

# *The Messenger*

NEWSLETTER OF THE EASTERN REGION FAMILY AND COMMUNITY EDUCATION

## ***Greetings from your President***

by Cindy Mishtal, TAFCE Eastern Region President

I am honored to be your TAFCE Eastern Region President for the next few years. With your patience, I plan to fulfill the duties of this position to the best of my ability.

In August 1995, my husband's job moved our family from Allentown, PA to Athens, TN, McMinn County. At that time, I was still an at-home mom with two sons ages 3 and 6. While our youngest was not in school yet, we began looking for things to do together. I had heard about MOPS (Mother's of Preschoolers) and also FCE from some of my church friends. They mentioned that one of the FCE Clubs had babysitting, and what a perfect opportunity this was for both of us to meet new friends. So, we joined both groups and both enjoyed out times with our new friends. I ended up joining a club in McMinn County in 1996.

I was actively involved until my son started Kindergarten. I started volunteering at my son's schools and ended up with the full time job in the cafeteria.

In 2007, I joined a different club in my county with my mom. We both became very active in volunteering as officers in our club. I even held the VP of Public Policy in McMinn County for 2 years. In December 2008, I completed the FCL Training. At that time in my life, I was finally able to attend Spring Camps, Fall Conferences and State Conferences. I really enjoyed learning what all FCE has to offer. I have also had the opportunity to teach Iris Folding Cards and Stitching Card Class during both Spring Camps and State Conference when they were in our region.



## ***What's New***

**PRESIDENT'S NOTE**

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**COUNTY NEWS**

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**MEMORIAL FOR  
BETTY PARRISH**

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## *Notes from the Bean Counter*

by Marti Agler, TAFCE Eastern Region Treasurer

I hope you are all planning on having an amazing year! PLEASE, do not forget that Eastern Region is hosting the State Conference in Kingsport, November 12-15. We all need to put our wings on and spread the word to be part of this amazing conference. We have been planning this conference for a few years now...

See y'all soon,

Cindy Mishtal  
Eastern Region President  
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423-462-4924

Here we are at the beginning of another fresh new year. I hope you all have lovely memories from your 2022 Christmas Holidays and are ready to make some wonderful FCE memories in 2023!

Let's talk about some common questions I have received about the remittance procedure of Regional and State Dues so you will have an easier time with your 2024 processes.

- You can, and should, remit dues for new members at the time they join. Just write your Council check, include a page with the new member's name, address, telephone, and email, mail to me and I will take it from there! Remember that dues must have been paid to the Region for a member to advance with any of the Regional or State sponsored programs such as Cultural Arts, Creative Writing, etc. Regional and State dues for 2023 total \$5.00.
- The Remittance Form for each New Year's renewal will be sent via email to each County Council Treasurer in late July or early August with any information on changes to the region and state amounts. If there is no Treasurer listed for a county, the information will be sent to the County Council President, if neither is listed, as a last resort, the information will be sent to the County Agent Advisor with a request to pass along to the correct person.



## *Notes from the Bean Counter*

*cont.*

- Renewal dues for the next year are due to the Regional Treasurer by October 1 each year. Clubs pay their county, regional, and state member dues to the County Council, the Council remits the regional and state dues for the entire county to the region. The check should be accompanied by 2 copies of the New Year remittance form and 2 copies of the Alphabetized List of all members being renewed with name, address, telephone, and email for each.
- Lastly, if you are not sure of the process, get bogged down, etc., do not hesitate to call, email, or mail your query to me. I truly will respond quickly and help you sort it out and proceed. No need for any frustration, just ask. The membership elected me to help you handle these matters and I will!

Stay warm and dry during these winter months. Unlike me, DO NOT run outside every day to see if anything in the gardens has sprouted! Spring will get here on its own time!

## *Recipe for Love*

### Ingredients

2 hearts full of love  
2 cups of kindness  
2 armfuls of gentleness  
2 cups of friendship  
2 cups of joy  
2 big hearts full of forgiveness  
1 lifetime of togetherness

### Directions

Whisk daily with happiness, humor, and honesty. Serve with patience, compassion, and respect.



## ***NEWS FROM THE COUNTIES***

### **MCMINN COUNTY**

Hello from the Claxton Club in McMinn County, TN. We have been very busy in the month of December and thus far in January 2023.

Two weeks before Christmas our club met at Gondolier Italian Restaurant and Pizza for our Christmas Luncheon/Party. We had great fun and fellowship. Even a few husbands tagged along.

Our club has given away 44 fleece blankets, that we cut and embroider, to the Sheriff's Department, Child Advocacy Center, and the Veteran's Service Officer, this month alone. We have also given 23 boo-boo/rice bags to a pediatric doctor in Athens.

In December, a few days before Christmas, a member joined a team holding a Christmas Party for the Choctaw Native American children, in Philadelphia, MS. She took 35 crocheted ski hats/toboggans?? (made by an FCE member) as well as 50 crocheted animals (made by an FCE member's friend). 50 animals were also shared with the Child Advocacy Center and 10 went to the Sheriff's Department for use in their cruisers.

Two of our members are attending HRM (Healthy Relationship McMinn) meetings, which involves county-wide agencies as well as the Sheriff's Department, delivering resource materials and food boxes to needy individuals.



### **MCMINN COUNTY continued**

I am sure there might have been more done in our club, and in our county, that I don't know about. But we have been very busy, doing our best to help as many people as we can. That is what life is all about, isn't it?

Leslye Beria  
President, Claxton Club

### **MEIGS COUNTY**

The Meigs County FCE clubs are excited to be starting a new year! We are making plans for a busy year.

We will continue to work on Welcome Bags for newcomers to our county and work with our library to get them distributed. We are all signed up for Read Across America and will be looking forward to reading to the children in our elementary schools. This month we are looking forward to going to Sweetwater Valley Farms to tour their facilities and learn about their cheese industry.

We are working to bring in new members and hope to share our knowledge and new experiences with our communities. We are working on items to sell in the General Store at State Conference in November. Spreading our wings to exciting things in the new year!

Pat King  
President



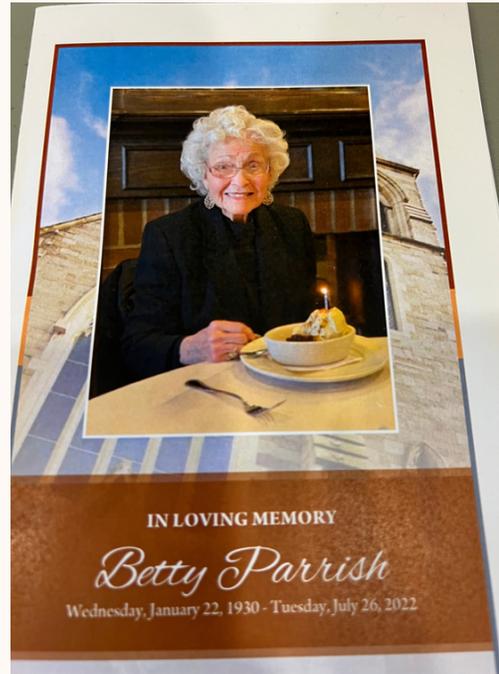
CAROLINE BALES 2022  
BEST OF THE BEST

On November 30, 2022, Mrs. Caroline Bales was awarded The Best of the Best award at our annual Leadership Day. This was a great honor for her because her mother had received this honor before her. Caroline is from Carter County and has been a member of FCE for 40 + years. Caroline was able to experience FCE long before she was a member, because she attended Home Demonstration with her Granny when she was growing up and later FCE with her mother as a teenager.

Caroline has worked in her county and Knox County for many years and has enjoyed making many friendships with people she has met across the state. Her fondest projects were working with 4-H and getting sewing projects ready for Fashion and Design Camps. She loved getting the ladies in her club involved with 4-H.

Today, Caroline is working as co-chair with Leslie Sharpe on our 2023 State Conference. Congratulations to Caroline once again for being our "Best of the Best" in Eastern Region.

## IN MEMORIAM



Betty Parrish was a long time member of the McMinn County FCE. She loved to sew and make quilts using her 1960's Singer Sewing Machine.



## Dates to Remember

- March 1 FCL application due to VP Public Policy Ella Parker
- March 2 Read Across America
- March 6 ER Board Meeting



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.