

fce. TODAY

The Official Publication of the National Association for Family & Community Education

Greetings National FCE members,

I am excited to begin my term as your National President. I am so grateful for the past presidents and all they have taught me about leadership, tolerance, and patience!! I have already needed all three of those characteristics!!!

I would like to thank everyone for the great gift packet you showered on me at the installation in July. Many of your gifts have already been put to use in my office!!! I have tried to send thank you notes to all of you, however, the bag ripped and everything went flying. Many of the cards were separated from the gifts and so I had to guess!!!

I have set several goals for my presidency and two of the main goals are #1, to increase membership nation-wide. The membership committee is working on a new plan that will help you recruit new members, retain current members, and help you help members to start a new club. And #2, to continue to improve communication between National FCE and the state organizations. I have asked that the executive committee write letters to their state counterparts dealing with issues specific to their position, and communicating their goals to the state officers. These letters will go out to all state officers early in 2013. Communication is a two way street. State officers and members need to communicate with us as well. Let the national officers and other board members know what you need. We will try and get an answer to you as soon as we can. Also, let us know when good things are happening. I will need your help to accomplish both of these goals. And please remember, there are certain things Judy Jones at Headquarters cannot do for you. You will need to contact us with those issues.

The board met the end of September at HQ for our fall board meeting. We had some training as well as put together conference for 2013. We are excited and think we have a great conference planned for you. Elsewhere in this issue you will find the conference registration form, president's day information, hotel information, and information on most of the workshops that will be taught at conference.

The theme for conference is "**Operation Readiness.**" Last year at conference Dr. Jo encouraged us to become more active, because physical activity is linked to better brain activity. We know that overall, America's children as well as adults are getting heavier and less physically fit. As an organization we know we need to begin to focus on a younger membership. We teach a lot by example, so we need to be at our best to be able be **READY** for the younger members we are going to get! As part of that, we are encouraging you to "Walk to Conference." Several years ago we had the same challenge from past president Harriett Steenson, and several members participated. I hope many of you will take the challenge! Keep track of your distance and see how close you come to getting to Fargo! If you are already walking you can estimate how far you have gone since last conference in Kentucky! Get those shoes on and get going!!! There will be prizes!

We had to drop the ability to take credit card orders on the web site. Various banking rules and regulations have changed and our web site was not Payment Card Industry (PCI) compliant. That means we could not meet the standards set by the credit card industry. As a board we looked at several different options and the costs, and felt that we do not process enough credit cards on the web site to justify the cost involved in making the web site compliant. We know this will be an inconvenience to a few of you and for that we apologize.

ACWW initiated "Women Walk the World" in 2012 and are encouraging participation again this year. The event is April 29, 2013. Further information is available at www.acww.org.uk.

Bonnie Teeples
National FCE President





2013 National FCE 77th Annual Conference Registration Operation Readiness

July 18-21, 2013 in Fargo, North Dakota



PLEASE PRINT CLEARLY: Membership # _____ if this is your first National FCE Conference _____

Name _____ (last) _____ (first) _____ (middle)

Mailing Address _____ State _____ Zip _____

City _____ Fax _____ E-mail _____

Phone _____ at Phone # _____

List any food allergies: _____ Vegan meals: _____

(Disclaimer: This information is for meal count only. YOU will be responsible to inform hotel staff of special needs.)

Conference Registration	Member	Non-Member	Amount
Registration by June 3, 2013	\$345	\$400	\$
<i>(Registration after this date will not have meals guaranteed)</i>			
- Spouses – Meals Only (\$50 for Dinner / \$40 for Lunch)			\$
- I will attend FCL Training on Friday	yes	no	
- Sunday morning Future Stars Event FREE for people 20 years and younger) - # attending _____			
ONE-DAY Conference Registrations:			
Friday, July 19, 2013	\$125	\$150	\$
Saturday, July 20, 2013	\$125	\$150	\$
Sunday, July 21, 2013	\$125	\$150	\$
SPECIAL EVENTS:			
FCL Benefit Dinner (Dinner and Entertainment**) – Saturday, July 20, 2013)	\$55	\$55	\$
National FCE Board Alumni Dinner – For National Board Alumni Members and Spouses (Sunday Evening)	\$40	N/A	\$
TOTAL ENCLOSED			\$

Mail Registration to:
National FCE Conference
73 Cavalier Blvd
Florence, KY 41042
FAX: 859.525.6496
E-mail: natfcebq@fuce.net

Conference Registration Includes:
Keynote Speakers / General Sessions / Annual Business Meeting / Workshops and FCL Leadership Training / Meals (FCL Benefit & Alumni Dinner extra) / Eligibility to Purchase Tours.

EVENTS:
Thursday Evening: Opening Ceremony / Presentation of Presidents / Meet the Board Reception.
Friday: Business Meeting / Spirit of ND Luncheon / FCL Sessions and Workshops / Dinner
Saturday: Workshop Sessions, Lunch and Awards / FCL Benefit Dinner (Extra Cost - not included in registration**)
Sunday: Inspiration and Memorial / Closing Speaker / Awards Luncheon and Installation

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 on card: _____

Signature _____

**Conference Registration Fees Will NOT be Refunded – But
MAY be Transferred.
Keep a copy for your files.**

“NATIONAL FCE BOARD ALUMNI SCHOLARSHIP”

For

FIRST TIME ATTENDEES TO NATIONAL FCE CONFERENCE

“REGISTRATION COST ONLY”

Sponsored by the National FCE Board Alumni

1. National FCE dues must be on file at National FCE Headquarters by April 15.
2. National FCE Conference registration form and all applicable fees must be paid by check or listed credit card information. Winners will be notified before conference and their method of payment will be returned to them. Those applicants who are not winners will have their conference registration form and method of payment sent on to Headquarters by May 15.

3. This scholarship application form must be filled out according to the following instructions:

Name _____ Region _____
Address _____ City/State _____ Zip Code _____
Email _____ Phone _____
Years of membership _____ Membership number (on label of FCE TODAY) _____

On ONE separate sheet, tell us about the following:

- a. List your FCE involvement and accomplishments in the last 5 years (local, county, district, and state).
- b. What focus or issues of FCE are important to you and WHY? (i.e. Health, Home and Community Environment, International, Leadership, Youth Education, ACWW, FCL, CHARACTER COUNTS!, Community Service, Hearth Fire literatures, Membership).
- c. If you are selected, how will you share what you have learned or gained with your county, district, and state.

Send the following postmarked by APRIL 15.

- This Scholarship application form completed
- The attached ONE separate page of information
- Completed Conference Registration form and method of payment

Mail to: National FCE Board Alumni Scholarship, Chair

Margaret Mai
1542 E. 27th St.
Yuma, AZ 85365-3023
Phone: (928) 726-7456
Email: margaretnai531@gmail.com

Applications postmarked after April 15 will not be judged.

Hotel Registration

All conference attendees must make their own room reservations. Contact the Holiday Inn of Fargo to make your reservations. When making room reservations members need to ask for “National Association for Family and Community Education” reservation block.

Driving: The Holiday Inn of Fargo is conveniently located at the intersection of I-94 and I-29 at Exit 64.

Contact:

Holiday Inn of Fargo – 3803 13th Avenue South – Fargo, ND 58102 –701-282-2700

Or you can call: **1-888-HOLIDAY**, just make sure you mention the group name!!!

All reservations must be accompanied by a first night room deposit, or guaranteed with a major credit card. Hotel will not hold any reservations unless secured by one of these methods.

Reservations by attendees must be received on or before **June 18, 2013**.

Room rates: \$105.00/ occupancy 1-4 people.

All guest rooms include the following:

- In room coffee makers
- HD TV's with complimentary cable
- Iron and ironing board in each room
- Voice mail
- Hair dryers in each guest room
- Twenty-four hour Business Center
- Complimentary airport transportation
- Complimentary wireless high speed access throughout the entire hotel
- Heated pool and Whirlpool
- On site restaurant and In-House Domino's Pizza Kitchen, Spirits Lounge and Casino

New Hearth Fires for 2013

The theme for this year's conference is “Operation: Readiness”, and we've tried to provide you with some of this readiness with our new Hearth Fires for the 2013 conference. We're trying to address different age groups again this year.

One of our Hearth Fires deals with chronic pain – “Someone's asking...What is Chronic Pain?” How many times have you said “Oh my aching back; I just ache all over” or “I sure wish this headache would go away.” These are some of the things at someone with chronic pain might say most of the time. Hopefully we can give you ideas about what it is, what you might do to keep it at bay, and what to do if you or one of your loved ones has chronic pain.

Another is for the teenager in your life – “Dress for Success – Teen Edition.” We ask the question, and provide some guidance on the outfit that your teen thinks is super cute and really rocks as to whether it is the best outfit for a job or college interview. It will teach your teen how to dress appropriately for any important meeting, and come out a winner.

Our last new Hearth Fire is for everyone. It's called “Is There a Vaccine to Cure Rudeness?” It deals with civility. Civility goes beyond good manners. It's an attitude of respect toward others. It's waving with all of your fingers. It's really listening to another's point of view without interrupting. Civility is the glue that holds society together and the lubricant that allows society to dialogue with each other.

All of these will provide laughs, activities, and new ideas for you to ponder.

We will also have a demonstration on how to use the FCE Friends Storybooks with your younger family members and friends.

Hopefully you'll be able to attend at least 2 of the presentations and be able to take these great programs back to your state, county, and club meetings.

2013 NATIONAL FCE CONFERENCE TOURS

Thursday July 18th and Monday July 22nd

Tour A. You'll experience a part of three very different cultures on this tour. We'll see a replica of an ancient Viking ship and explore Norseman heritage, then have a guided tour of a unique dairy farm where we'll have an authentic German family farm-style lunch. After a scenic trip through lake country, we'll discover the medicinal herb secrets of the White Earth Cherokee Indians. You'll have an opportunity to purchase the traditional wild rice as harvested by tribal members in the centuries old way of their ancestors.

Cost is \$89

Tour B. Ever eaten a chocolate potato chip? You'll get to sample your way through chocolate covered (nearly) everything, even pickles and jalapenos on this diverse excursion. We'll tour a \$100 million hockey arena, and then have shopping opportunities at Quilter's Eden and Knick Knack Paddy Whacks. You'll enjoy lunch overlooking the scenic Red River and complete the day with a guided tour of one of the top aerospace pilot training centers in the country.

Cost is \$75

Reservations due by June 1, 2013

Name _____

Address _____

City, State, Zip _____

Phone _____

Email _____

Thursday, July 18

_____ Tour A - \$89.00 \$ _____

Monday, July 22

_____ Tour B - \$75.00 \$ _____

Total enclosed \$ _____

Make checks payable to and mail to:

D'Lightful Tours

3672 H Road

Dunbar, NE 68346

402-269-2616

308-246-5383

darudolph46@gmail.com

hesteenson@juno.com

2013 NATIONAL FCE BOARD

PRESIDENT (2012-2015)

Bonnie Teeples
4338 Arthur St.
Klamath Falls, OR 97603-7803
bdteeples@charter.net
541-882-4374 (ph)
541-273-7553 (work ph)
541-891-2662 (cell)

TREASURER (2010-2013)

Marcy Price
11427 103rd Road
Ensign, KS 67841-9304
mprice@nafce.org
620-225-3566 (ph)
620-865-2054 work

Atlantic Region Program Coordinator (2011-2014)

Rita Charlton
2087 East Road
Benson, VT 05743-9661
rita.charlton@uvm.edu
802-537-3652

Atlantic Region Public Policy Coordinator (2010-2013)

Kay Baker
800 Hill Road
Kingsport, TN 37664
birdk@charter.net
423-323-8756 (ph)

Pacific Region Program Coordinator (2010-2013)

Anne Engen
13325 NW Willis Rd
McMinnville, OR 97128-8047
daengen@onlinemac.com
503-472-7146 (ph, fax)

Pacific Region Public Policy Coordinator (2012-2015)

Marian Hannon
1693 W Petunia Place
Oro Valley, AZ 85737-7253
mbhannon@q.com
520-297-9712 (ph)
520-575-6406 (fax-call first)

VICE PRESIDENT PROGRAM (2010-2013)

Susan Martell
46 Ossie Rd or PO Box 158
E. Middlebury, VT 05740-0158
smartell@aol.com
802-388-7648 (ph)
802-388-9863x3 (work ph)
802-388-9864 (work fax)

VICE PRESIDENT PUBLIC POLICY (2011-2014)

Betty Schalk
5118 County Road 534
Poplar Bluff, MO 63901
twoschalk@aol.com
573-785-2972 (ph and fax)

SECRETARY (2013)

Lynn Maples
204 Kenwood Drive
Doniphan, MO 63935
lmaples@windstream.net
573-996-5699

Central Region Program Coordinator (2012-2015)

Peggy Martens
PO Box 443
Inman, KS 67546-0443
plvbm@embarqmail.com
620-585-2302

Central Region Public Policy Coordinator (2011-2014)

Ardyce Snyder
PO Box 45
New Rockford, ND 58356
dasnyder@gondtc.com
701-947-2084

Young Families Coordinator (2013)

Andrea Abrahamson
1909 41st Ave South
Moorhead, MN 56560
nafceyfc@gmail.com
218-287-1110 (ph)

ATTENTION STATE PRESIDENTS!!

We need your help!

PLEASE send updated state officer list to Head Quarters or to Bonnie Teeples ASAP!!

This form was in the Presidents Packet at conference in 2012. If you did not get it please contact HQ or Bonnie Teeples. Keeping the web site current depends on getting current information from all of you.

Thanks for getting the information to us!!

A COMFORTING CUP FOR THE COMMON COLD

Prepare a cup of healing tea by steeping equal parts of cinnamon, sage and bay leaves in hot water. Cinnamon has antibacterial properties, sage works as a natural expectorant and bay leaves help clear congestion. Steep for 5 minutes, strain, and just before drinking, add 1 tablespoon lemon juice. Sweeten with a little honey, if you desire.

from Joan Wilen and Lydia Wilen

FCL Day – 2013

Please come and be a part of the exciting programs being presented by the FCL team at the 2013 Annual Conference in Fargo, ND. Topics are being taught by FCL National Certified Trainers. They are:

Group Process

Quilts – Working Together

Kay Baker and Peggy Martens will be presenting developmental stages of the group process. While making a quilt, the audience will take action arranging the process in due order.

Teaching

Power of Teaching – Media Presentations

Come learn with Marian Hannon and Anne Engen how to do powerful, effective presentations in a fun environment.

Volunteering

What Is Your Style of Learning?

Ardyce Snyder and Rita Charlton will be presenting this workshop. There are several ways to gain knowledge and one of the predominant ways is through your style of learning. Are you a visual, auditory or kinesthetic learner? Do you know that your style of learning helps you utilize your skills and the skills of your volunteers for the benefit of your organization? This FCL workshop will help you determine your style or styles of learning and how to use them to your best ability.

Taking the training available at FCL Day will not only help you gain hours toward your certification, it will also help you keep your leadership skills strong. And who knows; you may learn something new!!!

Remember to fill out the conference registration form in this issue. Why not do it today? There is no extra cost to attend FCL Day. WHAT A BARGAIN!

There are lots of things beyond our control: short stature, big bones, receding hairline. Fortunately, character is different. That's completely within our control.

– Michael Josephson

NAFCE Alumni Fundraisers

The National FCE Board Alumni will hold the following fundraisers in Fargo, ND:

DOLLARS FOR SCHOLARSHIPS auction will be held at a luncheon and all the \$\$\$ will go to fund the Scholarships for 1st time attendees who apply for a Scholarship (paid registration) to conference. We are asking YOU to bring an item worth at least \$10 and it will be auctioned off for this cause. The **FCE** aids in **Funding Cancer Education** **DECORATED PANTIES AND BOXER CONTEST** is new this year. Remember those decorated bras in years past? This is the same concept. Please bring decorated ladies panties and/or men's boxer shorts on a hanger with a title representing your decorated panty and/or boxer as we did with the bras that made us aware of breast cancer. The Alumni hopes that the decorated panties or boxers will increase our awareness of cervical cancer and prostate cancer. Everyone will drop \$\$ in a box for their favorite panty/boxer. We will give a prize to the winner in each category with the most \$\$ collected. You may take your items home and maybe do the same contest in your state. We can all use more awareness on cancer! And this would draw more attention to FCE! Try it!

The auction funds will go towards speakers and/or education on these two cancers. If you or someone you know has had one of these cancers, you know we all need to be more aware. Cancer does not know age, it hits the young as well as the old. We hope you will join in the fun and we have lots of cute decorated panties and boxers! Any questions, contact me.

Thanking you in advance,
Karen Walker, Chairman
National FCE Board Alumni
kjwalk2@centurytel.net
660-429-2425



Gladys Brown from Molokai, Hawaii promoting National FCE "An Official History" books at the Hawaii FCE Convention.

GUYS ON BOARD

For a number of years Oregon has had at least one man serving on our state FCE board. Now we have TWO! Bernie Voltin chairs the Marketing committee, while Scott Teeples is Secretary. Both have wives who are active in FCE.

These are guys who enthusiastically think way outside the box and are comfortable in any group. To board meetings they bring their work and teaching skills plus their community contacts. They both said, "Hey, we can speak up AND follow directions".

Bernie said "No one twisted my arm" to be on the board. He suggested selling different colored fleece vests stitched with our Oregon FCE logo as a state fundraiser. It is a big hit.

Scott, who runs his own business and is a substitute teacher, can tick off new ideas for growing FCE as fast as he can talk.

Invite former FCE groups/members who left in the 1990's to rejoin our organization.

To boost a County Council's funds, his business gave a booth to the county council to place antiques, collectibles or just neat stuff to be sold.

Let's figure out how to funnel kids who are aging out of 4-H to join FCE.

Has asked to speak about FCE to high school service groups.

Contacted men he knows to volunteer in teaching a class at a community wide FCE event.

Do any other states have guys on their FCE state board?

Anne Engen
Pacific Region Program Coordinator

ACWW Recommendation

National FCE was notified by Lisa Barker, Operations Manager of ACWW that the proposal submitted for a Resolution to the ACWW Ad Hoc Committee on Resolution and Recommendations was accepted as a Recommendation. This is due to the wording of the submission aligning more as a 'line of action which Societies might choose to follow' rather than a 'mandate which must be worked on'. It is also similar to Resolution 56 (Trade in Dangerous Waste, 1989). The Recommendation will be worded as follows:

"In view of the ever increasing use of electronics that pollute the environment, the members of ACWW are urged to do all they can to ensure e-waste is recycled and disposed of safely and responsibly to prevent further damage to the environment."

The background information will be included on the Resolutions and Recommendations Circular. The Resolution will be presented at the ACWW Triennial in Chennai, India by Bonnie Teeples, National FCE President.

Judy Fullmer
Past National President

OUR APOLOGIES

National FCE Board would like to apologize to the 2012 National Display Board Winners. The winners listed in the previous issue of this newsletter were incorrect. The following were the 2012 winners.

EDUCATION

- 1st place ~ Colorado
- 2nd place ~ Missouri
- 3rd place ~ Tennessee

LEADERSHIP

- 1st place ~ Kansas
- 2nd place ~ Missouri
- 3rd place ~ West Virginia

ACTION

- 1st place ~ Colorado
- 2nd place ~ Missouri
- 3rd place ~ West Virginia

NOMINATIONS ARE BEING ACCEPTED

The National FCE has an opportunity for you to have a rewarding experience by serving on the NAFCE Board. Positions open for qualified candidates for the 2013 election are: Vice President for Program, Treasurer, Pacific Region Program Coordinator, Atlantic Region Public Policy Coordinator, Young Families Coordinator (to fill a 2 year unexpired term), and Secretary (to fill a one year unexpired term).

Qualifications for each of these positions can be found in Article V of the National Bylaws that are on the website www.nafce.org. Nominations for these positions need to be mailed to Headquarters with a postmark 60 days before the first day of conference or May 18th, 2013. Forms can be requested from the National FCE Headquarters or from a member of the committee.

If you are interested, or if you know someone that might be interested, please notify the nominating committee: Ardyce Snyder, Central Region Public Policy Coordinator, Chairman; State Presidents, Sharon Giacometti – Central Region, Jodi Brubacher – Pacific Region, Pat Warsek – Pacific Region and Sheila Jackson – Atlantic Region.

MEET YOUR BOARD

Why I am what I am because of FCE!!!

Some 36 years ago when I joined FCE I had no goal of going any farther in the organization than a “member”.

Within five years I had been elected County Council President and the rest is history as they say. During that first year I attended my first state conference and was hooked.

I’m different because of the education I gained through all the many lessons both from Kansas and from National FCE. It really is a good education in a wide variety of topics. When a topic may seem boring or uninteresting by the name I usually do learn at least one thing.

I know so much more about parliamentary procedure than before FCE. And it too is interesting to me. I was fascinated by the professionalism of the board at the first state conference I attended.

One of the biggest changes I think that I am because of FCE is that when I do some writing or work of any kind and I then ask someone to review it for me, I’m almost upset when they say (at first glance) it looks fine to me. I have learned to take criticism better than at any other time in my life.

During my first year as Kansas Vice President, I received one of the computers that National FCE had given to states. That machine has led to a whole new world also. The Kansas educational lessons were mailed to another person in our state to put into printable form. In my third year as VP I did them myself.

Every time my son-in-law would visit I would have three things that I wanted to do on the computer but did not know how. He had the patience to help me and it was fun. I then took a basic computer course at our local junior college to learn even more. I’m still not an expert but it is so much fun helping others on some of the things that I do know.

If it had not been for that computer given to me I might still not have one. I’m the only one of my siblings that has one and I am the only one in my club that has one. I probably know more people without than with a computer.

Peggy Martens
Central Region
Program Coordinator

Anne has been married to Art Engen for 45 years. They met on a blind date when Anne was a freshman at Linfield College. After 2 1/2 years of dating, Art said either say you will marry me or I won’t see you ever again. Anne replied “I’ll starve to death”. Art said, “Good, we’re engaged”. I never really said yes! We have a daughter Beth and a son Matt, two granddaughters, Minori and Kayleen in college and two young grandsons, Brent in 3rd grade and Trevor in Kindergarten.

Anne has been a member of FCE for 39 years. When asked why she ran for the National board she replied: “I had been asked numerous times to run for a board position, but the time wasn’t quite right. Finally, I thought if I wait too much longer I wouldn’t have the energy. So glad I made that leap of faith”.

What keeps her busy? My only ‘paying’ job is as the Wedding Coordinator for my large church. I volunteer as a Stephen’s Minister, a trained lay person who walks beside their Care Receiver providing emotional and spiritual care - “being the loving hands and heart of Jesus”, someone who listens, encourages. I also oversee the care of a 93 year old church woman who has no family.

Of course I’m an active member of my “Creative Homemakers” study group. When we started the group some of us were pregnant. We named ourselves the “Yamhill County Young Homemakers”. As the years rolled by, when our name was called at FCE functions other people started to snicker. We had to change our name! We got the last laugh ‘cause we started winning all the ‘creative’ contests at FCE functions.

I spend a great deal of time spoiling my hubby with delicious food, freshly washed clothes and clean bathrooms.

Anne Engen
Pacific Region Program Coordinator

Betty Schalk is married to Tom. They have 3 children – Ken and wife Cheryl, their children Marah and Tasha are in college in Kansas City. Robbie and wife Sonya have two children, Logan (high school) and Jo (middle school) and daughter Sandy and husband Pleasant, their children Billy in college and Amber a junior in high school. They live in a rural country side. They are both retired. Tom retired from General Motors.

Betty has been a member of FCE for 33 years. When asked why she ran for the National board she replied “I have gained so much from FCE that I want to repay some of the skills. I was nominated as a young homemaker in 1990 and attended my first conference a few years later. I will never forget the confidence building mentors and friends that I made. I was a shy country girl with no experience in presenting a simple lesson, much less presenting to a room full at a conference. Great leadership gently pushed me along.”

Betty keeps busy at being retired. She says “You know that means you are asked to do lots of volunteering. Of course, that is what I love to do. I am Director of Children’s Church, am on the Butler County Fair Board, Extension Council, work with Grandparents Raising Grandchildren, a presenter at Women Aware, and Vice President of our Square Dance Club. I have started oil painting again, which I love.” And of course we know she is busy in FCE at all levels!!!

Betty Schalk
VP for Public Policy

2013 Conference Service Project

Walk to Conference??!

Well, not really, but you are being challenged to WALK!

At the 2012 conference Dr. Jo, our closing session speaker, challenged us to be more active. She told us that research shows that being physically active increases oxygen to the brain. It helps the portion of the brain that helps us learn and remember. Not to mention the benefits to our body.

On the GeoMotion web site, Kathleen Sebelius, Secretary of Health and Human Services in 2010 is quoted as saying, "An active lifestyle, combined with healthy eating, is the number one way to prevent obesity and key to preventing a host of serious obesity-related diseases, including high blood pressure, diabetes, heart disease, and asthma. But physical activity also raises energy levels and sharpens concentration for adults. No matter what your age is, exercise can strengthen your heart and your bones. It brings down your stress level."

Dr. Jo challenged us to "Secure our own mask first". So our challenge to you is to "secure your own mask" and get moving!! Or as Dr. Jo says "Move to Improve"

For those of us that do not have a regular walking routine we are asking you to keep track of your steps and convert them into miles. Yes, we said miles!!! Many of our members already walk several times a week, for those members we are asking that you increase your walking.

You can find information in many places telling you how many steps equal one mile. Some information lets us know how to calculate our height and stride length to give us an "accurate" amount of our steps in a mile. To simplify we are going to use an average. The typical number of steps in a mile is between 2,000 and 2,500. For our purposes we will use 2,200. So for every 2,200 steps you take you have walked a mile.

For the challenge you need to figure how many miles you live from Fargo, North Dakota, times that by 2,200 steps and that gives you the amount of steps you need to take to get to conference!!!

Well, I'm out of here!! I need to get walking, don't want to be late! (Or not get there)

(Pssttt, there will be prizes!)

Fill out the form below and bring it to conference.

Name _____

How many miles from Fargo, ND? _____

Number of steps I took _____

Number of miles I walked _____

Improvements I saw in my health and well being:

In years past we have been bringing new and gently used children's books that we have donated to various Children's Hospitals and Pediatric wards. The board wants to thank you for your willingness and your generosity in donating for these service projects.

This year we are going to ask that you bring items for school children. It is a "A School Supply Drive" to help with the children's "readiness" for school. In many areas the demand for school supplies for children is overwhelming. We hear about car dealerships sponsoring a "Fill the bed of a pick-up" United Way Organizations sponsoring drives for school supplies, and many of our own county councils participate in similar drives.

Joan Geyer, the 2013 Conference Chair contacted The United Way in Fargo ND, and they always do a school supply drive for children in need. They were so excited that this was chosen for the community service project at our National Conference. Below is a list of items that are needed. Some of the items are bigger and we know that they will be harder for you to bring in your suitcases, but the complete list is included and you are welcome to bring what you can.

This is the list received from them:

New Backpacks (no wheels)
1" 3-ring Binders
2 Pocket Folders
Loose Leaf Paper (wide & college ruled)
Wide Ruled Notebooks
College Ruled Notebooks
Pencils
Blue & Black pens
Red Pens
Highlighters
Colored Pencils
Markers
Pencil pouches
24 Count Crayons
Pink Erasers
Glue bottles
Glue sticks
Pointed tip Scissors
Blunt tip Scissors
Rulers—clear plastic or wooden

Thank you again!!

2013 National FCE Conference – FARGO, NORTH DAKOTA

The 2013 National FCE Conference will be held in Fargo, North Dakota – July 18-21, 2013! North Dakota is SO excited to host this conference and to share our state with our FCE friends! So get ready to ENJOY!

As On-Site Conference Chair – I want to give you just a taste of what you will be doing in Fargo!

State Presidents ... tour on Thursday, July 18. After you practice your processional for the Thursday evening Opening Ceremony you will hop on the bus and head for the Hjemkomst Interpretive Center in Moorhead, Minnesota. You'll see the Viking Ship which is permanently housed in the center and built by Robert Asp and his family and sailed to Norway in 1982. The museum inside the Hjemkomst Center is managed by the Historical and Cultural Society of Clay County and I'm told there will be an exhibit on pioneer women artists. Located on the grounds of the Hjemkomst Center is the Stave Church, a symbol of the Norwegian heritage in the Red River Valley. You will all have lunch at the Hjemkomst. Then you will take in the Fargo Downtown Street Fair to shop, be entertained, sample some fair food, and purchase North Dakota handmade articles. The streets will be alive with music and entertainment.

Some Conference Activities: The Spirit of ND Luncheon, Leadership Training, "Healthy Living" Workshops, Dress for Success, ACWW Walk and Walk Awards, Entertainment by a local "Radio Show" group, new Hearth Fire presentations, "Be the Best American" workshop, Digital Citizenship workshop, and Recycled Plastic Bag Coin Purse workshop.

Leadership Benefit: Dinner followed by entertainment by The Voyageur People. Besides being entertained, you will be learning history of the area through French-Canadian and French-Indian Dance. You will "see" the history of Minnesota and the Upper Midwest come alive as French voyageur and fur trader "Jean-Christophe" paddles and dances his way from Quebec to the Boundary Waters through land that was once called New France. You will meet his French-Ojibwe family and discover how the customs, clothing, and dance of these two cultures blended to create a large part of our regional heritage. FCE members will have the opportunity to learn French words, sing a voyageur song, and master canoe paddle tricks!

Sunday morning Inspiration: you will be part of a wonderful inspirational session of music and stories of North Dakota Pioneer Women.

Closing Speaker: Patrick Kasper an internationally known dancer, singer, choreographer, performer, and creator of Positive Motion, a dance exercise program that inspires, motivates, and encourages people of all ages to make fitness a part of their daily lives in a fun and creative way. With his program Patrick aims to educate and inform everyone about the benefits of living in Positive Motion, including improved health, self-esteem, and general well-being and leading happier, fuller lives. Patrick has appeared on Oprah and is one of Rachael Ray's "incredible people." We are going to have such a good time during Patrick's session!

Remember...you do not have to be an officer (County, State, National) to attend the National FCE Conference. All you need is to be a member of this great organization or come as a guest (we love guests).

Come to North Dakota.

Come to Learn! Come to renew friendships. Come for fun. Come to make new friends. Come to dance and sing! Come to see North Dakota. Come for the food! Come for the laughs. Come to strengthen your FCE focus.

Come...to Fargo!

Joan Geyer
National On-Site Conference Chair

Our History, A Legacy to our “Now”

“The first NEHC Week was held in 1946 with the theme “Today’s Home Builds Tomorrow’s World.” NEHC Week continued annually until 1962, then resumed in the 1970’s. It was celebrated the first full week of May through 1991. Beginning in 1992 NEHC Week will be celebrated the second full week of October.” From (“An Official History” 1936-1990 page 24.)

“The October 6-9 1947 annual conference met at Jacksons Mill, State 4-H Camp, West Virginia with 505 attending. The theme was “Harmony in the Home- Order in the Nation- Peace in the World”... From (“An Official History” 1936-1990, page 25.)

Can you see some correlations to what we do in FCE today? As members we are still concerned about issues relating to the home, community, nation and the world. Our educational material still addresses these same thoughts. The projects we do still work toward solving the same issues. We just do it a little differently now. Our Mission Statement and our Vision Statement both give us the drive to work toward the same end that our members in the 1940’s wanted. Great homes, good communities and a world safe for our families. Indeed, our very name the “National Association for Family and Community Education” reflects what our “foremothers” in NEHC wanted for this great organization.

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