips you should consult poison control.

On the other hand in this area, you can also find blackberry bushes, which of course are edible. Blackberries grow on thorny, three-leaf bramble bushes (not to be confused with Poison Ivy, which has no thorns). On Fort Meade there are a few areas that have berry brambles, however, I would not recommend picking from them if you get the chance. The base may be spraying for pests or weeds and you could get sick from ingesting these leftover additives.

The best choice to pick berries in this area and stay safe is to check out one of the wonderful local farms that offer berry picking, like Larriland Farm in Woodbine, Maryland.

Check their daily harvest



Stay safe and happy berry picking!



Pokeberries look innocuous but are in fact quite harmful



Poison Control
1-800-222-1222

Call 911 right away if an individual collapses, has a seizure, has trouble breathing, or can't be awakened.



As long as we're talking about traipsing through underbrush, let's review which leaves to avoid!



August MMU Fun
Soda Bottle Ring Toss Winners



Laura Duncan, Mallory Noble, and Jenn Stenberg being silly at the August MMU

5th Annual Back to School Bash

By Dawne Lee

August is well known as the month of "Back To School" preparations and this year The Fort Meade Spouses Club really "bashed" it out of the park. That's right, it was our 5th annual Back to School Bash!

This amazing program began as the silver lining answer to the club's cloudy outreach results from participating in a string of rainy "National Night Out" events. Not to be deterred, FMSC board members got together and brainstormed ways to complete our mission to give back and supply military families for the upcoming school year. Thus, the "Back To School Bash" was born in 2017.

This year the response was huge. So huge, in fact, that the original registration cap had to be raised from 250 backpacks to a whopping 397! Event partners included the USO and Fort Meade Fire Department helped deliver a fun and engaging time for all, with activities ranging from climbing on fire trucks to leaving with backpacks and goody bags.

Here's to a fabulous school year, Fort Meade!



Kids grabbing backpacks and checking out the fire engine

Months of preparation and loads of help on the day ensured a smooth, joyful event at Potomac Place Community Center.



Laura Duncan

Outreach Committee member

Current Neighborhood: Millersville

Ask Me About: My passion of helping Soldiers & spouses through a variety of volunteer positions...it's so rewarding!

Favorite Way to Play Family time! Swimming, making dinner together and when it's cooler, dominoes, and board & dice games

Park to Recommend: In my home state, Michigan, I really enjoy Mackinac Island, Makinaw City, and St. Ignace



Sasha Hernandez-Ticali helps young patrons select their backpacks for the 2022-2023 school year



Every Dish has a Story: A Culinary Tour

By Erika Shaikh

Everywhere we go, we see that food is an integral part of cultures, traditions, and identity as it creates a connection between our beliefs, lifestyle, ethnicity and cultural heritage.

Food is truly a cultural storyteller, and as we celebrate this year's Hispanic Heritage Month, let's take a peek at some diverse Hispanic cuisines from Mexico to South America and explore the stories and history behind each flavorful dish.

Mexico: Tamales

Mesoamerica's first "grab and go" treat and an icon of Mexican food, tamales are made of masa (a dough made from processed corn), which is steamed in a corn husk and can be filled with meats, cheeses, fruits, vegetables, herbs, or chilies.

The Spanish word *tamal* derives from the Nahuatl *tamalli* (language of the Aztecs) which means steamed cornmeal dough. When the Aztec and Mayan civilizations took over the area, they were influenced by the previous cultures and in that spirit, the Tamale was incorporated into the everyday Aztec and Mayan lives, spreading throughout Mexico and all of Central America.

A food carried by warriors on long journeys. A dish that continues to stand the test of time. Creatively and deliciously crafted from indigenous ingredients, we give you . . . tamales!

Historians believe tamales can be traced back to 8,000 BC to 5,000 B.C.

Try a recipe



Try a recipe

Caribbean: Arroz Con Gandules (Puerto Rican Rice with Pigeon Peas)

Arroz Con Grandules (Puerto Rican rice with pigeon peas) is the island's national dish. It is a flavorful Puerto Rican rice made with grandules (pigeon peas), green olives and a Puerto Rican special sauce known as sofrito all cooked in the same pot.

The history of this dish started when the Spaniards brought rice to Puerto Rico around the 16th century, and Puerto Ricans learned to effectively use the techniques for growing rice on the island. Later on, Puerto Rican immigrants brought this dish to Hawaii in 1900 as they went to work on sugar plantations; this dish served a lot of people and helped them get through a long day of hard work.

Today, Arroz con Grandules is considered a celebratory dish. This dish will remind you of hard work and humble beginnings. The richness of flavor and ingredients will not only connect us to Caribbean culture but also to Spanish influences. This dish is very diverse in heritage.



Lajas Experiment Station (part of University of Puerto Rico-Mayaguez) is key to developing new strains of rice

Sugar cane, coffee and corn are also grown in Puerto Rico

South America: Ceviche

Ceviche originated in Peru, and this national dish consists of raw fish marinated in lime juice or vinegar, chillies (aji limo and aji Amarillo) and onions and it is deliciously refreshing.

Peruvian Ceviche (also known as Peruvian sushi) can trace its roots to the Incas (Peru and Ecuador). Long before the Spanish introduced limes and other citrus fruits, the Incas were marinating raw fish with acidic fruits from the Amazon for many hours, but over the years, Peruvians have modified their Ceviche technique, thanks to the influence of Japanese immigrants.

This popular Peruvian dish is a melting pot of different heritages and cultures. This reminds us how different nations and peoples can be connected within one flavorful dish.

INSTRUCTIONS

- Fresh wild ocean fish (red snapper, tilapia, corvina, sea bass, mahi-mahi, halibut, dorado, or Shrimp)
- Lime juice
- Red onion
- Cilantro
- Aji limo and aji amarillo
- Salt and pepper
- Optional: avocado, radishes



Slice the red onion thinly with the grain, and toss in a bowl with 1 teaspoon salt and the lime juice, coating well.

Add the fish, garlic and fresh chilies, and gently mix. Add the tomatoes, cucumber, cilantro and olive oil, and give a stir and marinate in the refrigerator for at least 30 minutes before serving (45-60 minutes is ideal). The longer you marinate the firmer and more “cooked” the fish will become.



Try a recipe

Central America: Pepián de Pollo (Guatemala, El Salvador, Honduras, Nicaragua, Costa Rica)

Pepián de Pollo is Guatemala’s national dish, born out of the fusion of the Spanish and Mayan cultures. The Maya-Kaqchikel ethnic group originally made Pepián and it is one of the oldest dishes still cooked in Guatemala. Pepián is a spicy stew and the recipe has changed over the years, adding European spices and vegetables to the already spicy base. It is usually served over rice with corn tortilla, but can be enjoyed as a soup, too.

This mixture of flavors in different Hispanic Cuisines is an excellent reflection of the cultures from different countries. Food plays an integral role in our lives and the food we eat reminds us all that we are intricately intertwined with other cultures and heritage.



Aji Amarillo Peppers



Guaque Peppers

Here's an incomplete guide to fresh & dried chili peppers, including tips on roasting





Post Thrift Shop Finds

By Mallory Noble

With the kids back in school and cooler weather on the way, Fall is unfolding, and October is almost here. This can only mean one thing: celebrating another year at the current location of the Post Thrift Shop!

Five years ago on October 7, 2017, the Post Thrift Shop reopened its doors at 392 Llewellyn Avenue after relocating from further back off Ernie Pyle. Moving to this centralized location allowed us to be easier find and more visible to our incredible Fort Meade Community.

This new location also offered an incredible amount of additional square footage, allowing us to provide a more elevated shopping experience with more sales floor space than ever before. This has made it even easier for to discover some fabulous "Post Thrift Shop finds."

Dawne Lee who shops and volunteers at the Post Thrift Shop was excited when she found retro print soup and salad bowls. 



Dawne says, "it's always so fun to find these really cool things" and finding a hidden gem is like "winning a prize."



This chic mirror retails for about \$60!

For me, decorating on budget seems like a key part of military life. I was blown away when I found this brand-new mirror for only \$15 on consignment. I can't wait to find the perfect place for it in my home and my husband loves that I didn't pay retail. Add to that, our purchases support the Fort Meade Community. It really a win-win all around!

I invite you to stop by the Post Thrift Shop anytime, but especially for our Anniversary Celebration on Saturday, October 1, 2022 from 9:00am – 1:00pm. There will be a bag sale, new coupons, beverages, snacks, fun to be had, and "Post Thrift Shop finds" to be claimed.

Eager to share about the treasure you discover? Email it to ThriftShop@FortMeadespousesclub.org and you might be featured in an upcoming issue of The Pinch's "Post Thrift Shop Finds."



The discount from volunteering meant Meghan could replace her ratty salmon napkins with four fresh navy ones for \$1!

Some Upcoming Dates

Sept. 28 & Oct. 12 - TS Open Night
 September 29th - TS Work Night
 Oct. 1st - TS Bag Sale & Anniversary
 October 20th - MMU

Social Clubs:

October 3rd - Cooking Club
 September 19th - Book Club
 September 23rd - Wine Club
 September 24th - Playdate Club

Save the Date!

November 19th - Holiday Village
 Dec. 3rd - Children's Holiday Party

Contact Stephanie Oberbeck
 for access to the Google calendar

FORT MEADE FOOD PANTRY

HOSTED BY THE FORT MEADE SPOUSES' CLUB



| | |
|--|---|
| FREE GROCERIES INCLUDE: | AVAILABLE TO: |
| <ul style="list-style-type: none"> • canned goods • grains • non-perishable items | <ul style="list-style-type: none"> • those with a Military ID • all ranks • all service statuses |

located INSIDE the Post Thrift Shop at 392 Llewellyn Ave.

OPEN EVERY THURSDAY

11AM - 1PM



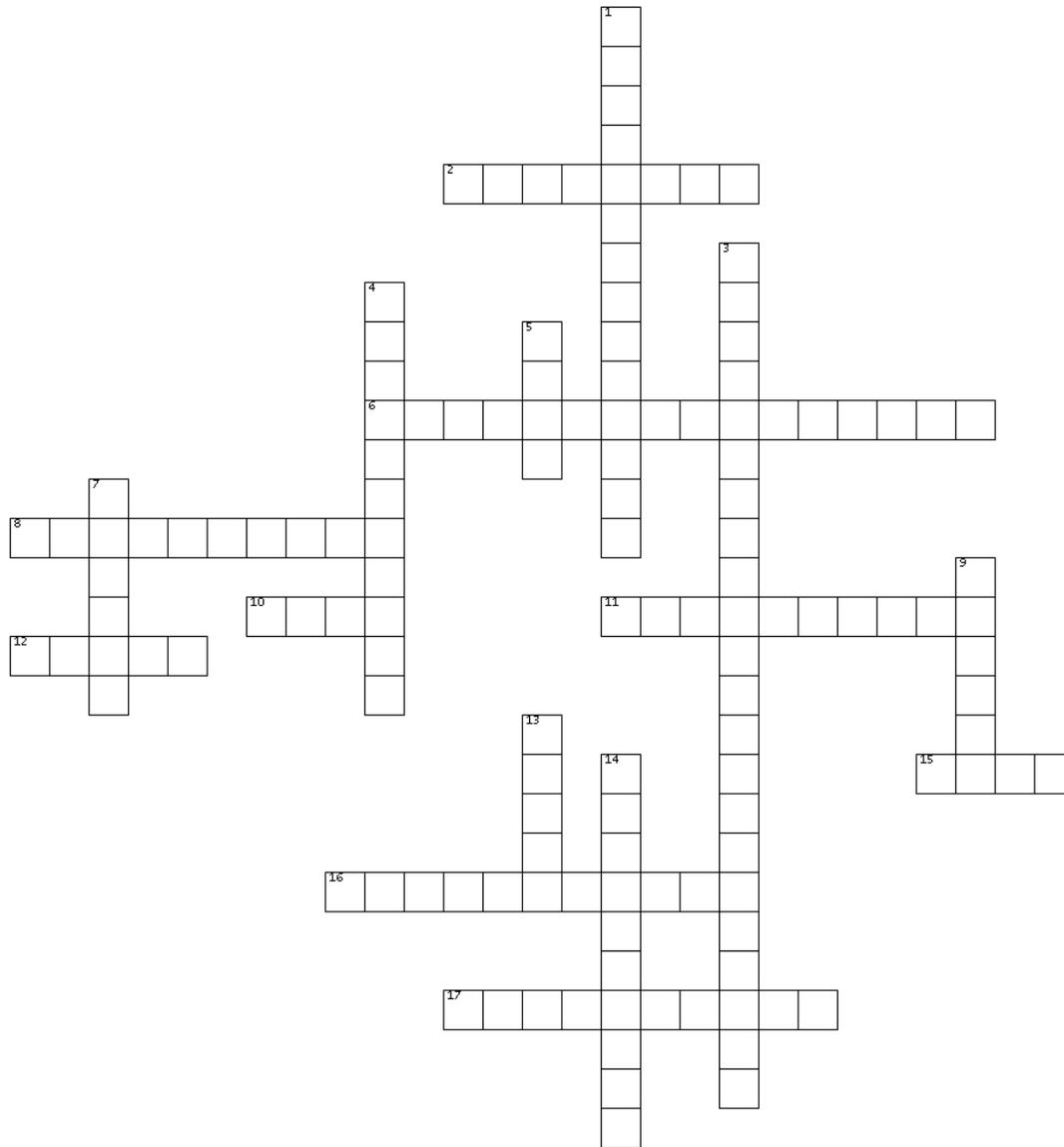
If you or your family require aid immediately, please contact:
 outreach@fortmeadespousesclub.org



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



ACROSS

- 2. "We can do more _____ than any one of us can do alone"
- 6. I climbed on a firetruck and left with a backpack, where am I?
- 8. _____ are the heart of our organization
- 10. What is the capital of Peru?
- 11. Where can you find scotch eggs, turkey legs, and the Wheel of Death?
- 12. Gettysburg General
- 15. After which war was the Club founded?
- 16. Who is our Award of Excellence Scholarship named after?
- 17. She may be our most senior member, but she's not the adultier adult!

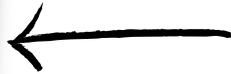
DOWN

- 1. Where does the money in our outreach fund come from? (Hint - they have the best shopping on post!)
- 3. Intelligence Agency on Fort Meade
- 4. What is the name of our fundraising table where you can find R.E.D. shirts, hair headbands, ornaments, stickers, and more?
- 5. What did Louisa Ann Swain do in 1870?
- 7. Maryland's favorite seasoning
- 9. Color of the rose in our logo
- 13. How many South American countries do the Andes Mountains cover?
- 14. Which Latin American capital has the most museums of any global city?

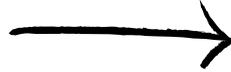
HAVING FUN WITH THE FMSC!



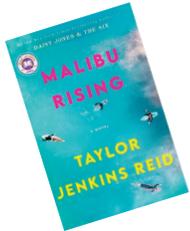
Fall Family Fun Day at Gaver Farm



Dawne & Ronin mastered the Corn Maze!



August Book Club



July's Bunco Gathering: "Bring Back Retro"

