

The Messenger

NEWSLETTER OF THE EASTERN REGION FAMILY AND COMMUNITY EDUCATION

Greetings from your President

by Joyce Ernst

Summer is finally here and with it the hope that COVID is almost behind us. The season is filled with outdoor activities that make it perfect for easing back into social engagements as our clubs begin to meet in person, and with Spring Conference along with other events taking advantage of the beautiful weather many calendars are filling up quickly.

Thanks to Leslie Sharpe, vice president for programs, who chaired the Spring Conference and all the volunteers for making "FCE Camp" a fun and fantastic experience. The program next year will be held at the Clyde York 4-H Center at Crossville. If you did not attend Spring Conference and would like to participate or watch a demonstration on Chair Volleyball, then you do not want to miss FCE Day at the Fair in Knoxville on September 13th. Make plans to carpool with the members in your club.

Our Fall Conference is scheduled to be in person again this year on September 19th in Athens, TN. I hope all clubs will be entering their items in Cultural Arts and Fashion Review.

Lastly, I hope to see everyone at our TAFCE State Conference November 13-16. We have a bus this year, so get your reservations into Fran Howard our Bus Committee Chair. If you like line dancing, you will love this. There will be a "Cowgirl Prom" for the banquet night.

I have enjoyed serving as your Eastern Region President, and I look forward to continued strength and growth of FCE programming on the county and region levels.



What's New

PRESIDENT'S NOTE

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COUNTY NEWS

.....

UPDATE FROM SPRING CAMP



TAFCE Board would like to encourage all of our Tennessee FCE members to join NAFCE (National Association for Family and Community Education). NAFCE is our parent organization, that writes The Heart Fire Series, FCL educational materials, and FCE Today. NAFCE needs the support of ALL FCE members.

The 2022 NAFCE membership form can be found on the state website. This form with the original signature (not a form with a copied signature), along with appropriate dues, should be sent from the county treasurer to the region treasurer, Marti Agler.



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.

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

Notes from the Bean Counter

by Marti Agler, TAFCE Eastern Region Treasurer

What fun to meet some of you at the Spring Camp in May. My goodness, what a beautiful place the Clyde Austin 4-H Camp is. Aren't we fortunate to live and work in this lovely part of our great country! For those unable to attend the camp, I am so sorry. The committee, led by Leslie Sharpe, and advisors had a well-rounded set of classes and activities, the meals were uniformly good, and the company could not have been better—FCE members. Please put this on your calendar for 2023, you will not be sorry!

We send a special "Thank You" to those members who supported your volunteers by forwarding their registrations before the due date. The due dates are developed to allow the camp staff adequate time to order food, plan employee time, and prepare the number of beds needed for attendees. Your cooperation is much appreciated and allows this fun event to run smoothly!

We have included the Order Form for the garments being sold by TAFCE in this newsletter. Your funds (made payable to "TAFCE Eastern Region") should accompany your order. My address is on the form for your convenience. The shirts and sweatshirts are attractive and certainly tell the world where your interest lies!

We offer a reminder that you need to reserve your seat on the bus going to the TAFCE State Conference in Franklin by July 15. Send checks to me and your reservation to Fran Howard, Bus Committee Chair. Just as for any Regional event, checks should be payable to "TAFCE Eastern Region".

How's your member recruitment going? If you have had a particularly successful event to increase your membership, be certain to write it up and send to Pat King to include in our newsletter. Good ideas are best shared and membership recruitment and retention are topics near and dear to our hearts. We have such a wonderful organization; we just need to share that news with others in our communities! Welcome back, Fentress County! Outstanding to have you back with us!

Summer View from VP of Programs

by Leslie Sharpe

Hi All!! Camp was great this year. What a beautiful and awesome place the Clyde Austin 4 H Camp is in Greeneville. I was so glad to meet new friends and visit with old friends. We had quite a few new members attending. I hope everyone had a wonderful time!

There are a few things I would like to explain about camp to avoid misunderstandings. First, I would like to say that all the FCE members who help with setting up camp, teach, operate the general store, call bingo, etc., are all volunteers. They pay the same room rates, food and registration fees as everyone else. There are no special benefits to them other than the opportunity to serve.



SUMMER VIEW FROM VP OF PROGRAMS continued

Some people were a bit confused about the importance of the registration deadline, so I would like to explain why the date is so important. Our spring camps are held at the 4 H camps administered by UT Extension. We are able to use the facilities, but they set the rates for the rooms and the meals. It is our intention to keep fees as low as possible. The camp administration has to have at least two weeks' notice of how many people are staying and the meal count. There is a lot more involved in this than one might think. The camp brings workers in to provide meals. The cooks have to implement food plans and order food accordingly. Some people registered way after deadline and they were unable to get meals. I apologize for this inconvenience but we simply can't order meals at the last minute.

Keep in mind that our teachers need an idea of how many people will be attending their class because there is a lot of preparations that have to be made to teach a class. Materials have to be purchased and possibly kits made. Because of late class signups this year, I was unable to keep teachers informed like they should have been. I am sorry for this and hope to improve this in the future. Teachers are volunteers and should be appreciated.

I hope this clarifies some things about spring camp and gives everyone a better understanding of how camp works!

A BIG THANKS to everyone who was involved with spring camp!!

Hope to see everyone at the Eastern Region Fall Conference in Athens, TN on Monday Sept 19, 2022. Let's Rock On FCE!!!!



News from the Action Chair

by Ella S. Parker

Spring Camp has come and gone, there was much fun and learning going on in Greenville those 3 days.

The Environmental Project awards were presented at Camp. The entries were judged based on the guidelines found on page 67 of the FCE Yearbooks, which state "the purpose of this program is to encourage FCE members to become active in their community regarding environmental issues such as recycling efforts, hazardous waste collection, tree or flower planting, etc." A total of five reports was received. The winning projects were:

1st Place (\$25.00) – Midway Club, Sevier County, submitted by Marti Agler. The Effects of Club Education and Conversation on Environmental Efforts and Stewardship, and a handout of helpful hints was created for distribution at club and community events.

2nd Place (\$15.00) – Leesburg Club, Washington County, submitted by Teresa Broyles. All the members of this club participated in the recycling and repurposing of a long list of items.

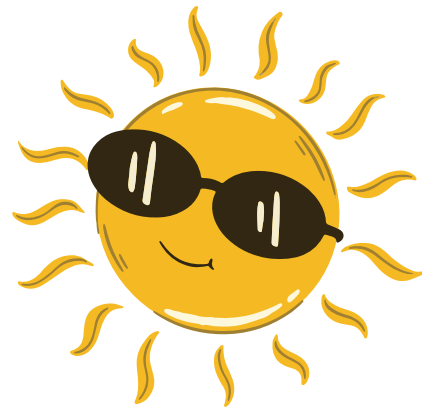
3rd Place (\$10.00) - Callie Cobb Club, Monroe County, submitted by Patricia Malbrough. They collected and recycled plastic bags into sleeping mats for the homeless.

NEWS FROM THE ACTION CHAIR ***continued***

The Spring Charity items were also brought to camp. I am very thankful for the many items donation to the Holston United Methodist Home for Children, which is in Greenville. We had School Supplies, Personal & Hygiene Items, Bedding Items, Shoes, Socks, Books, Clothes, Art Supplies, Monetary Donations, and much more. The entire bed of my Dodge Ram was completely filled!!!

The Mission Statement reads "Holston United Methodist Home for Children provides hope and healing for a brighter future by sharing the love of Jesus with children and families struggling with life's Challenges".

THANK YOU AGAIN FOR YOUR SUPPORT!



News from the Counties

Bradley County

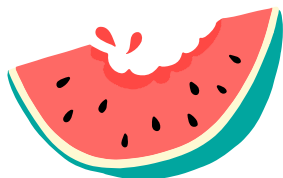
I am excited about our plans to get rolling again with FCE in Bradley County! We had a productive planning session this month, and plan to meet again for a full meeting in July. We are going to think outside the box and do something different. I'll report more on this later.

Our new agent Kevin Treadway is awesome!

Bledsoe County

Our awards banquet was held on March 17, 2022. Certificates were presented for 100% members, reading certificates, and CVU hours. Homemakers of the Year certificates were presented to Nancy Aiken, Brayton FCE Club, and Ardis Knight, Mountain Top FCE Club. At our FCE county council meeting April 29th, members voted to donate \$100 to the Imagination Library which serves 424 children in Bledsoe County. Following council meeting Betty Beene brought supplies for everyone to make an air freshener.

In May we had our Spring Fling and Fashion Review. Afterwards, the group had a fun time playing sit down beach ball volleyball, it was hilarious.



Bledsoe County continued

At Brayton's FCE Club meeting, we had three guests from Mountain Top FCE Club. Everyone enjoyed making the iris paper folding cards taught by Ellen Sorensen.

We also delivered 10 Easter bag treats to Bledsoe County Nursing Home and 10 to a group home in Pikeville. Mountain Top treated 10 patients to Easter baskets at Bledsoe County Nursing Home. Mallory Christian, agent, held diabetic classes in March which Ellen Sorensen and Shirley Scruggs attended.

Meigs County

Meigs County has been having a busy summer so far! We have been working on a Fall Quilt that we will be selling tickets on at our fair in August. We are doing this to raise money for our 4 - H Scholarship.

In May, we had a "Bed Turning" at our local library as a way to display quilts to the public. For those, like myself, who do not know what a bed turning is, we set our quilts up in stacks on a table and as each one was turned back the owner gave information on it! It was a very good way to show quilts in a small area. It is usually done on a bed that is set up, but we used a folding table. This was a very enjoyable event. We also worked stuffing bags for the summer reading program.

Another project we are working on is gathering information to put together welcome bags for new residents in our county. This is a work in progress that we are excited to kick off!

**Meigs County
continued**

Pictures from our "Bed Turning".



HELLO
sunshine

EASTERN REGION ORDER FORM TAFCE SHIRTS 2022

Please Print All Information for Clarity!

NAME _____

COUNTY _____

TELEPHONE OR _____

EMAIL _____

CIRCLE TYPE(S) AND SIZE(S)

Screen Print	Size	Price	Size	Logo on Pocket or Sleeve	Color: White or Blue	Embroidered	Size	Price	Size	Logo on Pocket or Sleeve	Color: White or Blue
Polo	Small-Xlarge	\$23.00				Polo	Small-Xlarge	\$23.00			
	2XL	\$24.00					2XL	\$24.00			
	3XL	\$25.00					3XL	\$25.00			
	4XL	\$26.00					4XL	\$26.00			
	5XL	\$27.00					5XL	\$27.00			
Short Sleeve Tshirt	Small - XLarge	\$16.00									
	2XL	\$17.00									
	3XL	\$18.00									
	4XL	\$19.00									
	5XL	\$20.00									
Long Sleeve Tshirt	Small-Xlarge	\$18.00									
	2XL	\$19.00									
	3XL	\$20.00									
	4XL	\$21.00									
	5XL	\$22.00									
Hooded SweatShirt	Small-Xlarge	\$27.00				Hooded SweatShirt	Small-Xlarge	\$27.00			
	2XL	\$28.00					2XL	\$28.00			
	3XL	\$29.00					3XL	\$29.00			
	4XL	\$30.00					4XL	\$30.00			
	5XL	\$31.00					5XL	\$31.00			
Non-Hooded SweatShirt	Small-Xlarge	\$20.00				Non-Hooded SweatShirt	Small-Xlarge	\$20.00			
	2XL	\$21.00					2XL	\$21.00			
	3XL	\$22.00					3XL	\$22.00			
	4XL	\$23.00					4XL	\$23.00			
	5XL	\$24.00					5XL	\$24.00			
Zippered Hooded Jacket	Small-Xlarge	\$30.00				Zippered Hooded Jacket	Small-Xlarge	\$30.00			
	2XL	\$31.00					2XL	\$31.00			
	3XL	\$32.00					3XL	\$32.00			
	4XL	\$33.00					4XL	\$33.00			
	5XL	\$34.00					5XL	\$34.00			

TOTAL DUE WITH ORDER

\$

DATE

Mail Order to: Marti Agler, Treasurer, TAFCE Eastern Region
1300 Poplar Court, Sevierville, TN 37862

Check #:

Payable to "TAFCE Eastern Region"

Cash:

Pictures from 2022 FCE Spring Camp



***Pictures from 2022 FCE Spring Camp
continued***



Chair Volleyball Program

Chair Volleyball can be for anyone! Who doesn't like to laugh? Those that play will tell you it is good for the body and mind. Many laughs are shared among the participants and spectators. The goal is to have fun and be active. All while increasing flexibility and range of motion for your upper body. According to the U.S. Department of Health and Human Services, **physical activity can lower the risk of falls and improve cognitive function for seniors because participants learn new activities and improve judgement skills.**

Benefits of playing:

- Improves cardiovascular fitness
- Increased joint flexibility
- Enhances/maintains muscle tone and endurance
- Promotes self esteem
- Reduces stress
- Builds confidence
- Promotes team atmosphere and sense of comradery

Allows opportunity to meet others and invite them to join FCE
Provides opportunity to meet people outside your own club

This program is designed to explain the fundamentals and benefits of chair volleyball. The court is 10 feet wide and 20 feet long. 10 feet on each side. The net height is 4 feet 9 inches and the width is 14-30 inches. The length of the net is 10 feet. You play with 6 players on each side.

Equipment you will need includes: Net, Inflatable Beach Ball (20 inches), 12 sturdy chairs (preferable without arms), Boundary Markers (masking tape, yarn, temporary sidelines) *it is recommended the boundary line be continuous, Table Top Score Keeper, Coin and Referee Whistle.

Chair volleyball can be played anywhere there is space to provide 20 feet long and 10 feet wide.

**Chair Volleyball Program
continued**



I would like to thank all the counties who have supplied news about their clubs. There are still many we have not heard from. Take a minute and write down the exciting things your club is participating in and drop it to me at: pat.king.fce@gmail.com, so we can get your news in our next edition. Thank You for sharing with us.

Pat King Communication Chair



2022 TAFCE STATE CONFERENCE

NOVEMBER 13 - 16, 2022
FRANKLIN MARRIOTT - COOL SPRINGS, TN
REGISTRATION MATERIALS NOT YET AVAILABLE