



TAFCE Connection

2022 Winter Edition

Newsletter of the Tennessee Association of Family and Community Education
Issue 8.1



*TAFCE PRESIDENT
GLORIA FISHER*

It is my pleasure to be elected as TAFCE President and begin to serve you starting January 2022. Like the 2021 TAFCE Board chaired by President Wanda Briddelle, your new board will work hard to conduct the business of TAFCE.

Prior to retiring in 2004, I was privilege to work in positions where I could be an influence in bettering the lives of others. That is ingrained in me and will be the basis of how I will serve as your state president.

Like you, to me FCE is a venue to be of service to others while gaining new experiences that will grow knowledge. For FCE/ TAFCE to excel we, the members, need to be continually looking for ways to make our and others lives enriched.

Because each of us has a serving heart, TAFCE's service project for 2022 will be "Salutes to Health Care Workers". All facets of health care providers need to be supported, especially now.

COVID has taken a dire toll on all people who come in contact with those with health care needs - hospital staff, home health workers, first responders and others. Health care workers are having to deal with bad stress while working hard to care for others. They have been in the COVID trenches for a long time.

Let us help them as best we can. This includes letting them know we care. I contacted some health care professionals and ask, "What can we do for you?"

Often the response was "A note or a card saying you support us would be wonderful. It would help". Pressed for more, they said snacks, small bottles of water, small yogurts for the respite/break room. Others said pens and note pads.

Choose a group of workers that you or your club would like to honor/thank. Make contact with someone in your respected field and explain this project. Engage them in conversation and see what your group can do for them.

Thank each of you for your giving heart and willingness to help others in these trying times this act could brighten their day.

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DATES TO REMEMBER

Remember these are "State" deadlines,
NOT Region or County.

March 1	County Character Counts
March 1	Region Heart of FCE Due
March 1	Spirit of FCL Nominee Due
March 2	Read Across America
March 15	State Scholarship Applications Due to VP of Programs
March 18	FCL Class List Due
March 21-27	National Drug and Alcohol Fact Week
April 1	FCL List and Checks Due
April 15	Project Brochures Due To NAFCE
April 18-19	State Board Meeting Lebanon
April 19-20	FCL Class Training, Lebanon
May 1-31	Imagination Library Month
May 15	Day of the Family
July 1	CVU's due-VP for Public Policy
July 1	Applications for New 50 Year Members

Newsletter Deadlines

May Issue- April 25

Send Newsletter articles via email to the
Educational Chair Crystal Holt



PAST PRESIDENT ADVISOR Wanda Briddelle



Greetings to each of you from Mount Juliet.

Are you spending time during this cold weather writing down your thoughts? If so, we invite you to share them with us in the Creative Writing Program.

The following are the rules and categories:

Must be written by a TAFCE DUES PAYING MEMBER WHO IS NOT A PROFESSIONAL WRITER. (This means that he/she does not receive compensation for their articles.) 2. Entries must not exceed 1,000 words. (No Illustrations allowed. Entry will be disqualified if this rule is not followed) 3. Entries must be legibly handwritten in black ink or typed with black ink in a font size of 12 or 14 on white paper. 4. Include writer's name, address, phone number, county, region and category on a cover sheet. On the last page, include your name, county and region in small letters. 5. Deadline for submitting entries is at the end of this form. 6. Those judged first and second place in each category in the region would be sent to the state for competition and compiled in a booklet. The state will award to first place winners in each category \$10.00 and a booklet. A booklet will be awarded to second place winners in each category. 7. Entries will not be returned.

CATEGORIES 1. Poetry: any style 2. Essays: any subject or person 3. Short Stories 4. Children's Stories: (No Illustrations to be submitted) 5. Feature Article/News Article: can be club report publication. Only original article will be accepted (no copies). Cut out NAME and DATE of publication and send with article. 6. Miscellaneous: any entry that does not fit into above categories. TAFCE Members may submit entries in any or all categories.

Would you be interested in a book of the winning submissions for 2021? I have 9 copies and they are \$10.00 each. If you would be interested in purchasing one, please let me know.

Wanda Briddelle

WESTERN REGION EDUCATIONAL CHAIR Esther Button

Happy New Year 2022

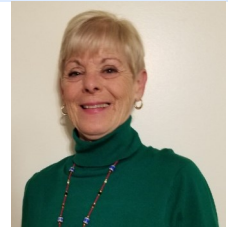
I would like to say thank you to all TAFCE members for all their Amazing Craft and Cultural Arts that were sent to the 39th Annual State Conference 2021 for everyone to view.

Thank you to all the helpers; I could not do my job without it.

A big shout out to the View's Choice Award winner Sharon Spigel from Central Region. Congratulations on your win.

(outgoing) VP for Public Policy: Diane Uher

What a FANTASTIC TAFCE CONFERENCE!!!! I had a wonderful time!!! All the Conference Volunteers, Committee Chairpersons, and the Conference Chairperson deserve a standing ovation. Everyone worked together to overcome the obstacles that COVID caused in 2020 and 2021. The foundation of FCE is the willingness to work together in order to successfully accomplish a goal or goals.



At the TAFCE Conference Banquet, the State Best of the Best winners for 2020 and 2021 were announced. Alice Poole, Western Region, Dickson County is the 2020 State Best of the Best winner. Kathryn O. Bush, Central Region, Cannon County is the 2021 State Best of the Best winner. Both of these fantastic women represent the positive attributes of a FCE member. Congratulations!!!

This newsletter article is my last official duty as the TAFCE Vice President for Public Policy. Whatever success I have had as VP is because of the patience, understanding, and support of many people. I cannot possibly individually name everyone so I am going to name groups. First, my fellow Board members. I have been very, very fortunate to serve with a caring group of women who are intelligent and knowledgeable. I have such a great respect and love for all of them. THANK YOU!!! Second, the Extension Agents and UT personnel who have always supported the TAFCE, the FCL program, the CVU program, and the Best of the Best awards. THANK YOU!!! Third, the Regional Presidents and VPs for Public Policy who have always work with me to successfully accomplish the required Bylaw duties. THANK YOU!!! Finally, the entire FCE membership of Tennessee. All of you have shown what it means to live in the Volunteer State. This state, the Regions, the counties, and the communities can successfully accomplish any goal that their FCE members support. THANK YOU!!!!

CENTRAL REGION EDUCATIONAL CHAIR Crystal Holt



It was so nice to see everyone at November Conference. It has been so long since we have all seen each other face to face and it was so nice to get to sit and talk with each and everyone of our member getting caught up on life.

I loved hearing all about how people found ways to still make a difference in their communities as they were trapped indoors and secluded away from everyone. Our members really stepped up when it came to Cultural Arts and Fashion Revue this year at conference.

All the creations were wonderful and very well made.

I am hoping this year is looking like we will be able to see much more of each other. As we embrace a new way of life, we will also bring in a new location for Central Region Retreat and finalize a new and exciting theme for conference.

Look forward to seeing everyone through out the year and also all the creations that our members bring to conference this year.

Please visit and join our FCE Facebook pages.

Western: Western Region Family & Community Education

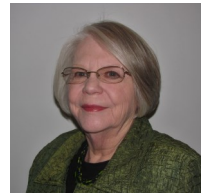
Central: TAFCE Central Region FCE

Eastern: Eastern Region FCE

State: Tennessee Association for Family and Community Education (TAFCE)



CENTRAL REGION PRESIDENT
Mary Alice Weber



Happy New Year 2022! On a frigid January 21, the Central Region Information Day was held in Murfreesboro with 105 FCE members and agents in attendance. The County Council officers from Williamson County served as hostesses, and offered the hospitality of snacks and beverages. Several tables included displays, providing information and an opportunity to sign up as an instructor for Leadership Retreat and responsibilities for TAFCE Conference, as well as a Fashion Revue table to spark interest in that event. Updates and changes were highlighted during the general session; three quilts were on display for the Q.U.I.L.T. project; and one quilt was presented to Penny West, a tornado victim from Wilson County. Rev. Raymond Burns and his wife Cernovia "Bebe" shared their inspiring story of volunteerism and growing a food ministry during the pandemic, encouraging us to think big and turn in our volunteer hours. After a short break, we divided into three breakout sessions: leader lessons, officer training for treasurers; and a combined officer training for presidents, vice presidents for programs and public policy, and secretaries.



The Retreat committee is busy making plans for the Leadership Retreat to be held May 24-26 at a new location, UT Southern in Pulaski, Tennessee. We are looking forward to a smaller, more intimate campus and the opportunity for new and different experiences.

EASTERN REGION PRESIDENT
Joyce Ernst



Eastern Region board members and committee members are diligently working on our two major conferences for this year. Our Annual Spring Conference will be held May 24-26 at the Greeneville 4 H Camp facility. Our theme for this year is "A Sprinkle of Old: A Drizzle of New!" We will have informative classes including crafts,

safety information, newcomer classes and a class on CVU's. A highlight of our three day camp is our table decorating contest as counties decorate tables for our banquet lunch and compete for prizes.

Eastern Region is also working on plans for our annual Fall Conference. This year we will be moving it from Knoxville to the South Eastern Corner of Eastern Region. Our Cultural Art's Chairman, Barbara Nuckols is making plans for our Cultural Arts contest. Fashion Review Chair, Jean Cross will again entertain us with an excellent Fashion Review.

Many smaller luncheons, informational sessions and crafting are also underway in the many counties in our region. Our emphasis for 2022 is increasing club membership and supporting our local communities. Our motto is that "Eastern Region will Shine in 2022."

WESTERN REGION PRESIDENT
Barbara Beeman

Many thanks for the generosity of our members in donating to Mirror Lake Recovery Center. The Mirror Lake representatives were overwhelmed by your gifts (even though I told them to bring a truck)! And from the Jazzy Jars and another contribution we gave \$512. They are beyond excited just deciding how to spend the money!

And special gratitude to Pat Davison and her Western Region team and advisors for implementing an outstanding convention. Pat's excellent, tireless leadership was evident as most of the planning and work was done remotely. The friendship buzz at the Embassy Suites was a confirming, joyful sound! Pat will cover the evaluations, but I heard many wonderful comments about Paula Casey and about the hospitality suite. And I am personally grateful to President Wanda Briddelle for inviting the top leadership team of the University of Tennessee to our banquet. We were honored to hear from such distinguished guests! And I am blessed to have served with Wanda for the past three years as we weathered unusual circumstances.

Please visit and join our FCE Facebook pages.

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Eastern: Eastern Region FCE

State: Tennessee Association for Family and Community Education (TAFCE)



VP for Programs
Pamela F. Sites

It was good to see familiar faces at the State Conference. Glad to see so many could attend.

The following members obtained 50 Years of Membership: Betty Todd from Decatur County, Joan Saas from Sevier County, Wanda Worley from McMinn County, Betty Barker from Sullivan County, Kathryn Bush from Cannon County, Martha Bryan from Coffee County, Ann Canady from Bedford County, Jennie May Jones from Williamson County and Patsy Parker from Bedford County. If you see any of these members, be sure to wish them well and hope they will be members for years to come.

Jalen Moody was selected as the recipient of the 2021 TAFCE Scholarship. Jalen is a freshman at Tennessee State University where he is majoring in Mechanical Engineering. Jalen was able to attend the TAFCE Conference and spoke to the members about his dreams and the meaning of why the scholarship was important to him.

Don't forget the deadline is March 15, 2022 for the scholarship application this year.

The members across the state participated in the Mask of Love in 2020. The members who headed this endeavor turned in the report for State Projects. I then turn the report into the National Association for the Community Service Award. WE WON! We received a certificate and a set of Hearth Fire Lessons. I know there are other big state projects for 2021. Let's get the information for that project submitted by the deadline so again we can submit it to National. All counties are asked to send in their state project reports by the deadline of March 1, 2022. Don't forget the picture and the TAFCE State Project Form. The form can be found on the TAFCE.org website. Or email me and I will send the form back to you via email.

Looking forward to serving you in 2022 as your VP of Programs and hoping all are staying healthy.



New Logos

We are so pleased to have our new logos. At this point, it is just to be used on state-wide documents, newsletters, promotional items, etc. As soon as the board determines the guidelines for its usage, and it is under copyright protection, instructions and suggestions on how county and regional clubs and groups can use it will be communicated.



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Eastern: Eastern Region FCE

State: Tennessee Association for Family and Community Education (TAFCE)



Vice President for Public Policy
Patricia Davison

FCL CLASSES IN PERSON



New application due dates for 2022 -- Regional Vice Presidents, I need your lists and a copy of the application by March 18, 2022 for the Spring Session. The Spring Session will be on April 19 & 20, 2022. For the Fall Session, I need your lists and a copy of the registration by July 15, 2022. The Fall Session will be August 30 & 31, 2022. Again, these classes will be held in person at the Comfort Suites in Lebanon. **REGIONAL VICE PRESIDENTS** -- Please check to see if anyone that needs the 2nd session of classes would like to attend first, please. They have priority on getting in.

CVU HOURS

YOUR CVU HOURS ARE VITAL PART OF WHAT WE DO !!!!! In 2019 two hundred and ninety nine members across the state turned in 194,855 hours in CVUs and in 2020 two hundred and seventy five of you turned in 188,608 hours in CVUs. **PLEASE – PLEASE – PLEASE KEEP TRACK.** When you work on your projects for FCE, cultural arts, fashion review, talking on the phone to other FCE members about FCE, checking on a friend, running errands, getting items to make food for an activity at church or a sick friend, praying for someone on the phone or in person, visiting a sick friend – you get the idea – **WRITE DOWN YOUR HOURS AND REMIND FELLOW FCE MEMBERS TO WRITE THEM DOWN.** You will be surprised at just how much and the hours you do give of yourself to FCE.

2020 TAFCE BEST OF THE BEST

Who will it be?? Have your Best of the Best nomination packets to me by August 1, 2022. The winner will be announced at the 2022 State Conference in November.

A little information to get to know me:

I have been married to my husband Tim for 43 years. We moved to Tennessee from Michigan in 2008, however I was born in Malden, Missouri and came down to Missouri, Arkansas, and Tennessee to visit family every year in August for 2 weeks for vacation as a kid. I loved coming down here to the country since I grew up in the city of Detroit.

Growing up I was involved with Future Homemakers Club and Home Economics in my Junior and Senior High Schools. During that time, I served and held every office in the club. I became involved with FCE through a friend who introduced me to FCE by inviting me to their annual Christmas Party in December of 2013.

I have had the privilege of serving the Sharing Hearts Club and the McNairy County Council since 2015 as the devotion chairperson, club reporter and keeping the club information and events updated on Facebook since 2016. I was asked to serve as the Representative for Sharing Hearts at my County Council Meeting in 2016. Since then, I have served as the club and County Council Secretary, participated on numerous committees for the 2018 State Conference hosted by the Western Region, and this year I was voted to serve as our County Council FCE President. During this time in 2015 and 2016 I attended FCL classes and am now an FCL Instructor and have taught some classes at FCL. In January, I was asked to serve as the Western Region Educational Cultural Arts Co-Chairman. Most recently I served as the 2021 TAFCE State Conference Coordinator, which I truly enjoyed.

I enjoy helping in all my club and county FCE activities. During this short time, I have had the privilege to meet some awesome ladies who are involved with FCE throughout Tennessee. It is enjoyable making new friends and keeping older friendships alive, exchanging ideas, and congratulating them on family and FCE accomplishments.

My hobbies include baking, sewing, and crafting. I enjoy cooking for others, entertaining, serving on the Activities Committee at my church and sightseeing on either long or short trips. I am looking forward to meeting you and serving as your Vice President of Public Policy. Thanking each of you in advance for everything you will help in. I am honored to be your Vice President for Public Policy.



Past Conference Coordinator
Patricia Davison

It's a Wrap!! Our 2021 FCE Unmasked 39th TAFCE Conference is in the books as being completed. Most of all I would like to say **THANK YOU, THANK YOU, THANK YOU- to YOU** for attending and making our conference a success!!! Embassy Suites in Cool Spring didn't know what was coming their way with this wonderful group of ladies and men (over 200 registered). You showed up and were ready to rekindle old friendships, make new friends, have fun, and learn. You all showed up and were ready for a great time. It was WONDERFUL to see everyone in person once again.

It was a long road getting to there without being able to meet in person – but your committee's got everything done and it was great. **I would like to express my gratitude to these remarkable ladies for everything that they did to ensure that your conference was a success !**

Decorations: Debbie Schmidt and Jann Vanderlinden

Entertainment/Speaker: Pat Woods and Pam Albaro

Favors and Gifts: Nancy Gegner and Diane Uher

Games and Recreation: Janie Jones and Sunnye McKeel

Gift Shop: Pennye Mays and Betty Bequette

Goody Bags: Jan Burks and Sandra Newman

"FCE Krewe" Hospitality Room: Willie Mae Miller and Elenora Miller

Hostesses: Doris Fairrow, Ruth Garrett, Mary Koebler and Ann Wentz

Invitation: Lilly Zimmerman, Robbie Peppers, Mary Meir and Vicki McDonald

Learning Sessions: Patty Mayhall and Dr. Brookins

Registration: Emma Schupe

Service Project: Barbara Brown and Linda Capra

Tours: Ann Luther and Jann Vanderlinden

Walk-In Craft Workshops: Susie Rodgers and Brenda Gray

As well as to **ALL OF THE VOLUNTEERS** that helped before, during and afterwards in all phases of the conference, Thank You.

I hope that you enjoyed learning from Paula Casey on the Women's Rights to vote pathway it took for us to be able to have that right. There was a lot to learn from her.

You made it extremely hard for our judges in the decorated mask competition and we had a blast with your description of what your mask was all about. We all loved seeing your creativity at work. And the Winners are **Most Artistic, Williamson County; Best Presentation, Grundy County; Best Repurposing Group Project, McMinn County; Best Cultural Representation, Houston County; Most Representative of FCE, Smith County.**

What can I say about your donations to Mirror Lake. They were told to bring a truck (they didn't listen) and they made another trip to get the donations as well as one of the members taking some to them after conference. You always step up when called on and boy did you step up big time.

Western Region hopes that you enjoyed the tours, learning sessions, walk-in-workshops and that you took something back with you to tell others. The tour and lunch through the Amish community was another learning experience for some. We had some great FCS Agents that came up with the classes and taught them. It appears that our walk-in-sessions were a hit – they all seemed to be very busy.

It was a pleasure serving as your 2021 Conference Coordinator . I enjoyed meeting and talking to a lot of you. I am looking forward to seeing all of you for the 2022 TAFCE Conference.



Western Region UT Advisor Dr. Lynn Brookins



New Year, New Goals

By: Ashley Harris, Lake County FCS UT Extension Agent

Happy New Year! Have you already given up on your resolutions? Well, do not give up just yet! There is an easy way to reach your New Year goals by being S.M.A.R.T. Goals should be specific, measurable, achievable, relevant, and timely. Here is how you can have S.M.A.R.T. goals.

S: Specific – An objective goal that has many details. You do not want the goal to be too broad or convoluted. You want your goal to be straight to the point. The goal should state exactly what you are trying to accomplish.

M: Measurable – You can see the changes being made and account for them. The goal should have in it a way for you to see what progress you are making. This way you can see a clear end when you have accomplished it.

A: Achievable – A realistic goal. Something that is within reach. If your goal is big, break it into smaller more achievable parts. Your goal should be something that can be accomplished and not something that is simply “up in the air.”

R: Relevant – The goal should be relevant to you. It should be a goal that does not have to rely on anyone else. Yes, there may be outside influences affecting your goal, but the main purpose should be to help you. Your goal should mean something to you personally.

T: Timely – A timeframe in which to complete the goal. This way, you have a better understanding of when this goal should be accomplished. Give yourself a realistic timeline, do not place it too far into the future.

Instead of saying, “I will lose weight this year,” make it S.M.A.R.T. by saying, “To lose weight, I will exercise three times per week for the next 12 weeks.” It is specific because you know exactly what the goal is trying to accomplish. It can be even more specific by stating how long the exercise will be or by stating the intervals by which you will weigh yourself. You can measure it by keeping track of how often you have exercised. It is achievable because it is realistic. This is a goal that can be accomplished and is not unachievable. Anyone can set a goal to lose weight, however, if you give yourself a reason to lose the weight, it will become more relevant. “In order to fit into an old dress, I will lose weight by....” This makes the goal personal and will help inspire you. The goal is timely because you have a set timeframe for the exercise and for completion.

By using this format to create your goals, your New Year resolutions will be a breeze to achieve.

Let's make this year a S.M.A.R.T one!

****Article Submitted by Dr Lynn Brookins****

TAFCE Advisor
Dr. Martha Keel

Visit the New TAFCE website!

It's been a long time coming, but the new TAFCE website is now live. The address is still the same – TAFCE.org.

The website is continuing to change and be updated. Every attempt is made to make sure the latest editions of all documents, forms, and information are available. Click on the **For Members** tab on the homepage to access forms, governance documents, awards and recognition information, and TAFCE newsletters. You can also see your state Executive Board of Directors.

Additional tabs bring you the latest information on FCL trainings and State Conference, as well as links to registration forms as soon as they are available. A special thanks goes to the UT Extension Family and Consumer Sciences Design Team for all their work in designing and maintaining the functionality of the website.

Make the new TAFCE website your go to resource for the latest information on what's happening. If you have suggestions or ideas, contact your Regional Vice President. It takes all of us working together to make it as useful and informative as possible.

Martha Keel, Ph.D., UT Extension Family and Consumer Sciences, State TAFCE Advisor



UT Advisor
Janet Fox

News from UT FCS

It's almost been a year since I joined the University of Tennessee Family & Consumer Economics program. The year has been exciting, productive, and inspiring. I'm especially appreciative of the over 10 \$1,000,000 of volunteer service performed by the Family and Community Education (FCE) members. This service rings true to your mission of improving home and community life, strengthening adult education, and promoting projects that support family and community life.

As we look to a new year, I am excited about a couple projects on the horizon. One of these efforts is the Farm Family Health and Wellness Program, an educational outreach program to provide farm families with the tools to cope and thrive with the unique challenges facing farm families. The course will utilize a hybrid method of live webinars and/or recordings that can be watched as your schedule allows. Zoom-based webinars will be held Thursday nights at **5:30 p.m. (CT) / 6:30 p.m. (ET)** beginning **January 13, 2022**. Registered participants will be emailed a Zoom link and instructions before each session. Recordings will be sent following each session for further viewing. To complete the course, seven out of eight sessions must be completed.

February 24 - Taking Control of Family Finances

March 3 - Maximizing Your Body's Endurance and Potential

Registration is now open for the Master Farm Family Health and Wellness Program. The registration link for the **general public** is at the following: [register today!](#) Please help us promote this important program that touches communities across Tennessee.

The University of Tennessee Family and Consumer Sciences Department is thrilled to offer FCE lessons for 2021.

Your Choice: Housing Options by Dr. Ann Berry

It is estimated that over 8 million people receive support from long term care services annually, which includes senior housing. Families must sort through a great deal of information to make the most appropriate choice for their situation. The purpose of this lesson is to explore the variety of options that are available to families as well as to determine the best way to support individuals in making housing decisions with and for their loved ones.

Enjoy Soy by Dr. Janie Burney and Dr. Kristen Johnson

Is soy good or bad? This lesson discusses the nutritional benefits of soy, the controversy, and ways to incorporate soy into your diet.

Taking the Right Steps to Prevent Falls by Dr. Lisa Washburn

More than one in three people aged 65 years or older falls each year. The risk of falling rises with age. Being afraid of falling is a risk factor for falls and can make people less active. The good news is that most falls can be prevented. This leader lesson discusses ways to reduce fear of falling, provides practical suggestions for fall prevention, and a home safety checklist to reduce fall risk.

The Science of Gratitude: Big Thanks Reaps Big Rewards by Drs. Katie Conrad and Matt Devereaux

What is gratitude? One might say it is the state of feeling appreciation for what one finds valuable and meaningful in life. This lesson overviews scientific research on gratitude. Participants will learn strategies for how we can all "count our blessings", resulting in a multitude of positive effects, including lowered stress, improved sleep, better emotional health, more meaningful relationships, and overall mental well-being.

Janet E. Fox

Assistant Dean
Department Head
Family and Consumer Sciences



2022 TAFCE Conference



Get ready to Saddle Up with FCE at the 2022 TAFCE State Conference! Held at the Franklin Marriott-Cool Springs on November 13-16, 2022, we hope to see you there with your boots on and your hats ready to Saddle Up with FCE! Click the link to view the video invitation! <https://www.youtube.com/watch?v=N6sxxgntYeA>

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