

States are encouraged to send copies of their newsletters and annual reports to National board members. The information in these gives the board a more in-depth picture of what is happening in FCE. I am sharing what some states have done by selecting one or two items from the latest newsletters that I have received.

Alaska – the AK Annual Conference was full of FCE/FCL information from the National FCE Conference being shared with state members. How else are FCE members going to hear about what goes on at the national level unless the states pass on this information? The AK newsletter is always very informative and full of “happenings” from around the state.

Maryland – Maryland FCE does a good job in keeping the members abreast of ACWW and international news and the public policy issues that are pertinent for Maryland residents. At their annual conference members were asked to indicate what “101 Things to do With Your Family” poster activities they participate in. The most popular activities were playing cards, taking walks, reading, biking and swimming. *Contact National HQ for a poster with the complete 101 list.*

Michigan – The 2008 fall newsletter contained the complete list of MI State Board members and committee chairs. Having these lists available makes contacting any of those officers and chairs easy for all members. News from county and district meetings keeps everyone informed of what goes on around Michigan. To reduce costs, the MI FCE board has been reduced by two and the position of Membership Recorder has been eliminated.

Missouri – The Pleasant Center Club in Grundy County celebrated its 60th anniversary last May. Congratulations! Detailed reports were printed from district meetings. Contributors to the Missouri Foundation for FCE were publicized. This is a very viable foundation in Missouri. The list of district officers and committee chairs is published annually for members.

Nebraska – The Extraordinary Women celebration from 2008 was highlighted. This was a National FCE event for each state to have one woman recognized at the FCE National Conference in Burlington, VT. Honored at the Nebraska Conference were: Mary Lou Christensen, Kathaleen Mead and Gloria Meek. Gloria was selected as the national entry. Her family and friends were in Burlington to receive her posthumous recognition.

Hawaii – Hawaii is great at recognizing members for their achievements with photos and articles. Vice President Diane Hultman wrote an interesting article titled “What Does R&R Mean to You?” It could mean “rest and relaxation”, “respect and responsibility”, or “refreshed and rejuvenated”. Or all three, as her column explains about a Hilo Council get away camp.

Kansas – In the December 2008 issue of this newsletter, President Marcy Price had a report on events at National Conference in 2008 and a plug for the KAFCE bus trip to Portland, Oregon. The 2009 FCE and FCL lessons were described for the coming year. If a KS member finds her/his membership number within the newsletter, a prize awaits for letting Marcy know.

West Virginia – Members are proud of the \$20,000 Susan G. Komen for the Cure grant they received in 2008. This is used to provide mammograms for women ages 40 to 49 who are uninsured or underinsured and for breast cancer awareness education.

Keep sending those newsletters and reports to inform the National Board of your good works.



Carolyn Ropp, President



**FCE 2009 Conference
Friday, July 10, 2009 through Tuesday, July 21, 2009**

RESERVATIONS MUST BE RECEIVED BY Friday, June 19, 2009
IN ORDER TO INSURE ROOM AVAILABILITY AT THE GROUP RATE.

These rates are available **Tuesday, July 7, 2009-Thursday, July 23, 2009**

1 King Bed (1 – 2 People) \$99.00

Junior Suite (1 – 2 People) \$124.00

2 Double Beds (2 – 4 People) \$99.00

*Rates are subject to local taxes (12.5%)

OTHER REQUESTS :

Smoking

NON-SMOKING

NAME 1	ARRIVAL DATE _____
	DEPARTURE DATE _____
NAME 2	ARRIVAL DATE _____
	DEPARTURE DATE _____
ADDRESS	
CITY/STATE/ZIP	PHONE
CREDIT CARD NAME:	EXPIRATION DATE
CREDIT CARD NUMBER:	
NAME AS IT APPEARS ON CARD:	

FIRST NIGHTS DEPOSIT OR CREDIT CARD GURANTEE MUST ACCOMPANY THIS RESERVATION. RESERVATIONS MAY BE CANCELLED UP TO 6:00PM (PACIFIC STANDARD TIME) ON THE DAY OF ARRIVAL WITHOUT PENALTY.

Check in time after 3pm

Check out time is 12 Noon

YOU MAY FAX THIS FORM TO (503) 256-5631, MAIL THIS RESERVATION FORM, OR CALL US DIRECT

**MENTION THAT YOU ARE WITH FCE 2009 CONFERENCE (BLOCK CODE AFC)
TO RECEIVE SPECIAL RATE!!!**

Holiday Inn Portland Airport
ATTN: Reservations
8439 NE Columbia Blvd
Portland, OR 97220

Phone (503)-256-5000/1-800-HOLIDAY/ Fax 503-257-5631

You can also book online at http://www.ihg.com/h/d/hi/1/en/rates/PDXAP?groupBookingCode=AFC&_IATAno=99801505

TOURS FOR 2009 CONFERENCE-PORTLAND, OREGON

TOUR A

Thursday, July 16

8 am to 5 pm

See the world's fastest spy plane and the renowned Howard Hughes *Spruce Goose*, then view the lavender fields and vineyards of Oregon's wine country. Lunch at a popular oceanside community where windsurfing is a favorite sport. We'll enjoy a scenic trip along the Pacific coastline where passing whales can often be seen from several viewing hot spots along our route.

TOUR B

Monday, July 20

8 am to 5 pm

See the unbelievable fish ladders before touring the Bonneville Dam. We'll see the exquisite Multnomah Falls, 11 other falls and drive below the 2,000 foot tall cliffs in the breath taking Columbia River Gorge. Lunch is at the exclusive Columbia Gorge Hotel, then enjoy a real "fruit loop" in the Hood River Valley where apples, cherries, pears, pumpkins and grapes grow in abundance.

TOUR C

Thursday, July 16

8 am to 5 pm

Tour the Pendleton Woolen Mills, then shop at this one-of-a kind outlet. You'll also see the devastation of Mt. St. Helens where the immense effects of the 1980 eruption can be experienced. Enjoy the scenic drive to the Johnston Ridge Observatory where a short video recreates the eruption. We'll visit the Silver Lake Center where you can walk inside a model of the volcano.

TOUR D

Monday, July 20

8 am to 5 pm

Experience the "rest of the story," the end of Lewis and Clark's historic journey to the Pacific. Fort Clatsop, Astoria and the Heritage Museum give an overview of what the explorers discovered. You'll enjoy a scenic Pacific coast drive to Tillamook for a tour at an award winning cheese and ice cream production outlet and its unique shopping. Lunch is at Seaside, the state's largest and oldest ocean resort.

Reservations due by April 15, 2009

Name _____

All Tours \$99.00

Address _____

Lunch included in all tours

City, State, Zip _____

**Please state 1st and 2nd choice
for either/both days**

Phone _____

Thursday, July 16th

_____ Tour A \$ _____

_____ Tour C \$ _____

Email _____

Monday, July 20

_____ Tour B \$ _____

_____ Tour D \$ _____

Make checks payable to and mail to:

D'Lightful Tours

3672 H Road

Dunbar, NE 68346

402-269-2616

308-246-5383

darudolph@juno.com

hestenson@juno.com

Total enclosed \$ _____

National FCE and the Entertainment Software Rating Board or ESRB have worked together since August 2006. ESRB has written articles for the FCE TODAY and has written a "letter of support" for our grant writing applications. ESRB provided National FCE with its rating system brochure for video and computer games which were distributed at National FCE Conferences. This brochure is available at their website www.esrb.org. It is a good compliment to the FCE Ratings/Information Symbols Bookmark. See page 6-3 to order. FCE's Professor Media recommends both items to parents for assistance in making informed decisions regarding these media sources.

Judy Fullmer, Vice President for Program

The National Institute on Media and the Family, a conservative watchdog group that has criticized the game industry in the past, recently issued its annual video game report card. For the first time, the industry got nearly straight A's from the Institute.

"This year the industry has improved its ratings enforcement and given parents new tools when choosing the right video game for their child" said David Walsh, National Institute on Media and the Family president and founder. That's a significant step in the right direction. However, the group gave parents an 'incomplete' for not consistently using the information provided by the Entertainment Software Rating Board, EC-early childhood, E-everyone after age 6, E10+-everyone 10 and older, T-teen and M-mature, age 17 and older.

"Now that we parents have the information tools we need, we have to step up and do our jobs," Walsh said. "There are still too many kids playing M-rated games and too many kids playing for far too long."

Source Sarah Shulz, Grand Island, Nebraska Independent Newspaper

CELL PHONES

REMINDER.... all cell phone numbers are being released to telemarketing companies and you will start to receive sale calls.

YOU WILL BE CHARGED FOR THESE CALLS...

To prevent this, call the following number from your cell phone: 888-382-1222.

It is the National DO NOT CALL list It will only take a minute of your time. It blocks your number for five (5) years. **You must call from the cell phone number you want to have blocked.** You cannot call from a different phone number.

HELP OTHERS BY PASSING THIS ON TO ALL YOUR FRIENDS.

After last year's Family Community Leadership (FCL) Day, participants were asked to make comments or evaluate the day's presentations. With these comments in mind, the FCL team is putting together an exceptional FCL Day for 2009.

Leadership, Interpersonal Communications* - Having trouble getting your 2 cents worth in? It may be the "amount" you are using. Carolyn Ropp and Bettie Lucas will present "Point Made!" which demonstrates how to turn copper into silver and gold when you speak.

Public Policy - What is Public Policy?* Susie Martell and Karen Walker will help you understand how public policy affects you and your family as they teach, "What is Public Policy?" Learn some steps to changing/making public policy decisions.

Issue Analysis and Resolution "Change"* - what is it? And are you ready? Do we really change or do we stay the same? Come find out if change is happening in your life and if so, how to deal with it. "Change Happens Amidst New Great Experiences = CHANGE". It will be presented by Sheila Jackson and Ruth Mellor

Group Process, Parliamentary Procedure * - Oarlene Wingate and Denise Smith will help us understand and be comfortable using Robert's Rules to lead or participate in meetings in a sensible way.

Come and get answers to increase your knowledge base. Come join the team to make a difference in your community.

*FCL Categories

Bonnie Teeples
Vice President for Public Policy

WE REMEMBER

Sympathy is extended to the friends and family of Rita Bastek. Rita served as the Maryland State President from 1978-1980. She was also chosen as MD's Extraordinary Woman in 2008

HANDBOOK CORRECTIONS

Please make the following corrections/changes in the 2009 Member Handbook

Page 1-7 Lynda Nyseth email: lyndatrose@aol.com

Page 1-8 Margaret Mai email: margaretmai@earthlink.net

Page 2-4 CO State: Secretary Jodie Knoob
316 Washington St, Monte Vista, CO 81144
Phone: 719-587-2370, Email: slv_jo@hotmail.com
Treasurer Wanza Fontenilli email: wcfontane@msn.com

Page 2-7 OR State: VP for Public Policy Patricia Sanders
email: callsands@qwest.net

Page 2-8 TN State: VP for Program Judith Violette
email: vjudith7@aol.com
VP for Public Policy Kay Baker email: birdk@charter.net
Treasurer Charlotte Moser
152 West Meeting Street
Dandridge, TN 37725, Phone: 865-940-1116
Email: cimoser@hotmail.com

THANK YOU! THANK YOU! THANK YOU!

December 19 I underwent back surgery. The titanium rods installed three years ago had broken. They were replaced with stainless steel rods. After one week in the hospital and two weeks in a rehabilitation hospital, I am home undergoing outpatient physical therapy. I need to learn how to stand, walk and do simple tasks in different ways, since I cannot bend other than at the neck and hip.

Those of you who saw me in Burlington last year, will be surprised at how tall – 5’ - and straight I am now. I thought I would be taller than Bettie Lucas, but at least I am 3" taller than I was when all bent over. (That is a joke between Bettie and me.)

Judy Fullmer, Vice President for Program, assumed the FCE President's chair for a month. She, with the Executive Board and Judy Jones, handled the normal daily FCE business well. So I had no concerns about FCE while recuperating.

The cards, calls, thoughts and prayers I have received after my back surgery lifted my spirits more than I can express.
THANK YOU!

Carolyn Ropp
National FCE President

COUNTRY-OF-ORIGIN LABELING

Consumers have heard of country-of-origin labeling for several years. There are pros and cons of the laws introduced in the 2002 and 2008 Farm Bills, but never the less, it is now law that most food products must have this labeling.

As of September 30, 2008, the following products are covered: *beef, lamb, pork, fish, chicken, fresh and frozen fruits and vegetables, peanuts, macadamia nuts, pecans, and ginseng.* The labeling in grocery stores can be by various methods including signs, placards, and stickers.

Restaurants, lunchrooms, cafeterias, and food stands are exempt from the requirements. Processed foods or "blended" foods, such as a pre-packaged mixed salad, are exempt. Stores can label foods not indicated in the law, as long as the labeling is truthful.

If you attended the Mid-Year Leadership Seminar in Washington D. C. in February 2003, you probably remember the introduction of COOL (Country of Origin Labeling) by Barry Carpenter from the USDA's Agricultural Marketing Service. This was one of those events when National FCE members were first to hear about this new government regulation effecting consumable agricultural products.

For more information, visit the USDA's Agricultural Marketing Service (AMS) website at www.ams.usd.gov.

Carolyn Ropp

FARM WOMAN OF THE YEAR

Janet Kline, Southern Region Program Coordinator was chosen as the '2009 Farm Woman of the Year' by Virginia's Farm Bureau Federation. Part of her duties as 'Farm Woman of the Year' will be to travel the state and share her knowledge of agriculture with others.

Janet contributes her love for farming to her father who taught her to make "farming fun". Along with her late husband Ronald, she raised their children on the farm. All are currently involved either on the farm or in agriculture of some form.

Janet is also very active with FCE and other projects in her community. Congratulations, Janet, we are very proud of your accomplishments.

KNOW YOUR NATIONAL BOARD

I joined Trousdale family and Community Education as a young bride. In a rural community, the best way to get acquainted is to join in. My mother-in-law took me to my first meeting.

I got married right out of High School, so FCE has been my source of knowledge for 49 years. I have served as Club President, Council President, State Membership Committee, Area Director, State Secretary, State EPC Committee and now National Secretary.

My husband Clinton and I farm near Trousdale, Kansas. We farm with our youngest son. We raise corn, soybeans and wheat. We have 3 children and 8 grandchildren. We will celebrate our 50th wedding anniversary in June.

I enjoy baby-sitting, reading, traveling and volunteering. I love to give lessons and share what I have learned with others. We were honored in 2006 as Master Farmer/Master Farm Homemaker. I am also President of our County Farm Bureau and in 2001 we were one of 10 Farm Family of the year award winners in Kansas.

If you are interested in expanding your knowledge and horizons, then FCE is for you. I am looking forward to serving on the National FCE Board for the next 3 years.



Bonnie Russell
National FCE Secretary

REASONS I OWE MY MOTHER

My mother taught me TO APPRECIATE A JOB WELL DONE.
'If you're going to kill each other, do it outside. I just finished cleaning.'

My mother taught me RELIGION.
'You better pray that will come out of the carpet!'

My mother taught me about TIME TRAVEL.
'If you don't straighten up, I'm going to knock you into the middle of next week!'

My name is Kara Pettit and I live in Hastings, Nebraska. I have been an FCE member since 1994. My FCE experiences have been rewarding at all levels; local, county, state and national. I have held an office for almost as many years as I have been in FCE and have been delighted to present many Hearth Fire lessons as well as Leadership Lessons at both county and state conferences. Most recently I was the Vice-President of Nebraska FCE. I have been fortunate enough to attend National Leadership Training at Mid-Year Conferences as well as at National Conferences. My most rewarding experience so far was co-presenting a session on "Concoctions in the Kitchen" in Alaska! I am honored to be your new National Board Member.



Kara Pettit
Central Region Public Policy Coordinator

Kara was appointed to fill the current year of this position after the resignation of Ida Malson. Applications will be accepted to complete the remaining two years of the term at the 2009 Annual Conference. Contact National FCE Board Member Barbara Brown, Nominations Chair, for more information.

REQUESTS FROM HEADQUARTERS

Please allow 3-4 weeks before the date you need items when placing orders. I receive many request for items wanted within one or two weeks. I try to fill all orders by the date needed but I can not always meet your deadlines. Please help me by ordering in advance. Mark your calanders 30-60 days before your meetings and order early.

EEmail at headquarters is: nafcehq@fuse.net
Some of you are still using our old email address: nafcehq@juno.com that was changed over a year ago. We have cancelled our subscription with Juno and I may not receive your emails. Please change your records.

Thanks for your help,
Judy Jones
National FCE Headquarters

Dear National FCE:

Thank you for helping me Wednesday afternoon to order some angel pins.

My hope each year was to go to the State Conference, meeting new people and learning new things to do. But since arthritis in my knees and the ankles and now my shoulder I have not been able to go for more than six years. Our club president and some members always go and bring back an interesting report and new ideas they have learned.

I have been a club member for 51 years and have held club office and county. Helping with the annual flower show for over 50 years; money making projects and giving the money to the Rescue Unit, Fire Department, Food Bank and many other projects in needing money.

It will be easier for me to get to the meeting each month with the mini bus. My club members come to my home in the country. I would furnish lunch and then the meeting and lesson and visiting.

Sincerely yours,

Lorene Rockemann
Humboldt, NE

Dear FCE

My sincere apology for not writing this letter sooner. I thank you so very much for the first timer scholarship to the National convention in 2008. I had no idea what to expect and was pleasantly surprised to be greeted by so many FCE ladies from all over the U.S.

It was a wonderful learning experience and I will continue to support the FCE organization.

Thank you and my deep appreciation

Joan Josefiak
Rozel, KS

The key to a better life:
Complain less, appreciate more.
Whine less, laugh more.
Talk less, listen more.
Want less, give more.
Hate less, love more.
Scold less, praise more.
Fear less, hope more.

- Michael Josephson

Dear FCE,

I've been an FCE Extension Unit and Home Demonstration member for 68 years. Due to health matters now at 89 years of age and living the distance from other members I should quit though I greatly don't want to. I gave obtained lots of good factors for my life and family and of helping others.

I joined in the summer of 1940 when I was 21. My husband's two sister-in-laws took me and paid my dues. The meeting was at a county school with a large attendance of members. They had invited young women and a number of teen age girls. A noon meal was prepared on a little kerosene stove and ovens. The menu included coated pork chops, baked carrots and some other side dishes and a pineapple upside down cake. I used to have the recipes.

We were the Happy Homemakers unit and meet in homes until we became a large group then we went to a county school house taking it over as a community center. We had a large number of young women with small children. As a rule we had 30 to 40 regular members. We were in the process of getting that school house in the Historical Association when the county decided to dispose of it, lots of the specialness of the community was lost. We went back to homes for our meetings until they built a Senior Center where some of the meetings are still held today.

By 1995 the Happy Homemakers had lost most of our members so we joined the Elk Creek Farmers of Thayer whose membership had also greatly decreased. We did a lot of community and county work, attended meetings in other counties and a lot of organizational work.

I lost my mother to whooping-cough when I was 6. My father was left with 7 children ages 3-15 but he kept us together. We lived on a farm and each had our work. My sister who was 9 and I knew cooking and house keeping which I took over fully at age 16. We 4 younger children were able to go to high school. My father's mother was a great help teaching us cooking, canning, sewing and on and on.

I was in 4-H for 6 years and having a very special leader I was fortunate and got to take tailoring lessons from a Home Economist. I have helped many others including my daughter who has become a beautiful sewer and homemaker, my daughter-in-law is a Home Economist at local high school.

I was chosen to be a Heart of FCE candidate in 2005 and then chosen as the state heart winner, a very worthy honor that you never think can be yours. By the will of God and God's gift to me of these years' a special thanks for being an FCE Member.

Olive M Lewis,
Thayer, KS

Tree of Knowledge

Whenever we study our past, it is always fun to uncover what we didn't know or have long since forgotten. We've previously discussed that the roots of FCE are in Tomato Clubs, Home Demonstration Clubs, Extension Homemakers, 4-H, Cooperative Extension, and USDA.

National FCE was established in 1936. It is evident that throughout our organizational metamorphoses, the basic objectives have remained constant as we also seek to strengthen individuals, families and communities through continuing education, developing leadership and community action. Our special opportunity to develop leaders is the focus of the Tree of Knowledge Scholarship program. This year we will award the first four scholarships of the Tree of Knowledge program. On April 15, two names of nominees will be drawn to attend National FCL training in Portland on July 15 with a registration scholarship. During NAFCE conference in Portland, two more names will be drawn for National FCL training in 2010.

Participation in this developing leaders program is easy and cost effective. The Tree of Knowledge is in need of leaves. Each leaf costs \$5 and entitles the donor to name a possible recipient, either by name, state or region. There are three basic levels of participation. A Green Leaf sponsorship is \$5 for one leaf of opportunity to name a possible recipient under the age of 41. A Silver Leaf sponsorship is \$25 for 5 leaves of opportunity. A Gold Leaf sponsorship is \$50 for 10 leaves of opportunity. This program is one in which everyone on every level can participate. The first \$340 was raised when the Tree was introduced at National convention in 2008. Missouri and Arizona raised \$35 and \$50 respectively at their state conventions. Therefore our current scholarship fund has \$425 available for use this year. At convention in Portland, everyone will have an opportunity to continue and expand the scholarship program for our future leaders. You also may send in contributions to the National Treasurer at any time.

Barbara Brown , Chair and Atlantic Region Public Policy Coordinator

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