

Fellow FCE Members,

The 2008 Annual Conference is around the corner. The conference speakers and presenters are “signed up.” Many FCE members will go on the planned tours Thursday. Don and I visited New England sites several years ago. We spent time at Quechee Gorge and watched the glass blowing demonstrations. I would love to see the Lipizzaner horses, but duty calls. Thursday night following supper, FCE members will gather around the outside Fire Pit at the Inn of Essex. They will be welcomed by the life sized FCE Friends and enjoy S’mores and lemonade while we join in singing and visiting.

The Key Note Speaker on Friday is a great motivator. Members will be revved up after hearing Dr. Freema Smith. A Vermont Arts Council member will involve the audience in Family Time Fun, like in the “good old days”. The State Spirit Luncheon is always a favorite part of conference as members see what goodies states have brought to share.

Following the luncheon is the Business Meeting with committee reports, Bylaws proposals, and elections. During the meeting a concurrent workshop will be presented by the Inn of Essex Chef. So if I disappear for a few minutes.....

FCE Night members will be bussed to an off-site event at ECHO on Lake Champlain. Learn about the Ecolgy, Culture, History and Opportunities of the Lake Champlain Basin. Pizzas, salad and desert will be catered in.

Saturday general sessions will begin with Rhonda Frazelle on Leadership – the Key to Organizational Development. A Vermont CPA will discuss reverse mortgages and credit card fraud. These subjects were requested by members. A hotel massage therapist will discuss the emotional and physical benefits of massage. The Awards Luncheon will be full of surprises and recognitions. Maybe your state will be winner!

Saturday afternoon breakout sessions will include “Political Forums – You Can Do It!”, “Women: Born to Lead”, “Make a Plan...Mammogram”, “Take Me to the Movies”, Open Your Eyes and Listen” and a new FCE Friends Storybook, “Tubee’s Sleepover”. Saturday closes with the FCE Leadership Benefit banquet.

A local belly dancing group will show members how to exercise as they dance to entertain. An FCE member (I am keeping who as a surprise) is a member of this group. *Don’t expect anything obscene.*

Sunday attendees will be inspired with the morning Inspiration Service. A very special general session will be recognizing the state entries who exemplify Extraordinary Women of FCE. Phoebe Stone, an author from Vermont, will talk about Creating Books for Children. Other sessions will be “Cherish Your Womanhood”; “Being Green”, a leadership session and the Secretary/Treasurer’s workshop. Hands-on classes will be “Beading, A Native American Craft”; “Blossoming T’s”, how to embellish a tee shirt; a demonstration of designing Crazy Quilts; and “How to Make Your Own FCE Friends Puppet”. This is back due to popular demand.

Your National Board members work writing educational material, planning and presenting most of the breakout sessions as well as designing and planning the conference. Considerations to improve the environment will be recycling bins throughout the conference area. For the second year attendees are encouraged to bring a tote bag from home to hold all your conference materials and goodies. The Alumni will again hold a gently used jewelry sale. The proceeds add to the fund to support scholarships for First Timers. So sort through that jewelry box for items to donate.

A book donation box will be set up to collect books for children. Those will be donated to a local hospital and a small box will be shipped to the KONA Storybook Center in South Korea. (See article on page 7)

The purpose of the Annual Conference is to hold the Annual Business meeting and to disseminate educational and informational materials to state leaders and attendees. I think this conference will provide lots of educational sessions, entertainment and provide time for camaraderie among FCE members from across the nation as FCE Celebrates Women.

Your National FCE President
Carolyn Ropp



The last FCE TODAY listed comparisons between Traditionalists, Baby Boomers, Generation x'ers and Generation Y members. These "tech" terms are well known by most Generation Y members. How many do you know?

Brush up on *Tech Terms**

- **Blogs**- Web sites allowing people to post comments
- **YouTube**- Web site promoting the posting, viewing, and downloading of videos
- **Pedcasts**- Digital audio recordings that can be listened to on MP3 players or computers
- **Virtual meeting environments**- sites with computer simulated meeting rooms
- **RSS Feeds**- Real Simply Syndication or RSS, a Web date format used for providing users with frequently updated content
- **Widgets**- buttons, dialog boxes, pop-up windows, pull-down menus, icons, scroll bars, resizable window edges, progress indicators, selection boxes, windows, tear-off menus, menu bars, toggle switches, and forms that invite people to interact with Web sites
- **Mashups**- combines data from more than one Web site into a single integrated tool; a typical example is the use of cartographic data from Google Maps to aid location information to real-estate data from Craigslist thereby creating a new and distinct Web service that was not originally envisaged by either source
- **Wikis**- a Web site that allows visitors to add, remove, edit, and change content
- **Moblogs**- blogs created through mobile devices like camera phones and PDAs
- **Social networking sites**- Web sites that promote community like LinkedIn or Facebook**

Incidentally, the founder of Facebook, is at 23 years old, the youngest Billionaire in the world!

** "PCMA Convene" Magazine

Did you ever see an unhappy horse? Did you ever see a bird that had the blues? One reason why birds and horses are not unhappy is because they aren't trying to impress other birds and horses.
– Dale Carnegie, author, achievement expert (1888-1955)

Dear National FCE Board Alumni Chair:

I realize this is long overdo. But am finally making a report on the 2007 National Convention. First of all, it was even more exciting and wonderful than I imagined. There is a lot of detailed work in the planning of a convention, and your board certainly accomplished a great convention, with the wonderful workshops, programs, food and accommodations.

I attended several workshops, all programs, and was thoroughly entertained and informed. The workshop "Did That Song Say What I Thought It Said" and the Kids First—"Turn Movie Watching into an Educational Experience" were presented so well. I have plans to set up a detailed way of obtaining this information from the internet and pass it on to all FCE members of Hall County. I just need time to follow all of Clyde Otis' instructions to getting lyrics from the internet (I do have it all written down). And all the ideas on watching movies for the children, am working on an outline for young families to follow.

I certainly gained information from the workshop "Include it or Not". This has helped with the State Treasurer position, and I was able to pass information on to our county Secretary and Treasurer.

Thank you again for this opportunity to attend the National Convention, an experience I will certainly remember.

Sincerely,
Betty Green, NE

ACWW 2007 – Conference Decisions in Turku, Finland

Five of the resolutions passed focused on these.

Women entrepreneurs – encourages government entities to promote this method of empowering women

Environmental change – encourages ACWW members to promote community action to protect the environment

Water and Poverty – urges United Nations organizations to promote water resource management for sanitation, access to safe drinking water and water for food and ecosystems

Energy – encourages consideration of energy in all nationally developed strategies

Obesity – urges national governments to raise the awareness of obesity and the ensuing harm to physical health

Marketing FCE

By Sheila Jackson, Marketing/Membership Chairman

Are your membership numbers going up or down? Have you been wondering how to get the word out to Jane Q Public to let them know what a wonderful organization Family & Community Education is? Well, that is where Marketing enters the picture. "If they hear about it, they will come." Have you ever heard that phrase? Well, it's true. No one will join your FCE organization if they've never heard about it. You must market your organization and get people to know who we are and what it is we do.

Now you say, exactly what is "Marketing"? It is getting your name out there where people see it on a regular basis. A news article telling what the latest club project is a great idea. But, has anyone thought about, also, putting a news article in the paper telling the good things that have **resulted** from your projects? If your club has donated books to a family, who cannot afford to buy books for their children; why not write a human interest story telling how the parents reading to their children is affecting their lives. How does that family feel now that they have some books to read to their child every day? There are different angles in writing articles, and the newspapers might be more receptive in printing them.

Write letters to the businesses in your area telling them (briefly) who your organization is and what you do. Invite them to send a representative the next time you have a project without asking for any donations. If they see the good you are doing for the community, the more likely they are to donate the next time you have an event or project.

Are you up for a good **MARKETING CHALLENGE**? The Marketing Committee would like to challenge each individual club to put "101 Things To Do With Your Family" in every library, senior citizen buildings, church bulletin boards, and etc. for "FCE Family Week". What better way to market your club than to promote family activities during the second week in October?? In 2009 you can report on how many posters and where they were displayed. The state who displayed in the most places will receive a grand prize of 50 posters.

New members who join during 2009 will receive one Character pin and a storybook (our choice of which one) in addition to the Hearth Fire and welcoming letter.

National FCE is offering you some great marketing ideas for the upcoming National Conference at Burlington, Vermont.

- Hearth Fire Special – 1 each of the 42 Hearth Fires for \$13.00
- Character Pins – purchase the 6 Character Pins (one each) for \$15.00 and receive a Tube pin FREE

You may pre-order the "specials" and have them delivered to your home. The specials will be on a limited supply, so order yours today before the supplies are exhausted.

The Right Necklace for Your Clothes

According to jewelry designer, Mika Takagi, spring is the season to show off the neckline - and to match up spring fashions with necklaces. When wearing a plain blouse, you might choose a fine, short chain with a pendant just showing at the neckline. For the bold flower prints so popular this year, go with a longer, chunkier necklace. Maybe an eye-catching piece with metal or faux stones in bright colors. For patterns, big designs work best because they don't get lost in your clothes.

Longer necklaces go well with tunics. Shorter necklaces flatter V-neck tops and dresses with high waistlines. Do you have a real long chain or beads, such as a lariat-style necklace? Try winding it several times around your neck with a scoop neck blouse or top.

Jewelry you choose will depend on your project for the day and your mood. It only takes a little to enhance an outfit.

Source, the Wall Street Journal

Be Intentional

Watch your thoughts; they become words.
Watch your words; they become actions.
Watch your actions; they become habits.
Watch your habits; they become character.
Watch your character; it becomes your destiny.

__ Frank Outlaw

The Origins of CHARACTER COUNTS!

In 1992, the nonprofit Josephson Institute of Ethics hosted a gathering of experts in ethics and character education to find ways to work together, primarily by developing a common language of core ethical values that transcend religious, political and socioeconomic differences.

The conference, held in Aspen, Colorado, produced the Aspen Declaration, which identified the values we now call the Six Pillars of Character — trustworthiness, respect, responsibility, fairness, caring and citizenship.

The Aspen Declaration

- 1. The next generation will be the stewards of our communities, nation, and planet in extraordinarily critical times.*
- 2. In such times, the well-being of our society requires an involved, caring citizenry with good moral character.*
- 3. People do not automatically develop good moral character; therefore, conscientious efforts must be made to instruct young people in the values and abilities necessary for moral decision making and conduct.*
- 4. Effective character education is based on core ethical values rooted in democratic society; in particular, trustworthiness, respect, responsibility, caring, fairness and justice, and civic virtue and citizenship.*
- 5. These core ethical values transcend cultural, religious, and socioeconomic differences.*
- 6. Character education is, first and foremost, an obligation of families and faith communities, but schools and youth-service organizations also have responsibility to help develop the character of young people.*
- 7. These responsibilities are best achieved when these groups work in concert.*
- 8. The character and conduct of our youth reflect the character and conduct of society; therefore, every adult has the responsibility to teach and model the core ethical values and every social institution has the responsibility to promote the development of good character.*

To advance the goals of the Aspen Declaration, in 1993 the Josephson Institute launched CHARACTER COUNTS! and assembled its Coalition, which consisted of a handful of national organizations. National FCE joined the CHARACTER COUNTS! Coalition in 1995 and agreed to help promote the Kids for Character video. There are three (3) categories of membership to join the coalition, Individual School, School District, and Other. Groups that join the coalition in the “Other” category include national organizations, youth-serving non-profit organizations, businesses and entire communities. When a community or national organization becomes a member of the Coalition, each entity within the community or each affiliate of the national organization receives benefits of membership.

Some of the programs and projects National FCE has done promoting CHARACTER COUNTS! include:

- In Jan 1996, Harriet Steenson and Oarlene Wingate met with Michael Josephson of the Josephson Institute of Ethics and Tom Selleck, the National spokesperson for the CHARACTER COUNTS! Coalition and did a video clip, “A Promise is a Promise”, an overview of the CHARACTER COUNTS! curriculum for teaching ethics to children that was added as an introduction to every “Kids for Character” video that FCE sold.
- Attended the Washington DC premier of the “Kids for Character” video
- Held workshops on Ethical Leadership and Enhancing Ethical Leadership
- Developed curriculum ~ True Leadership and Responsibilities of a Leader
- Sponsored the FCE Essay and Artwork CHARACTER COUNTS! Contest since 2000, each year focusing on one of the pillars of character
- Michael Josephson was a National FCE Conference Keynote speaker in 1997
- FCE was represented at the 6th Annual National Conference of the CHARACTER COUNTS! Coalition in Gaithersburg, MD and at the 2000 Regional Conference in Knoxville, TN for CHARACTER COUNTS!
- National FCE supported 2 bills, Senate Bill #311 “Strong Character for Strong Schools” and House Bill #288 “Character Counts for the 21st century”
- National Board members have served as judges for the Foundations for Life Essay Contest sponsored by CHARACTER COUNTS!

KNOW YOUR BOARD MEMBERS

Patricia was born in Johnstown, PA., the flood city of Pennsylvania. She moved to Michigan when she was nine years old. Patricia married husband Ray while he was in the Army Air Force. They have five children, eighteen grandchildren, and eighteen great grandchildren. She resided in Clarkston for many years, and this is where she learned about FCE, and joined a study group in 1983. Being a stay at home Mom, Pat was looking for something she could do with other moms and learn something to share with her children.

Upon learning about FCE and all the programs that were being offered to families and in the community, she took the step to take an office.. She served in all study group and County offices, and then was asked to run for a state office. This took a lot of thought, as she felt, (as many of our members do), that she was not qualified, or could not spare the time, but did take the step and served as State President, and State Secretary. Pat was elected to serve on the National Board in 2006. She has acquired more knowledge, worked harder, and really enjoyed serving on the National Board. This group of women are fantastic in the knowledge and friendship shared.

Family has always supported Mom and now they belong to FCE because of the knowledge and growth they have seen in Mom. Patricia resides in Gladwin County, , and started a study group there. She is in Amish country, and the grandchildren enjoy seeing the Amish wagons pass by the house.

Patricia has always seen the importance of volunteer work. She worked on the AARP Tax program in Oakland County for 15 years. In Gladwin County she is working with the Literacy Council and sharing FCE Hearth Fire programs, the new Family Choice-Media information and CHARACTER COUNTS!.



Patricia Stutzman
Central Region Program
Coordinator

I have been the National FCE Secretary since September 2005 and will be done September 2008. I have really enjoyed the past 2 ½ years. I was quite honored to be asked to run for a position on the National FCE Board of Directors. Never in my wildest dreams would I have thought I could ever do that! My involvement with FCE began when I took a secretary position at the NDSU Extension Home Economics Office in Fargo, ND in 1977. Our office worked with the National Extension Homemakers Council in an advisory role and in writing programs. In 1994 I was asked by the Extension Service to attend the National FCE Conference in Little Rock, Arkansas as the Extension representative. That was it; I was bitten by the FCE bug. I was so impressed with FCE, but was not quite ready to join. Then in 1997 when I resigned from the Extension Service, I decided that I did not want to lose the FCE link in my life. So I joined as a mailbox member. At the next NDFCE Conference I was elected to the position of NDFCE Secretary. I continued as a mailbox member until the year 2000 when I decided (with encouragement from a very good friend) to start a club. We had 6 or 7 charter members in that new FCE club, and it has now grown to 19 members. We are the only FCE club in Cass County at this time. I am currently on the NDFCE State Board as Newsletter Editor and Secretary/Treasurer of our local FCE club.

Don't be afraid to think of yourself on the National FCE Board of Directors. It is a great experience. It has given me confidence that I never had before, and I have formed friendships that I hope last a lifetime. Don't get me wrong, it is also a lot of hard work, and I have had to do things that were totally "outside of my box." But what fun I have had!

I have been married to my husband Drew for 36 years and we have two grown children (Nicole and Aaron). Favorite things: crafting, bowling, walking, exercising, eating out, spending time with my friends and family, and spending time with my two toy poodles (Meeto and Apollo) and my granddog (Minya). I am currently employed full time as Executive Secretary for the Fargo-Moorhead Metropolitan Council of Governments. My wish for FCE...I would like to see our organization thrive like it did in the 1980's and before. We are still that same organization, only better! So let's get the word out! I am very proud to be part of this organization.



Joan Geyer
National FCE
Secretary

PUBIC POLICY ISSUES

FCC

Federal Communications Commission Chairman Kevin J. Martin states the FCC receives hundreds of thousands of complaints about excessive sex and violence on TV.

Teens view 15,000 sexual references/jokes on TV each year, according to a study by the American Academy of Pediatrics.

The FCC has standards in place about what is appropriate and inappropriate during the hours when kids are watching TV. But the FCC only regulates broadcast television and radio **and not cable TV.**

The FCC says people only watch an average of 13-15 channels yet are offered sometimes over 100 channels in their cable package. Ala Carte system, used in Canada and Hong Kong would let you choose what channels you receive. The cable companies say this would undermine the cable industry financiall

HOW TO CONTACT THE FCC COMMISSIONERS:

Chairman Kevin J. Martin

Email: KJMWEB@fcc.gov

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Email: Michael.Copps@fcc.gov

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445 12th Street, SW

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Telephone: 1-888-225-5322 (TOLL FREE)

Fax: 1-866-418-0232 (TOLL FREE)

DOES IT HELP TO CONTACT YOUR ELECTED OFFICIALS?

- Yes, unless they have a fixed position
- Writing a letter is similar to voting. Maybe it has more impact because may vote but few write letters
- Your member of Congress will probably not read your correspondence. Be brief and to the point. Their aide will add your comments to the tally (pros and cons) ant the congressional person will see these figures
- Email- Telephone/Fax or Letters? You decide

PETITIONS by EMAIL = SPAM

- Emails that say “forward to 10 of your friends” or “sign this petition and forward”
- Could equal 30,000 SPAM in the future

Almost all Email that asks you to add your name and forward to others are to get names and “cookie” tracking information for telemarketers and spammers. Email petitions are not acceptable to Congress or any other Municipality. Petitions must have signed signature and full address. Don’t forward! FCE members can help eliminated SPAM.

YUK! PILLOW TALK

The pillow is the inanimate object with which people arguably spend the most time - up to a third of their lives. So, how old is your pillow?

Repositories of body moisture, dead skin and drool, pillows offer irresistible digs to dust mites and fungi. A 2005 study of pillows – said to be the first since 1936 – found up to 16 species of fungi in a single pillow. Testing both feather and synthetic pillows that ranged from 18 months to 20 years old, University of Manchester researchers found several thousand spores of fungus per gram of used pillow – a higher count than you’d find on a used toothbrush. A minute’s soak in hydrogen peroxide can kill the toothbrush spores; not so with a pillow. And the consequences can be serious.

“Given the time spent sleeping and the proximity of the pillow to the airway, synthetic and feather pillows could be the primary source of fungi and fungal products. This has important implication for patients with respiratory disease, and especially asthma and sinusitis.” Ashley Woodcock, the University of Manchester research team leader wrote in the journal Allergy.

A dry steam cleaner can kill fungi. So can putting a pillow in a plastic bag and freezing the pillow, which can also take care of mites. (Good to know, though I’m not sure I’d want to eat anything that had been in the freezer next to it –or sleep on a pillow with freeze-dried mites.)

The average department store pillow lasts 18 months. If you fold your pillow in half and the poor thing just lies there, you have a dead pillow. Time to bury it.

Robin Wright, “Pillow Talk”, *Wall Street Journal/The Hutchinson News*, 20 March, 2008, A6

INTERNATIONAL NEWS

The last FCE TODAY covered the Saroj Nalina Dutt Memorial Association and this issue we'll look at the VIATA program in Romania. This word means "The Life" in Romanian.

The VIATA program uses adventure education, teaching positive values, self confidence, and teamwork. The traditional educational system in Romania is often restricted and does not offer hands on experiences, as does VIATA.

The VIATA program provides a solution to overcome post-Communist apathy, and lack of social responsibility. It removes participants from their environments and provides activities teaching life lessons and positive values they can use in society.

In the last four years there have been 2000 youth come through the Campership Program. Most participants do not have the \$106.00 fee for the week program so the New Horizons Foundation seeks donations so that 500 youth can attend each summer. We read a thank you letter from one of these campers in the last issue of FCE TODAY. To learn more about this program go to the NEW Horizon Website. <http://www.new-horizons.ro/viata/index.asp>

This is one of the programs FCE sponsors through donations, along with ACWW projects, Peace Garden, and the India project.

CONGRATULATIONS!

National FCE wishes to Congratulate West Virginia FCE on receiving a \$2,500.00 grant from "Reaching Out...Raising Ovarian Cancer Awareness in WV and the WV Comprehensive Cancer Program in collaboration with the WV Division of Tobacco Prevention".

They will not only co-sponsor an evening of information, dinner and door prizes but will create a flyer to be posted in doctor exam rooms encouraging patients to inquire about Ovarian Cancer. Symptoms of Ovarian Cancer are: 1).Bloating 2).Pelvic or abdominal pain 3).Difficulty eating or feeling full quickly 4).Urinary Symptoms (urgency or frequency)

Again, Congratulations to WV FCE!

Thank You letter from KONA
Volunteers in KOREA

Hello Carolyn,

How can I thank you enough for the two wonderful NAFCE Newsletters I received. I showed them to members of the Volunteers and other people who came to the Gwnagju International Center in Gwangju. The children liked the picture very much and people that saw the newsletters encouraged me. I really appreciate your sincere support.

I've been busy creating KONA Culture Talk (KCT) for the Volunteers. I want the young children to be good global citizens through the exchange with foreigners.

We would like to invite foreign volunteers to come to KONA and talk about their countries and cultures in easy English, also volunteering at orphanages. (If you are interested in doing this, please contact FCE President Carolyn Ropp for more information.) We welcome more videos and storybooks for the Volunteers to educate underprivileged children if FCE could send us some. KONA is a very young organization and we would like your help to grow like your organization. I am very encouraged by your support. Please help us to grow like your organization.

Included is a photo of Volunteers and some underprivileged children we are teaching simple English to.

Sincerely,

Youngim
Director of KONA Storybook Center
President of KONA Volunteers
Gwangju University



Character builds slowly, but it can be torn down with incredible swiftness.

– Faith Baldwin, novelist (1893-1978)

SPRINGTIME TRIVIA QUIZ: Gardening Challenge

1. Which of these flowers has the nickname “heartsease”?
(a) Lily (b) Tulip (c) Rose (d) Pansy
2. What common pie ingredient is the rose related to?
(a) Blackberries (b) Rhubarb (c) Pumpkins (d) Cloves
3. Which side of the garden is the best place for tall or climbing plants?
(a) North (b) South (c) East (d) West
4. Which family is the potato a member of?
(a) Tomato (b) Pea (c) Carrot (d) Morning Glory
5. Which of these bulbs can have yellow flowers?
(a) Cyclamen (b) Snowdrop (c) Daffodil (d) Bluebell
6. Where do pinks get their name?
(a) The seeds make a “pink” noise when released
(b) Most are pink in color
(c) The petals have zigzagged edges, as though cut with pinking shears
(d) The leaves are tinged pink
7. Which of these shouldn’t be planted in a dry, sunny area?
(a) Rosemary (b) Artemisia (c) Lavender (d) Hydrangea
8. Which of these flowers comes in a type that smells like chocolate?
(a) Rose (b) Geranium (c) Cosmos (d) Phlox
9. Which of these trees has white bark?
(a) Maple (b) Ash (c) Cherry (d) Birch
10. Which of these always has green leaves?
(a) Camellia (b) Holly (c) Smoke Bush (d) Berberis

Answers: 1 d. 2 a. 3 d. 4 a. 5 c. 6 c. 7 c. 8 c. 9 d. 10 a.

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