

I received an e-mail a few weeks ago from a member commenting on a couple of the Hearth Fire Series. They are # 44, "A Child is Asking...Take me the Movies" and # 17, "Someone's Saying ...Electronic Manners Count, Too". This member has two elementary age grand-children and appreciated all the information in the movies Hearth Fire. After reading it, she passed it on to her daughter. She received it at her 2008 State Conference. The Manners Hearth Fire lesson was presented at her club meeting a few years ago. She has many times wanted to give this Hearth Fire Lesson to everyone she hears who misuses cell phones while in public, shopping or eating in a restaurant. She stated, "It is so rude talking loud, as though I am interested in their long conversations. In restaurants, it is sometimes difficult to carry on a conversation due to a near by loud cell phone user." Once, someone using a cell phone ran a grocery cart into her ankle. She thanked me for all the Hearth Fire Series with health related topics.

It was uplifting to hear from this member who benefits from the Hearth Fire Series. Some of you probably do not even know what they are. These are short lessons, size 5 1/2" x 8 1/2" with 8 or 10 pages. They were conceived to answer the complaint that the FCE educational 8 1/2" x 11" lessons were too long and too complicated for the average member to teach. They require the use of overheads, posters, handouts, plus preparation time and possibly supplemental material.

I tallied the Hearth Fires by general subject areas. By my count there are:

Health related (physical and mental)	15
Family management	17
Consumer issues	10
Cooking/food related	8
Organizational growth/maintenance	<u>10</u>
TOTAL	60

As of July 2008, there have been 44 Hearth Fires Series printed. (42 are listed in the 2008 FCE Handbook.) So how did I end up with a tally of 60? It is because some of the topics overlap by subject area. For instance, # 13 "Woman to Woman...Bone Breaking Facts" (on osteoporosis), I listed under health *and* cooking because of the high calcium recipes it contains. You might come up with a different category count, depending on how you interpret the topics.

This year Hearth Fire #8 was revised and reprinted to include updated medical information on breast and cervical cancer. It is now titled "Woman to Woman...Learning about Mammograms and Pap Tests." "Someone's in the World... Being Green", # 43, is the first with an environmental focus.

At the 2009 Conference in Portland more Hearth Fire Series will be introduced. Workshops will be presented using some of the ones already in print, too. Almost every Hearth Fire is developed, researched and written by FCE Board Members. A few were written by guest writers. The issues with medical topics have been reviewed by a consultant in that field.

These FCE educational publications are inexpensive, ten (10) in a set for \$3 or you can purchase one (1) of each Series for \$13.00 from National FCE Headquarters. I sometimes put one in with a bill payment. Number 5, "Mommy, What Can I Watch?", any of the media related ones or #41, Making Concoctions are good for a business owner with children. FCE continues to produce the Hearth Fires because of their popularity. Have you ordered yours yet?

Carolyn Ropp  
National FCE President





# NATIONAL FCE CONFERENCE REGISTRATION

## Gathering the Roses of Life

**JULY 17-19, 2009**  
**Portland, Oregon**

**Please print clearly:** Membership # \_\_\_\_\_ This is my first National FCE Conference \_\_\_\_\_

Name \_\_\_\_\_ (Last) \_\_\_\_\_ (First) \_\_\_\_\_ (Initial) \_\_\_\_\_  
 Mailing Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Phone (\_\_\_\_) \_\_\_\_\_ Fax (\_\_\_\_) \_\_\_\_\_ E-mail \_\_\_\_\_  
 In case of emergency contact \_\_\_\_\_ Phone (\_\_\_\_) \_\_\_\_\_

**CONFERENCE REGISTRATION:**

Registration: Postmark by May 15, 2009

	Member	Non-member	Amount
Friday, July 17, 2009	\$ 420	\$ 520	\$ _____
Saturday, July 18, 2009	\$ 175	\$ 225	\$ _____
Sunday, July 19, 2009	\$ 175	\$ 225	\$ _____

**ONE-DAY CONFERENCE REGISTRATION:**

(Only 1 one-day registration allowed – Oregon FCE Members Only — Circle day attending.)

Friday, July 17, 2009	\$ 175	\$ 225	\$ _____
Saturday, July 18, 2009	\$ 175	\$ 225	\$ _____
Sunday, July 19, 2009	\$ 175	\$ 225	\$ _____

**SPECIAL EVENTS:**

**National FCE Board Alumni Lunch** \$ 35 N/A \$ \_\_\_\_\_  
 (Sunday, July 19) for National Board Alumni Members & Spouses

**FCE Leadership Benefit (dinner and entertainment)** All Welcome!  
 (Saturday, July 18) \$ 55 \$ 55 \$ \_\_\_\_\_

**Total Enclosed** \$ \_\_\_\_\_

**CONFERENCE REGISTRATION INCLUDES:**

- Keynote speakers
- Educational General Session
- Annual Business Meeting
- Hands on Workshop
- Eligibility to purchase FCE Events:
- Friday:** Opening Session Awards Luncheon FCE Night Dinner & Entertainment
- Saturday:** State Spirit Luncheon
- Sunday:** Inspirational Breakfast Banquet & Closing Celebration
- Special Celebration

**Mail to:**

National FCE Conference  
 73 Cavalier Blvd., Suite 106  
 Florence, KY 41042  
 Fax: 859-525-6496  
 E-mail: nafcehq@fuse.net

**Check or credit card payment must accompany registration**  
**Make checks payable to: National FCE**

Credit cards accepted: Visa MasterCard (Circle One)

Credit card number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

Print name as it appears on card: \_\_\_\_\_

**Signature:** \_\_\_\_\_

Please make a copy of this registration form to save for your records

**CONFERENCE REGISTRATION FEES WILL NOT BE REFUNDED,  
 BUT MAY BE TRANSFERRED**

Please contact D'Lightful Tours by February 1st about which tour or tours you are interested in.  
Plans will be finalized according to the number of people requesting a specific tour.

402-269-2616  
[darudolph@juno.com](mailto:darudolph@juno.com)

308-246-5383  
[hesteenson@juno.com](mailto:hesteenson@juno.com)

**ALL TOURS ARE FROM 8 AM TO 5 PM**

**TOUR A**

Thursday, July 16

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 C**

Thursday, July 16

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. Lunch is included.

**TOUR B**

Monday, July 20

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 D**

Monday, July 20

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 \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

**COST OF TOURS WILL BE ANNOUNCED  
AT A LATER DATE**

**Thursday, July 16<sup>th</sup>**

\_\_\_\_\_ Tour A                      \$ \_\_\_\_\_

\_\_\_\_\_ Tour C                      \$ \_\_\_\_\_

**Monday, July 20**

\_\_\_\_\_ Tour B                      \$ \_\_\_\_\_

\_\_\_\_\_ Tour D                      \$ \_\_\_\_\_

**Check which tour is of interest to  
you and return to**

**D'Lightful Tours  
3672 H Road  
Dunbar, NE 68346**



# 2009 FCL DAY

2009 NATIONAL FCL DAY  
July 15, 2009 Portland, OR

It's that time again!!! FCL Day is on the fast track and there is a fantastic day planned for your Leadership Development!

Four FCL categories have been selected;  
**LEADERSHIP**- "Interpersonal Communication" taught by Carolyn Ropp and Bettie Lucas; **PUBLIC POLICY**- "What is Public Policy?" taught by Karen Walker and Susie Martell; **ISSUE ANALYSIS AND RESOLUTION**- "Being Prepared for Change" taught by Sheila Jackson and Ruth Mellor; **GROUP PROCESS**- "Parliamentary Procedure" taught by Oarlene Wingate and Denise Smith.

As a National FCE Board we have been concerned about the lack of understanding of what FCL Training is, and why it is so important that we continue to concentrate time and money on FCL Training. FCE members are often called on to be leaders not only within FCE, but also in other areas of their communities.

Leadership development is an important part of our organization's mission. Preparing leaders is more than teaching someone how to prepare an agenda or conduct a meeting.

FCL Day utilizes the FCL model for leader training. The program is taught incorporating the team teaching concept, the mentoring process, an internship period where the trainees are given a chance to use the training they have received, by preparing and teaching a concept to their peers.

Join the fun and learning! FCL Day registration forms are in this issue of the fce TODAY. Get yours filled out and sent in today!

Bonnie Teeples  
Vice President for Public Policy

Membership # \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ ST \_\_\_\_\_ Zip \_\_\_\_\_

**REGISTRATION NOT REFUNDABLE  
BUT MAY BE TRANSFERRED**

Postmarked by April 15 \$99.00

Postmarked after April 15 \$125.00

Amount Enclosed: \$\_\_\_\_\_

**Check or Credit Card payment must  
accompany registration.**

Make checks payable to National FCE

Credit Cards: VISA or MasterCard (Circle one)

Card Number \_\_\_\_\_

Expiration Date: \_\_\_\_\_

Name as it appears on card:  
\_\_\_\_\_

Signature: \_\_\_\_\_

Mail to : National FCE Headquarters  
73 Cavalier Blvd, Suite 106  
Florence, KY 41042  
Phone: 877-712-4477 Fax: 859-525-6496  
Email: nafcehq@fuse.net

Make a copy of this form for your records

# National FCE Board Alumni Scholarship

## Conference Scholarship Application

*First Timers' Scholarship to National FCE Conference.* Registration cost (only) provided by the National FCE Alumni to first time attendees. National dues must be on file at HQ by April 15<sup>th</sup>.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email: \_\_\_\_\_

Age (optional) \_\_\_ Years of membership \_\_\_\_\_ Membership number (on label of newsletter) \_\_\_\_\_

### Attachments:

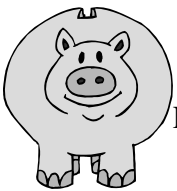
1. List of offices currently held in FCE (local, county, district, state)
2. What National FCE program or project did you use last year?
3. How will you use information from the conference?
4. A completed registration form for the 2009 Conference. (Forms of winners will be forwarded to proper places and others returned).

Send application, postmarked no later than April 15, 2009 to:

National FCE Board Alumni  
Donna Oncay  
29 Olde Canal Way  
Uxbridge, MA 01569

APPLICATIONS POSTMARKED AFTER APRIL 15 WILL NOT BE JUDGED

### “This Little Piggy Went To Market”



Remember the “Little Piggy who had

none, or the one who stayed home? **YOU** don't have to be like those two little piggy's! Do you know why the last little piggy said “whee, whee, whee”, all the way home? She had started taking all the change out of her change purse every day and putting it in a container to save up to go to National Conference and to pay her National dues. One little piggy said she saved over \$10.00 in one month by doing this. It's really easy and you don't miss those pennies, nickels, dimes, and quarters. Plus, your purse is much lighter to carry. So, start today and discover how easy it is and how quickly it builds up! See you in Portland!

### Thanks from Heart of FCE Winner

*From the bottom of my heart I thank you. The FCE pin I will wear with pride, the certificate will hang proud on my wall and the copy of the awards booklet will be seen by many. It was so thoughtful of you to send this to me.*

*I was just honored at the state conference. It was such a special evening. All my family was with me, which made it more special. I doesn't get any better than God, family and friends. I have been so blessed.*

*I will continue to volunteer and promote the FCE Programs. They are the best!*

*I'm proud to have been the 2008 Heart of FCE from Kansas.*

*Happy Holidays!  
Jackie Ward*

## HONORARY MEMBERSHIP



FCE has a new honorary member to add to the list on page 4-12 in the 2008 Handbook. Those members who attended the Conference in Burlington were especially impressed with one of the presenters, Phoebe Stone, children's author and illustrator. Phoebe expresses in her books the character values that FCE focuses on for children in the FCE Friends Storybooks – trustworthiness, respect, responsibility, fairness, caring, and citizenship. The FCE Board of Directors voted unanimously to award this honor.

A long line was formed to buy Phoebe's books after her presentation on "Creating Books for Children". She autographs them in a stylish way – by drawing a figure from the book with her name.

Congratulations to Phoebe! Both she and FCE win with this action.

Phoebe's books can be purchased at her website:  
[www.phoebestone.com](http://www.phoebestone.com)

“Never lose sight of the fact that the most important yardstick of your success will be how you treat other people”.

Barbara Bush, Former First Lady and  
1990 Recipient of Honorary Member Award

### **Tune In To Family**

National FCE and Professor Media are promoting Tune In To Family on April 5<sup>th</sup> 2009 by asking members to spend that day or a part of it reading to a child, watching TV, playing video games, listening to music, and being on the internet with a child. Send a picture of you and the child participating in any of these activities to National FCE Headquarters by June 1<sup>st</sup>. A collage of pictures will be displayed at the 2009 Conference. Photographs will become the property of National FCE and cannot be returned.

## TIRED OF ALL THOSE CALLS? TRY THIS

You can't "stuff" yourself at dinner for the phone ringing off the hook with telemarketers. Yet, your mailbox is "stuffed" with unwanted mail. How can you make this stop?

The World Privacy Forum, a nonprofit group, lists ways to "opt out" to help consumers get their names and contact information off marketing lists. Check out their web-site at [www.worldprivacyforum.org/toptenoptout.html](http://www.worldprivacyforum.org/toptenoptout.html).

The "Do Not Call Registry" has been in use for a while now. Call 888-382-1222 or go to [www.donotcall.gov](http://www.donotcall.gov) to have your name listed in the registry for five years. This stops most telemarketing calls.

Call 888-567-8688 or go to [www.optoutprescreen.com](http://www.optoutprescreen.com) to stop "preapproved" credit-card offers.

For \$1 you can have your mailing information purged from the 3,500-plus Direct Marketing Association Mail Preference Service. These are the people who are catalog marketers and nonprofits, including Consumers Union, publisher of Consumer Reports. Use [www.dmaconsumers.org/cgl/offmailing](http://www.dmaconsumers.org/cgl/offmailing) to accomplish this.

Financial institutions are required to send you their privacy policies once a year. This includes how you can opt out if they share information such as your account balances. Go to [www.worldprivacyforum.org](http://www.worldprivacyforum.org) for links to several of the largest banks in the U.S.

Getting your name off lists sold by Data broker companies can be tough. These companies compile consumer information pulled from public records, credit transactions, even warranty cards that you've filled out. Link to the Forum's site and follow directions for opting out of each. Check out [www.privacyrights.org/ar/infobrokersoptout.htm](http://www.privacyrights.org/ar/infobrokersoptout.htm) for a more extensive list compiled by the Privacy Rights Clearing house.

“The only man who never makes a mistake is the man who never does anything”.

-Theodore Roosevelt

## KNOW YOUR NATIONAL BOARD

37 years ago, a friend introduced me to the Palisades University Extension Club. Only in Hawaii, we were known as U.E., other-wise known as Extension Homemakers'. This became my "R'n'R" away from my family for my timeout. The University of Hawaii's Home Economist did a lot of workshops for our organization. What a deal! I was able to learn things, as well as, enjoy the fellowship with women who had similar interests with me.

In the last 35 years, I have served in various offices and committees for Hawaii FCE, South Oahu Council (district), and for the Palisades FCE Club. I'm also a former 4-H leader of 25 years. In the '80's, I was very fortunate to attend 3 Western Region Leadership Training Sessions in Oregon.

All of my experiences have led me to become confident, accept leadership positions, use my organizational skills, and to become a mentor to others.

I enjoy traveling, reading; sharing/mentoring others; enjoy beating the computer in card games, and am an avid basketball and volleyball fan for the University of Hawaii.

Married to Teddy for over 40 years, we have 4 children and 6 grandchildren. We enjoy attending National Conferences; therefore, Teddy is now an FCE member.



Susan Yee

Western Region Public Policy Coordinator

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## GIVE THE GIFT OF READING

Christmas is coming what better gift than a book. National FCE has a variety of gift ideas to help fill your shopping list. There is a cook book that has recipes from different parts of the U.S., a game book, children's story books (The Adventures of FCE FRIENDS), the Hearth Fire Series covers subjects from health to the cyberhighway. Visit the website [www.nafce.org](http://www.nafce.org) or see section six of your handbook for a complete list. Call Judy at Headquarters and place your order today.

## PROFANITY IN FILMS

If you are offended by the use of profanity in films, write Dan Glickman, chairman of the Motion Picture Association of America, which regulates the rating system, or write the studio heads. You will get a reply. Remember, however, that what is offensive to some is appropriate to others.\*

\*From Parade Magazine

Motion Picture Association of America  
Dan Glickman, Chairman & CEO  
1600 Eye Street NW  
Washington, DC 20006

ABC  
Anne Sweeney, CEO  
500 S Buena Vista Street  
Burbank, CA 91521-4552

NBC  
Jeff Zucker, President & CEO  
100 Universal City Plaza  
Universal City, CA 91608

CBS  
Les Moonves, CEO  
51 W 52<sup>nd</sup> Street  
New York, NY 10019

## An Oregon FCE member writes.....

*We've had a hard time holding Fruitvale Extension Group together, but I was a charter member in Jackson County, Kansas 1946, at a little town on the edge of the Kickapoo reservation. We even leased grain land from them to farm on ours. I was an X-Canuck new bride '45 who had never taken sewing or cooking at school - as there wasn't any, but eagerly took typing its first year. So new country, new methods (on a farm) & new brands made Extension (FCE) very dear to this handicapped farmer.*  
Alta Amon  
Milton Freewater, OR

## THANKS FROM ALUMNI WINNERS

Attending the national 72<sup>nd</sup> annual conference "FCE Celebrates Women" has introduced me to the amazing committed women who keep FCE on the road to success. I have been given a broader vision of the impact FCE can make in our families, communities and in education nationally. Before attending this convention I could only see what we are doing locally and the bigger problem of a declining membership. However I now can see a bright future for FCE because even if our numbers are declining this organization consists of committed and motivated leadership.

Not only has this experience been educational, but also full of fun and interesting workshops. The Inn at Essex was excellent and a very different experience from what we have in Hawaii. Thank you Carolyn and your convention committee for a most pleasant time in Vermont.

The opening session speaker Dr. Freema Nett Ervin impressed upon us that we women are all leaders whether we know it or not. It can be in the home or in the community. Just because we do not have an official title does not mean that we are not leaders. We need to have the self-confidence to share with others what we have within ourselves. In Hawaii we have so many potential leaders who have so much to share with the rest of us that I hope to carry this message to them.

I am also planning to report on the fun workshops in cake decorating and How to Make FCE Friends Puppets and the educational workshops: Reverse Mortgages, Political Forums-You Can Do It, Sample FCE-Marketing/Outstanding Unit, Include It or Not (a workshop for secretary and treasurer reports).

The highlight for me at this convention was: (1) To hostess the Hawaii luncheon table where I was able to meet new friends. And as a first timer experience the ready support from Paige Measner. (2) Being a part of the Saturday General Session- A Taste of FCL. The experience of creating and doing a presentation was a very new experience for me.

Also as Gay and I shared our Na TuTu program, I realized that even if Hawaii is so far away, we are a part of the larger FCE picture.

I would like to express my appreciation and warmest aloha to you and the selection committee. It was a wonderful surprise to be notified that I had been awarded the first timer's scholarship. I will be sure to take the "Tree of Knowledge" back with me to Hawaii so others can be so blessed.

Mahalo nui loa  
Marian Matsuda  
First timer from Hawaii

"Thank you so much for the scholarship. I really appreciate it and will do my best to put the information I gain to good use and to pass it on to others."

Victoria Schmidt, CO

## WHAT IS A PLUMPY'NUT?

Most children in the United States like peanut butter. Mothers consider it a nutritious food to help their children get protein for growth. They do not think of it as a means of staving off malnutrition.

In many countries, however, malnutrition is a serious threat to the lives of children. A new food supplement called Plumpy'nut is helping to alleviate this problem. It is a thick brown paste made from ground peanuts, sugar and powered milk, fortified with vitamins and minerals. It does not require reconstitution with water (eliminating the danger of mixing with contaminated water), has a two-year shelf life, and requires no preparation or special supervision to use.\*

An estimated 170 million children worldwide are malnourished. Plumpy'nut, manufactured in France, is being used to reduce the numbers of severely malnourished children. After eating it for only three to four days children are improving. And they love the taste.\*

So the next time you prepare a peanut butter sandwich for a child, think of how the "lowly peanut" is rising to a high status by benefiting hungry children worldwide.

\* From October/December 2008 Countrywoman Magazine

## WEBSTER TAKES ACTION



Nebraska FCE Member Linda Studnicka works for Loup Basin Resource Conservation and Development out of Ord, Nebraska. Linda has taken the FCE Friends and written a skit using them to educate grade school students in litter reduction, litter prevention, and recycling principles. The 25 minute skit is titled "Webster and His Friends Clean the Pond". It uses the Six Pillars of Character: Trustworthiness, Respect, Responsibility, Fairness, Caring and Citizenship to teach the litter prevention program.

Linda has taken this skit into the Head Start centers, preschools, and kindergarten classrooms and it has been excitedly received by all the children and educators. It is a hand's on skit that allows the children to participate while using "litter tongs" to clean up the pond. The skit is set around a pond (a blue tablecloth) that is covered with litter (pop bottles, cans Styrofoam cups and other garbage items that can be easily picked up with tongs). The FCE Friends have been attached to cd spinals so they can stand independently and be moved around the pond. As the skit is read by the adults the children can act out the skit and "clean up Webster's pond". At the end of the skit the FCE Friends have a clean pond where they can play.

The FCE Friends can be purchased from National FCE and if you'd like a copy of the skit you can contact Linda Studnicka directly by email:

[Linda.Studnicka@rcdnet.net](mailto:Linda.Studnicka@rcdnet.net)

### What did you like about FCL Day?

Participants, presenters, well organized.  
Stayed on time.  
Loved the varied subjects and the presenters.  
Doing and planning the presentations  
Good subject, Mentoring!!  
Everything flowed, the day passed very quickly.

## FCL GROWS IN TENNESSEE



FCL Class was held August 19-20, 2008 in Lebanon, Tennessee.

A total of 14 1/2 FCL Credit hours were earned. Seventeen FCE members, 3 agents, and 9 FCE certified teachers attended.

FCL Classes taught were:

"Take me to the Movies" Hearth Fire Series #43.

"Love is the Best Gift through the Eyes of a Child" using Hearth Fires with media topics.

"Someone's in the USA....Showing Respect for the Flag" Hearth Fire Series #11.

"Ten Ways to K.I.S.S. in Public", Hearth Fire #12.

"V is for Volunteers"

"FCL National Certification"

"Using Hearth Fire #'s5, 10, 11, 30, 33, 40, 42, and 44"

Submitted by Tennessee Vice President for Public Policy and FCL Coordinator Kay L. Baker

## DO YOU HAVE THE VISION?

A Vision Committee has been appointed by President Carolyn Ropp to help guide FCE into the future.

Committee members are:

Judy Fullmer, KS, Vice President for Program, Chair

Harriet Steenson, NE, Past National President

Margaret Mai, AZ, Past National President

Jean Skibinski, DE, Past National Board Member

Kristin Walker, WV, Past National Board Member

Marlene Currin, OR FCE President

Kathy Frusher, KS grassroots member

Their task is to review the FCE "roots" and history plus other background material in order to develop ideas how FCE will operate in the future. The Vision Committee's report will be distributed at the 2009 Conference in Portland.

FCE members are encouraged to contact any of the above committee members with comments. The work of the committee will be done by e-mail and phone.

Judy Fullmer, Vision Committee Chair

## HOW TO KILL YOUR CLUB!

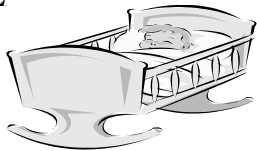
To effectively kill a club or organization, try some of these things:

- Be an irregular attendee.
- Cancel your commitments at the last minute.
- Never offer to help.
- Be a free loader; let everyone else do the work.
- Say, "It's time for some of you younger ones to take over."
- Always say, "But that's not the way we did it before!"
- Stretch out the business meeting for three hours by always objecting to an idea.
- Or you can do the same thing if everyone never says anything.
- Let your officers do it all; after all, that's why you elected them!
- Continually change the meeting date, place and time.
- And, finally, refuse to take office. Your excuse is better than hers!

Resource the Homemaker magazine fall 1977

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### SIDS UPDATE



There has been more research on Sudden Infant Death Syndrome (SIDS). Of course, babies are still to be put to bed on their backs. A ceiling fan or other fan in a baby's room, turned on low, can reduce the incidence of SIDS. If a baby turns over and has its nose pressed into the bedding, it seems the slight movement of air is enough to pull the carbon dioxide away from the baby and draw in fresher air.

Share this information with all parents of infants.

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### A CONSUMER HEALTH SURVEY SHOWS...

59% of Americans are "extremely satisfied" or "somewhat satisfied" with their health.

75% are concerned with their weight.

67% are improving the healthfulness of their diets.

92% of consumers rate breakfast the most important meal.

94% consume snacks daily

From FOODInsight, July/August 2008

## BOOK DONATION

At the National Fall Board meeting Denise Smith, a member from Hawaii donated the book *HAWAII'S College of Tropical Agriculture and Human Resources Celebrating the First 100 Years* to National FCE.

This beautifully illustrated book highlights a few of the many contributions of the college to Hawaii's agriculture, communities and families. On page 159 the Family Community Leadership (FCL) program is highlighted. The FCL program started in 1981 with grants from the W.K. Kellogg Foundation and is still a very strong tool in FCE's educational training to strengthen individuals, families and communities.

The book is on display at National FCE Headquarters in Kentucky. Thanks Denise for this beautiful history book.

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### Smart new ways to use....Cooking spray!

1. Prep a grater with a spritz to prevent cheese from gumming up!
2. Protect food containers, keep them stain and odor free by spraying them with cooking oil before storing foods like tomato sauce.
3. Mist nails with cooking spray after applying polish to speed drying time-and moisturize cuticles!

Resource: "Tips to Clip!", WOMAN'S WORLD, August 21, 2007

### New FCE Wall Hanging

If you attended the 2008 National FCE Conference in Vermont you saw the new wall hanging that will be on permanent display at Headquarters in Kentucky. This last year five states who didn't have a quilt block in the big FCE quilt were contacted and asked if their state would make a quilt block depicting their state. All five states were enthusiastic about making a quilt block. The five states which had wonderfully talented women who provided the blocks were Alaska, Hawaii, North Dakota, Montana, and Wisconsin. Thanks to these five states and their quilt makers for making this project possible.

We are reprinting this article due to a printing error in the last issue.

## Mom said *what?*

by Kari Berit

In the middle of a recent speech on communicating with our aging parents, a woman raised her hand. “I’m 55 years old,” she said, “and my mother still pushes my buttons. Before heading to work, I stopped at her house. When Mom answered the door, the first thing she said was, ‘Are you wearing *that* to work?’” Then this otherwise confident and competent woman went home and changed clothes.

Most of my audience laughed, but it wasn’t all comfortable laughter. Hopefully, some of the older moms in the audience cringed, recalling a time they delivered such a greeting; maybe a few younger ones resolved not to do the same thing to their children.

### Talking with mom and dad

As we are called upon to provide care, support and initiative in their lives, it’s not uncommon to run smack into the wall of our past relationships. Remember how frustrated your parents could make you 30 years ago? Remember bickering over everything from clothes and hair styles to career and lifestyle choices? Is it time for the sequel? Not necessarily. The time to break the pattern and start a new one is as soon as you notice it. Think back. What kind of communication did you have with your parents when you were growing up? Did you listen to each other – without judgment? Or did everyone talk over each other? Learning to communicate is a skill.

Most of us listen “autobiographically” – we relate everything we hear to our own world. Try tuning in from your parent’s side and listen “empathetically” instead. Use the skills you’ve learned in your own life, from work to family, to separate what’s actually being said, however awkwardly, from how it’s coming out. Then ignore the latter and engage the former.

*Kari Berit ([www.KariBerit.com](http://www.KariBerit.com)) is the author of The Unexpected Caregiver: How Boomers Can Keep Mom & Dad Active, Safe and Independent (2007: Attainment Company). She helps seniors and their adult children create effective dialogue around things that matter. Contact her for help with your aging parent issues.*

Kari Berit will be a presenter at the 2009 Conference in Portland. She will submit a second article to be in the pre-conference FCE TODAY.



Hilo FCE Council in Hawaii held a very successful Political Forum on August 6, 2008, following the guidelines from the FCE handout titled “Political Forums – You Can Do It!”. Hilo FCE members invited 65 candidates from all parties running for offices for US Congressional Representative to the local School Board. Twenty-seven responded and they were given three minutes each to introduce themselves and state their platforms. The forum was held at a university campus classroom where a large banner welcomed the participants and audience. The stage was draped with festive patriot decorations and balloons. Cooperative Extension Service supplied the PA system. The forum was opened by Council President Carolyn Sewake who gave a brief introduction of FCE to the audience of 110 community and FCE members. A timer was used to cue the candidates when their three minutes were up and very few exceeded their time limit. The event ended after 2 hours with everyone holding hands and singing “God Bless America”. Refreshments were served on a patio area where most adjourned to talk one on one with the candidates. Besides food tables, tables were provided for the candidates to lay out their flyers and information packets. One of the comments received from an audience member was that she appreciated the forum because it was like “one stop shopping” to hear and meet so many candidates at one time.

All the guidelines and suggestions for holding a political forum or debate are included in the National FCE handout, “Political Forums – You Can Do It!”. It was presented during a workshop at conference in Burlington, Vermont. All workshop attendees received a copy, as did all the state presidents in their conference packets. Contact your state president for a copy so your state, county, council or club can host a successful political forum! It is easier than you might think.

Submitted by Denise Smith  
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## Tube's Sleep Over

ATTENTION! New on the shelves of the National FCE Headquarters is Tube's very own story book. The book was introduced at the 2008 National FCE Conference in Vermont!

In Tube's new book you'll meet a visiting character. His name is Kaleidoscope and he's a friend of Clarence. Kaleidoscope is a chameleon of many colors who seems to be lacking in some of the basic good character traits. And it also seems the FCE Friends are just the ones to teach him some!

Some suggested ideas to use Tube's Sleep Over story book in your FCE activities:

- 1) The story book at one point takes a break from the deep plot and asks for input on responsible television viewing. If an adult or older child is reading the book to younger children, the story book invites you to take a break for discussion. The story book asks what appropriate television is and if children can think of good and bad programming. This can encourage good discussions for children because it gets them thinking on the topics of responsible and trustworthy television programs.
- 2) If you are using the story book for older children, let them take FCE Friends parts in the story and act out as a play. Advise them to really get "in to" the characters of the story. An adult could be the moderator and director of the play as it is acted out. The older children and/or adults who are performing could use the actual FCE Friends as they play their part in the production. Remember to order a complete set of the six FCE Friends from National FCE Headquarters so that you are ready to perform! Purchase a beanie lizard from a toy store to use for Kaleidoscope or find a picture of a lizard-type animal, and use a small box for Tube (just paste his picture on the box).

First you have to order the story book from National FCE Headquarters. They are only \$4.00 for a set of five. And don't forget to order your supply of the FCE Friends for \$4.00 each. You will enjoy meeting Kaleidoscope in Tube's new story book; and you won't believe how quickly he learns the CHARACTER COUNTS! value traits of Trustworthiness, Respect, Responsibility, Fairness, Caring and Citizenship.

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