



### President's Tidbits

Thank you to all FCE members and FCS agents, who attended our Central Region Retreat at UT Southern, May 23-26! I believe we had approximately 112 in attendance. If you could tell by the postings on Facebook, we had a fabulous time! The food was excellent, the movie entertainment "The Lost City" was hilarious, the classes received high marks, and it was soooo good to be together again. The evaluations were very, very positive!

I want to thank the Retreat Committee led by Carolyn Binkley, chm., Barbara Brackett, Charlene Budd, Wendy Drumm, Deborah Foster, Karen Hughes, Patty Priest, Peggy Richmond, and Patsy Watkins and Myra Walker, FCS agents. What a hardworking crew who put so many hours of planning and preparation into the Leadership Retreat! I also want to thank the FCE members and FCS agents who were the instructors and speakers. The classes were outstanding this year!

I am eager for Annual Meeting in Murfreesboro on September 8. Information will be emailed soon to County Council Presidents and FCS agents. Please bring at least one thank you card for our healthcare workers to demonstrate your gratitude. The day will be all about gratitude, as the theme is "Gratitude for FCE." We will be taking orders for TAFCE shirts and sweatshirts. This is a day we honor our FCE members, so please read all the details about this special day, which follows in this newsletter.

I am also looking forward to our 2022 TAFCE Conference at the Franklin Marriott Cool Springs on November 13 to 16 as we "Saddle Up with FCE"! It will be here before we know it! Information about the conference is being emailed by Mid-July to County Council Presidents and FCS agents. Our service project is Saddle Up! This is a 501c3 organization, that in my past life as a physical therapist I referred several of my clients. My hope is that we will be generous with our monetary gifts. I encourage you to make homemade items for the gift shop, send in your registration early, and be a supportive leader and participant in the 2022 TAFCE Conference. Emily Gordon has been working diligently as the 2022 Conference Coordinator and has corralled an abundance of capable committee chairwomen! See you at the Central Region Breakfast Wednesday morning as we hear what is happening with FCE in 2023! Remember to pack your cowgirl boots and hat!

*Mary Alice Weber, Central Region President*



### IMPORTANT DATES

- **JULY 14-17**  
NAFCE CONFERENCE PORTLAND, OREGON
- **JULY 15**  
FCL APPLICATIONS DUE
- **AUGUST 1**  
STATE OFFICER NOMINATIONS DUE
- **AUGUST 15**  
Credential Forms Due
- **August 15**  
Cultural Arts Winners Due to Region
- **August 15**  
Fashion Revue Winners Due to Region
- **August 30-31**  
FCL Training in Lebanon
- **September 1**  
Character Counts Begins "Caring"

Please Visit our Facebook  
TAFCE, Central Region



**TAFCE**

### TAFCE Mission Statement:

To strengthen the home and community by improving the quality of life of individuals and families through continuing education, leadership development, and community service.



**TAFCE**

All dates, forms, contacts and information can be found on the TAFCE Website.

WWW.TAFCE.ORG



## Officer Spotlight

Louise Armstrong  
Vice President for Programs

Greetings! I am Louise Armstrong, and serve as the VP for Programs. I live in Shelbyville, Bedford County. I have been in FCE over 40 years, served in all the offices of County Council and been treasurer of my FCE Club for 25 years. I have attended Leadership Camp since I retired, entered items in the Bedford County Fair, and been a 100% member several years. One year, I was elected Best of the Best for Bedford County. FCE is very enjoyable to me, because I enjoy the educational lessons we have, the things we make, and the fellowship we have with other members.

For forty-five years I taught in the Bedford County School System. Mainly my teaching was in high school, but in 1993 we started the English as a Second Language program and I was the first ESL teacher in Bedford County. During that time I taught kindergartners through adults. I also tutored Japanese ESL students and adults. Calsonic Manufacturing Company awarded me with an all expense paid trip to Japan for teaching the Japanese in Shelbyville. I retired May 2012.

I am very active in my small Lutheran Church serving on the church council for about 25 years and taught children's Sunday School for many years. I taught a group of high school girls to knit at Central High School and called them my Knit Wits. I belong to a group of ladies that knit or crochet blankets for the police department to give to children that they have to take out of their homes. Before the pandemic, I knitted sweaters to give to an organization called Knit for Kids. They provide sweaters for children all over the world. For two years I served as the leader of the Shelbyville group of the Embroiderers Guild of America. My favorite hobby is traveling. I have visited all fifty states, all seven continents, and fifty-seven countries.

### Leadership Retreat Report

Leadership Retreat is over, now, get ready for State Conference in Franklin. We had an awesome time, wonderful classes and GREAT food! Met lots of new FCE sisters from Southern counties and a few sisters that were transferred to Western Region when the counties were reorganized. So exciting to see them again.

Enjoyed a lot of good fellowship and meeting other counties' sisters as well. We viewed an entertaining and funny movie, especially by Peggy Richmond. Only one went to sleep during the movie, she was tucked out from a long day of classes.

I want to thank my committee for all their help and the others that made this a great retreat. Special thanks to Myra Walker, Giles County UT agent, and her husband. He made a lot of ladies really happy. He lifted stuff, carried stuff, loaded cars in the rain. He was every lady's friend.

It was wonderful to finally meet in person after two years!

*Retreat Chairman Carolyn Binkley*

### IMPORTANT DATES

- **September 7**  
Central Region Executive Board Meeting and Annual Meeting Setup
- **September 8**  
Central Region Annual Meeting. 10am

Visit our Facebook page:  
TAFCE, Central Region

All dates, forms, contacts and information can be found on the TAFCE Website.

WWW.TAFCE.ORG



## County Spotlight Bedford County

The Bedford County FCE Clubs are going strong with 8 clubs and around 90 members. Our clubs were started in 1918 with 8 Home Demonstration clubs. Eventually we grew to around 25 clubs and well over 200 members. While the numbers are smaller, the clubs are still active in the community. Our clubs sponsor children to attend 4-H Camp, provide money for graduation expenses for senior students, make fidget blankets and walker caddies for nursing homes and hospice, make personal care packets for homeless people, provide donations of food for Good Samaritan Food Pantry and assist with the County Fair among other projects. Some of our special activities include 2 annual countywide meetings where everyone meets together for a special program like cooking or a guest speaker, a Share Fair where each club demonstrates a recipe or craft or idea around a theme (this year it was Junk to Treasure), and a Taste and Tell Luncheon for the officers and club presidents where they send in a recipe and then we have a potluck luncheon of the recipes. We also have occasional county craft workshops. This year the programs have included: Macrame, Gratitude, Resources for Senior Living, Tomayto Tomahito, Pies for Pi Day and Winter Wisdom. The Bedford County FCE club members have fun, learn new things and serve the community!



Making Personal Care Packets- Members Work on Personal Care Packets for Homeless People



Flat Creek and Fairview Blanket Donation- FCE Clubs Donate Blankets to Local Charities



Decades Cast for Program- Five Members Represent the 1940s to 80s for Achievement Night



Cast Iron Cooking- Members Attend Countywide Meeting on Cooking with Cast Iron



Fidget Blankets T and C- FCE Clubs Donate Fidget Blankets for Hospice

### Vice President for Programs Louise Armstrong

The time for the entries for Creative Writing has passed. Good luck to everyone who entered. It will be exciting to see who the winners are.

The Central Region offers two Kate Bagnall Scholarships to qualified FCE members to help with book expenses. Application deadline for 2022 was June 15, 2022. Get ready to apply for this 2023, \$1000 scholarship by submitting your application by the deadline in June of 2023.

Two officer positions, VP for Public Policy and Secretary, on the Central Region Executive Board are open for nominations. Please consider these leadership opportunities to serve your fellow FCE members. Nominations may be made from the floor by a voting delegate at the Annual Meeting in September. The candidate's qualifications and consent to serve in writing must be presented to Louise Armstrong, VP for Programs, by the person making the nomination, prior to the opening of the meeting. We will be officially voting for our current President-Elect, Peggy Richmond, as President at the Annual Meeting.

### Patsy Watkins Retires as FCS Agent

We have been blessed to have Patsy Watkins, an FCS agent advisor the past 2.5 years on the TAFCE, Central Region Board, as a mentor, advisor, and teacher.

Providing encouragement, Patsy has always been there for me as I have served as President. You cannot imagine the hours she spent creating the Central Region Program Planner for 3 years (Made the forms fillable on-line this year! Yay!) and the number of phone calls she has answered to coach me through a decision. I will miss working with Patsy. Life is an adventure after retirement. Enjoy the Fun!

*Mary Alice Weber Central Region President*

All dates, forms, contacts and information can be found on the TAFCE Website.

WWW.TAFCE.ORG

## FCS Agents

### Special Recognition

Central Region recognizes the FCS Agents that are going above and beyond the call of duty to help FCE Clubs and Members within our counties. Please review the guidelines below and submit that special agent to be in the running for this recognition at the Annual Meeting.

## **GUIDELINES FOR TAFCE, CENTRAL REGION FCS AGENT APPRECIATION AWARD**

This award recognizes excellence and honors UT Extension FCS Agents who have given over and beyond what might be expected in the performance of duties as an advisor to FCE on the county, region, or state level. The award will go to one individual within the Central Region on an annual basis.

### **GUIDELINES FOR NOMINATION**

1. Nominee should be an extension FCS agent assigned with FCE duties.
2. Three (3) letters of recommendation and three (3) forms of documentation must accompany each nomination form. Letters of recommendation may be submitted by members or non-members of FCE.
3. The three (3) letters of recommendation highlighting the accomplishments of the nominee should include:
  - A. A stated reason for nominating the individual.
  - B. Examples of how the FCS agent (nominee) has actively supported or promoted FCE.
  - C. Accomplishments and participation in FCE programs, events, or training (local, region, state) within the last 5 years.
  - D. Recognition and awards obtained within FCE, UT Extension or other organizations.
4. Documentation is limited to three (3) 8½ x 11 pages (front side of page only). Support documentation can be newspaper articles, pictures, or other relevant information. Do not submit original articles or photos. Please submit copies only of photographs, articles, and other information. (Committee will not be responsible for, or the return of, original articles or photographs.)  
**A total of six (6) pages for both letters of recommendation and documentation.**
5. Submit in a plain three (3) prong folder.

### **COUNTY GUIDELINES**

1. Each county may submit one nominee. If the nominee is not selected as the region recipient, that individual may be nominated again by their respective county in another year.
2. An agent who has won this award may be nominated again. Any county submitting the nomination must wait a minimum of five years before re-nominating the agent.
3. The County Council President should submit the nomination to the Central Region Vice President for Public Policy by the region deadline of June 15.

### **REGION GUIDELINES**

An independent panel of judges will be appointed by the Board to select the FCS Agent Appreciation Award recipient from the county nominees. The panel's selection will be based on the information provided by the nominating county (see guidelines above.) The FCS agent recipient will receive a commemorative plaque and a monetary award of \$200.00 from TAFCE, Central Region, to be presented during the Annual Meeting.



TAFCE, Central Region Annual Meeting  
September 8, 2022  
Lane Agri-Park, 315 John Rice Blvd.  
Community Building, Murfreesboro, TN  
Theme: "Gratitude for FCE"



Decorate your county table following the theme— to be judged for the first place traveling trophy, ribbons, the privilege of eating first, and bragging rights! The tables will be one (or two 6 feet tables put together to make a square) depending on the number of attendees from your county. Please bring your own table cloth.

Our service project for the day will be to bring thank you cards for healthcare workers in the Murfreesboro area. You may bring handmade cards or purchased cards. Please write a brief message of gratitude, sign your name or "FCE member", and place inside an envelope. Please bring at least one thank you card, but more is appreciated too. We will have a big basket for all your cards!

Remember to bring your blue Central Region lanyard that you received last year at the Annual Meeting or at Retreat this year. There will be lanyards for a first timer or if you have not previously received one.

Schedule for the day:

7:30 a.m. Central Region Board members & Sales Booths arrive.

8 a.m. to 9:30 a.m. Cultural Arts Registration

8 a.m. to 9:30 a.m. Fashion Review Registration

8:30 a.m. to 9:30 a.m. Check-In for Annual Meeting

9:45 a.m. Delegates to be seated, ready for Business Meeting

10:00 a.m. Annual Meeting called to order

Remember: County Registration is due to Patty Priest, Central Region Treasurer by August 15. The \$20 registration fee per person is due to your county treasurer prior to the 15<sup>th</sup> so she has time to send to the Central Region Treasurer. Please include any food allergies, vegan, or gluten free requests with your registration.

A limited number of food and craft booths are available for your FCE club or county. The deadline for booth requests has been extended to August 1. Please send request form and fee to Patty Priest, Central Region Treasurer.



## ‘Saddle Up with FCE’ Conference Update

Our State Conference is shaping up with committees in full swing. You won't want to miss getting your attendee gift bag, your state gift, participating in the Pony Express, enjoying Walk-In Craft Classes, Creative Craft Classes, Education Sessions, Tours, hearing speakers, getting your prom favor and enjoying the entertainment at the Cowgirl Prom, line dancing, chair line dancing, and joining a book club!

Come renew or make new friendships at the 40<sup>th</sup> Annual TAFCE Conference November 13-16 at the Franklin Cool Springs Marriott. Learn what makes FCE tick by celebrating the winners of Creative Writing, Fashion Revue, Cultural Arts, Best of the Best, Heart of FCE, Character Counts, 50 Year Members. The more you know about your club, the better the member you will be.

### Saddle Up 2022 Conference Pins

Send in your order early as only  
100 were ordered! (gold color)



### Saddle Up! is service project for 2022 TAFCE Conference

Saddle Up's mission is to impact the lives of children and young adults with disabilities by providing opportunities to grow and develop through therapeutic, educational and recreational experiences with horses. Saddle Up! is a PATH International Premier Accredited Center offering professional equine-assisted services that make a profound and lifelong impact on our riders. Saddle Up! annually empowers over 200 special equestrians ages 2 through 26 to grow stronger and thrive by employing a care team of trained instructors, therapists, therapy horses, and volunteers. Through participation in six equine-assisted programs on the 34-acre farm, Saddle Up! programs have a deep impact on the physical, cognitive, social, emotional and mental abilities of their riders. Saddle Up! is located in Franklin, Tennessee, and serves 130 participants weekly, has 22 horses on property, has programming Monday – Saturday, and runs programming year-round.

As per their wishes, monetary donations will help purchase equipment needed for their interactive vaulting program. Items include a vaulting pad, side pulls, safety stirrups, and larger girths. Clubs or individuals could donate when the “cowboy hat” is passed during the Saddle Up! presentation at the Tuesday morning General Session. Checks should be made out to Saddle Up! Our goal is to be able to donate \$1000 to Saddle Up! which we estimate would be approximately \$5 per attendee. Please help us reach, or surpass, our goal!

Emily Gordon, 2022 TAFCE Conference Chair.

Email: [egordon.tafce22@gmail.com](mailto:egordon.tafce22@gmail.com)





Shelly Barnes

UT Advisor

### Extension Explores Food Preservation

Our Central Region Food Preservation team has worked for the past two years to create online content with a website and a YouTube channel. This year, we are providing a monthly newsletter. The newsletter includes information on food safety, gardening tips, produce selection, recipes, troubleshooting and a monthly contest. We hope you sign up for our newsletter and take advantage of our website and YouTube channel.

You can sign up for the newsletter here: <https://tiny.utk.edu/EE2022>

Here is our website: <https://tiny.utk.edu/ExtensionExplores>

Here is our YouTube playlist: <https://tiny.utk.edu/ExtensionExploresVid>

### Extension Explores Team

#### Team Leader

Aneta Eichler, Cheatham County

#### Team Members

Whitney Danhof, Bedford County

Kristen Jones, Cannon County

April Martin, DeKalb County

Amanda Woody, Pickett County

Lauren Patterson, Robertson County

Mary Draper, Smith County

Paula May, Van Buren County

Hilda Lytle, Warren County

Patsy Watkins, Williamson County

Shelly Barnes, Wilson County



For questions about Extension

Explores contact Aneta Dodd  
at [adodd2@utk.edu](mailto:adodd2@utk.edu)



Wendy Drumm

VP for Public Policy

Wendy Drumm needs FCL Training applications even if you attended Spring session. If you attended the Spring session only applications are needed to attend second session. If this is your first session you will need to send a check to accompany your application.

Regina McCathern

Fashion Revue Chairperson

### Did someone say Fashion show for 2022?

This year I would love to do a Fashion Show for our Annual meeting in September so with the members help, please tell me what you would Love to see? Let me know if this is something that you would want to do.

Contact me (Regina McCathern) at [mrmccathern@yahoo.com](mailto:mrmccathern@yahoo.com). With suggestions, concerns. I am looking forward to hearing from you all.

