

the **fce** news

of Michigan

FOR AND ABOUT THE
MICHIGAN ASSOCIATION FOR FAMILY & COMMUNITY
EDUCATION



OUR MISSION

To strengthen individuals, families and communities through education, leadership, and action.

SUMMER 2017

FROM THE PRESIDENT



Well, I hope you have kept your brains stimulated and healthy throughout the winter. We will be learning about two Traumas of the brain this time: Shaken Baby Syndrome and concussions. Shaken Baby syndrome is a brain injury that occurs when someone shakes a baby or throws a baby against an object. It may happen to children up to 5 years of age, but it is most common in babies younger than 1 year old. It is NEVER okay to shake or throw a young child. Shaken baby syndrome often occurs when a baby won't stop crying and a caregiver loses control of his or her emotions. Parents can help prevent this problem by learning healthy ways to relieve stress and anger. It's also important to choose child care providers carefully. When the baby is shaken or thrown, the head twists or whips back and forth. This can cause tears in the brain tissue, blood vessels and nerves. The child's brain slams against the skull. This causes bleeding and swelling in the brain. Young children are at high risk for brain injury when they are shaken or thrown because they have a heavy large head for their body size, weak neck muscles that don't hold up the head well and delicate blood vessels in their brains. The symptoms vary among children based on how old they are, how often they've been abused, how long they were abused each time and how much force was used. Mild injuries may cause symptoms like being fussy, sluggish, vomit and not be hungry, a more severe injury may have symptoms such as seizures, slow heartbeat, trouble hearing, bleeding inside one or both eyes. To confirm a diagnosis a doctor will ask about the child's medical history, do a physical exam, do a CT scan or an MRI or take x-rays. Many different things are done to help the baby such as medicine to help ease the brain swelling to seizure medicine to physical therapy or they may need surgery. The long-term problems from shaken baby syndrome is seizures, blindness or trouble hearing, cerebral palsy, intellectual disabilities (learning to talk, taking care of itself- eating, sucking) and emotional or behavior problems. Some children die of being shaken. The Period of Purple crying is a phase that each baby goes through and it eventually will stop at around 2-4 months. Here is why they chose the word purple. P= "peak" babies will cry more each week until they hit their peak often at 2 months, U= "unexpected" crying, R= "resists soothing", P= "pain like face" they look like they are in pain but they are not, L= "long lasting" crying can last up to 5 hours at a time and E= "evening is when most babies cry more". How can we help as FCE Members to stop the abuse of babies? We can educate young parents that babies cry and that's o.k. If all of their needs are taken care of they can cry and let them know it is o.k. for a baby to cry. If they are stressed they need to walk away and have someone else step in. We can join in the by making purple hats this

summer and donate them to your local hospital this fall for Shaken Baby Awareness month (November). Their web site is clickforbabies.org and then click on knit one and you will find patterns to knit or crochet. Concussions are caused by jars or shakes of the brain of older people. It happens in falls, fights, playground injuries, bike accidents, car accidents and sports. You don't have to pass out to have a concussion. Symptoms of a concussion range from mild to severe and can last for hours, days, weeks or even months. If you notice any symptoms of a concussion, contact your doctor. Symptoms of a concussion fit into four main categories: Thinking and remembering: Not thinking clearly, feeling slowed down, not being able to concentrate, not being able to remember new information. Physical: Nausea and vomiting, headache, fuzz or blurry vision, dizziness, sensitivity to light or noise, balance problems feeling tired or having not energy. Emotional and mood: easily upset or angered, sad, nervous or anxious, more emotional. Sleep: sleeping more than usual, sleeping less than usual, having a hard time falling asleep. In young children, it may be hard to tell if it has a concussion. They may exhibit more crying, changes in the way they play or act, changes in the way they nurse or eat, loss of a new skill such as toilet training, not being able to pay attention. Concussions in older (aged) adults can be dangerous because in older adult it is often missed. If an aged adult has fallen signs of a serious problem include a headache that gets worse or increasing confusion or both. If the aged adult takes blood thinners (Cournadin) and has fallen take them to a doctor right away even if you do not see any symptoms of a concussion as they may have some bleeding in the brain that will not stop because of the blood thinners. Concussions could be happening in many of our nursing home patients who have fallen as you cannot see the injury and they may have dementia and cannot tell you how they feel. This is why if you have a loved one in a nursing home it is important to visit often to keep on top of their care and well-being.

Just a reminder that applications for the state board are due to me by July 1st. We are in need of a President Elect, Vice President for Education and Treasurer. Applications can be found on line or contact your district director for a copy. Applications for State scholarships are due July 15th to Audrey Warren at 120 Shimon Court Marquette, Michigan 49855. (Note this is a new person) The Heart of FCE application is due August 1st to me, I hope to have at least one from each district. If you are going to have a 50-year anniversary of being a member this year please send information about yourself to me by July 15th so I have time to send for your certificate from national. I also need if your club has any members who have passed away since the last convention as we want to have a special memorial at the next convention but I need a photo (if possible) and some information about the person. Please send this as soon as you know about it. If you let me know last minute I will not have time to give it the attention I would like.

I hope you attended a district meeting and enjoyed the program. Please try to sell your raffle tickets as this is our only membership wide fundraiser. If you have any other ideas for a fundraiser please let your district director know your idea. If you think of a two-year project idea during the summer please email me the idea. I hope to see you at the convention in the fall. Until the next letter keep your brain healthy and safe as it is your most important organ, without it nothing else works.

Kathy Couchene
MAFCE PRESIDENT

PAST-PRESIDENT MESSAGE

Hope all of you had a great Spring. Now we are getting into our summer. We are in great need of Officers for 2018. First of all, we need a President/Elect. I hope someone will come forward to fill this office. Also, we need to fill the Offices of Vice-President of Education and Treasurer. If anyone is interested in any of these offices, please contact Kathy or myself as soon as possible.

Convention will soon be coming, I hope to see a great turn out.

Lorraine Rice, Past President

VICE-PRESIDENT OF EDUCATION

The District Meetings are Complete! 142 people attended ... less than last year (167), but our state membership has dropped to 260, so we had over half our members attend. We had several guests that attended this year including six Canadians at the Sault Ste. Marie meeting plus Southeast had their two Canadian members in attendance. As always, each district had clever ideas and themes, and great afternoon programs. After introductions by the county hosting the district meeting, I was introduced and proceeded to present the serious educational topic of HUMAN TRAFFICKING. It was an intense 90 minutes of just mind-boggling information about this terrible epidemic in not only our towns, our cities, our counties, our districts, our state, and our country but the entire world! I asked each participant to write down in one sentence their definition of HUMAN TRAFFICKING. Most had the same concept about what it was and some had no idea. When the lesson was complete, everyone walked away with the startling realization of what it actually was and how dangerous it was. I believe the lesson was well received and our Canadian ladies up north even asked if I would mail them my script so they could teach it at their next Federated Women's Institute of Ontario (FWIO) meeting. They are the equivalent of our FCE.

Now, for a quick synopsis of each meeting... Since the state treasury is low, I traveled alone to the three meetings in the Lower Peninsula. I began with Southeast and Lapeer County. There were 51 in attendance and following lunch, the ladies presented a "silly" fashion show with a variety of outfits including a shirt with cap sleeves represented by two baseball caps attached to each shoulder and a scoop neckline which consisted of several sugar and flour scoops attached to the neckline. Well...you get the idea. It was great fun. Following the show, county president Kristine Mueller passed out copies of the FCE emblem and explained to the group what everything stood for. The actual SE District meeting followed with Judy Lamphere in charge. She decided not to rerun for director. Kristine had sent in the appropriate papers and was unanimously elected as the new DD. **The drawing was held at this meeting for the Shoot for the Stars winner and it went to Janet DeGroot of Southwest District.**

I left Lapeer and headed to Battle Creek where I spent the night at the home of Gloria Crandall and her husband Larry. I had a lovely dinner and a relaxing evening. The Southwest District meeting was in Marshall hosted by Calhoun County. There were 33 in attendance. The theme was birds. Following lunch, a speaker from the Audubon Society talked about our backyard birds and when we can expect to see them and how we can attract them and what to feed them. Door prizes of bird houses and bird figurines were awarded and I was the recipient of a beautiful glass birdhouse. At the actual district meeting, Arlona McCallum was reelected as SW District Director. After the meeting, I headed home since Midland County is a hop, skip and a jump from me.

The East Central District meeting was in Midland. There were 22 in attendance. After lunch, we enjoyed speaker Bryan Bachman from our local New 5 TV channel. Bryan is the chief Meteorologist and he was very personable and knowledgeable and we could have listened to him for hours.

After the weekend off, I headed north where in Gaylord state secretary June Owen joined me. We drove to Escanaba where we stayed with Judith Gereau and hubby David. President Kathy Couchene and her husband David (not the same David!) joined us for an evening of conversation. The West U.P. District meeting was in Rapid River with 16 attending, and as always Kathy outdid herself with the theme and décor. You walked in to see a hitching post complete with straw and two horses (kiddy version with a head on a stick) hitched to it. When you entered the room, there was literally a chuck wagon with all the trimmings and we discovered the theme was chuck wagons and cowboys. It was delightful. We were even treated as cowboys and had to behave as one. I would love to give you all the details but I just don't have the room in the paper to do so. Be sure to ask anyone from West UP when you see them. It was great. Kathy gave us all a history lesson on the chuck wagon. Our modern-day chuck wagons are the food trucks that are now everywhere. After a chuck wagon lunch which consisted of beef stew, beans, cornbread and biscuits (and salad thrown in even though it was never served on a chuck wagon), we were entertained by a couple who played and sang cowboy and Appalachian songs.

June and I hopped in my car (oh, did I mention I just got a brand new 2017 Premier Impala?) and we headed for Sault St. Marie. Chippewa County put us up in the local Day's Inn and while June

relaxed I took a little side trip to the casino. I returned at 2 AM about \$1400 richer! GOOD TRIP! Our meeting the next day had 23 in attendance. The theme was Hats Off to You. Our six Canadian ladies who joined in were very impressed with the program. Following lunch, FCE members Carol Eccleston (I hope I spelled that right Carol) and Shirley Howie showed us a collection of hats they had accumulated and explained each one. Again, a great meeting! I also collected Water for All donations from each meeting for a total of \$166.78 which I turned over to the state treasurer.

The best part of all was seeing dear friends I have made over the years in all parts of Michigan. What a great organization to allow me this privilege! I have decided to run again for the office of VP for Education as my term is up this year. I would appreciate your support if you think I deserve it. See you at Convention in Owosso!!!!

Joyce Weiss,
MAFCE Vice President for Education



SOUTHWEST DISTRICT MEETING 2017



EAST CENTRAL DISTRICT MEETING 2017

RAFFLE TICKETS

Raffle tickets were dispersed at District Meetings. As you know, our dues do not cover the expenses of operating our organization. This is the only fund raiser that we do statewide. Each county was given 2 tickets per member. You are encouraged to sell as many as you can. More tickets can be obtained from Treasurer, Faye Lipinski. You may call her at 989-659-2567, she does have an answering machine. You may also email her; her email address is listed with State Board. All ticket stubs and money **MUST** be mailed to Faye Lipinski, 51 E Markel Road, Munger, MI 48747, so that she has them in her possession by Monday, July 31. She needs to get all of her paperwork done before the first drawing on Wednesday, August 2.

ACWW PEN FRIENDS

There is a new person in charge of the ACWW Pen Friends for the United States so if you are interested in receiving a pen friend please contact her. This can be the traditional hand-written letters as well as digital means such as e-mail, social media messaging and online friendship. Please contact Pat Weitzmann at ACWW Friendship Links Coordinator-USA 23485 Eagle's Nest Road Antioch, IL. 60002. Her phone number is 847-395-6255. This might be a fun idea if each county had a different pen friend and shared it at their county caucus meeting at the convention or at their District Meeting. What a great way to learn about how our world is different but yet we are all the same.

2017 CONVENTION INFORMATION

PRE-CONVENTION TOUR – DISCOVERING SMALL TOWNS

Tour will take place on Tuesday, October 3rd. Boarding will be in front of the Comstock Inn at 12:30 pm and will leave promptly at 12:45 pm for the Curwood Castle Park. You will tour the Curwood Castle, the Comstock Pioneer Cabin, the Woodard Paymaster Building and the Shiawassee Art Center. There will be some walking and stairs involved but there are available many options acceptable to everyone. Next you will be off to Springrove 5 & 10 for a little shopping. This is a unique dime store that has everything. Another stop will be the Polar Express, the largest operating steam locomotive. The last stop will be for dinner at the Abiding in the Vine, the #1 Tea Room in the state of Michigan. Dinner will include: salad, rolls, drink, and your choice of:

Hot Almond Chicken Casserole or

Sweet Potato Shepard's Pie or

Spinach Pesto Pasta Casserole with Asiago Cheese (veg dish)

All three meals will include a 3-Dessert Plate of a Lemon Curd Bar, Scone w/cream cheese, and a Brownie Truffle. Indicate your choice of meal on the registration form. Cost \$42 includes all of the above.

HOSTESSES

We are looking for hostesses for the state convention. Hostess responsibilities vary from greeting attendees who are entering the dining room for meals to introducing speakers and workshop presenters. Each assignment will come with instructions and introduction information. This job offers an opportunity to meet FCE members from other clubs and counties. If you would like to volunteer as a hostess, please check the appropriate box on the registration form.

BANNERS

The opening session of the convention will feature a procession of county and district banners. If your county does not have a banner, now is the time to make one. The procession opens the convention. Bring your banner and plan to gather at 12:45 outside the general session room where you will receive instructions from Marie Haas of Lapeer.

GAME OF CHANCE

Once again, we will have the Game of Chance as one of our convention activities. Each county is asked to bring two gifts worth at least \$5.00 each. These items need to be new or handmade. Tickets will be sold at registration and at the event --- 3 for \$1.00 or 18 for \$5.00. Bring some cash and support our organization.

MEALS

Meals at the convention will all be buffet style but please be on time to take part in the invocation and tables will go to the buffet by a drawing of table numbers. Breakfast is a part of your hotel package so you may attend the continental breakfast between 6:00-9:00 am in the Atrium. If you have any food allergies, please include them on your registration form and we will inform the food service area.

CHOIR PARTICIPANTS

As always, Joyce will be looking for participants to be in the MAFCE State Choir. We will perform at lunch on Thursday and the Friday morning session. We always have lots of fun and they have given us an hour and fifteen minutes for practice on Wednesday afternoon. See you there.

SCHOLARSHIP TO CONVENTION

If you need some help to attend this year's convention, then please apply for a scholarship. If you need a form check with your County President, District Director, or go to the web page www.mafce.org. You must not have received the applied scholarship in the past three years to be eligible for this scholarship. The form is due by July 15th to Audrey Warren, 120 Shimon Ct., Marquette MI 49855-9036.

CULTURAL ARTS ARE NEEDED

The Cultural Arts display will be handled as last year due to the lack of a permanent locked room. The Cultural Arts will be displayed in the same room as the Game of Chance and at the same time. So, if you have Cultural Arts, please bring them at the set-up time for the Game of Chance which is 4:15 pm in the Dewey room.

ALUMNI OF MAFCE

If you are attending the state convention, be sure to mark your registration form if you are a dues paying member. Any FCE member who has served in any capacity on the state board at any time during our history may join the Alumni of MAFCE. Dues are \$5 annually and may be paid at the convention to either Edna Bell, the Secretary/Treasurer or Joyce Weiss, the President. We would love for you to join us---don't be shy---

Also, the Alumni will be conducting installation of officers again this year so please be prepared to participate. Our rehearsal shall take place immediately after the Wednesday evening Game of Chance activity. See you there!

WHAT TO BRING TO CONVENTION

- Bring a sweater as the air condition, if running, may be cool
- Each Study Group should bring 2 **NEW** items that are worth \$5.00 or more for the Game of Chance
- Note: If items are used and are not in good condition they will not be placed in the Game of Chance
- \$1.00 if you plan to participate in the Tuesday evening mystery game
- Your county and district banner
- Cultural Arts
- Educational Display
- Swimsuit
- Cash for Trade Show, 50/50 raffle and the Game of Chance

ELECTION OF OFFICERS AT THE 2017 ANNUAL MEETING

Up for election this year is President Elect, Treasurer, and Vice-President of Education. At this time, I have only one application on file and that is for Vice-President for Education. Joyce Weiss the incumbent has been a member for 40 years. She was our President and has been the Vice-President of Education for the past 4 years. She loves to teach and is not afraid to speak in front of an audience. If you are interested in any of the board positions, please submit an application and a letter of support by July 15.

INSTALLING OF OFFICERS AT THE 2017 CONVENTION

We will be installing the following officers at the 2017 Convention: District Directors – Southeast Kristine Mueller and Southwest Arlona McCallum, President Elect, Vice-President of Education, and Treasurer.

2017 MAFCE CONVENTION SCHEDULE

Tuesday, October 3, 2017

10:00 – 12:00 Early Registration – Atrium
12:30 Meet in Lobby for Pre-Convention Tour
12:45 – 6:00 Pre-Convention Tour
3:00 Hotel Check-In Begins
7:30 Mystery Game Night – Atrium - \$1.00 (please have correct change)

Wednesday, October 4, 2017

6:00 – 9:00am Breakfast – Atrium – Continental, included with hotel stay
9:30 – 11:00 Registration – Atrium
10:30 – 11:30 President's Meeting – Curwood Room
11:45 – 12:45 Lunch Buffet – Atrium
12:45 Banner Line-Up – outside Hoddy Room
1:00 Opening Session – Hoddy Room
3:00 Hotel Check In Begins

Thursday, October 5, 2017

Breakfast on your own if coming for one day
6:00 – 9:00am Breakfast – Atrium – Continental, included with hotel stay
8:00 – 9:00 Registration for those attending one day – Atrium area
9:15 Day events begin

Friday, October 6, 2017

6:00 – 9:00am Breakfast – Atrium – Continental, included with hotel stay
9:00 Morning Events

HOTEL AND RESERVATION INFORMATION

The 2017 MAFCE Convention is being held at the Comstock Inn, 300 E Main, Owosso 48867. Their telephone number is 989-725-0999. Use code: MAFCE to get room rates of \$85 for a 2-queen bed room. It is \$75 for a one queen with sofa sleeper room, or a queen single room, or one queen handicap room. These rooms will be held until Sept. 3, 2017 at this rate.

EVALUATION FORMS

In your packet you receive at registration, is a sheet titled "Evaluation Form". This is the only way we have to know what you think of the convention and works as a guideline for future conventions. The format of the form is such that each day you can follow the form and include your thoughts and comments. To express our value to the return of this completed form, this year when you turn in your completed form on Friday morning at the door to the morning session, you will be presented a special thank you gift in return for the completed form.

DESCRIPTION OF CONVENTION WORKSHOPS

WORKSHOP #1

- 1) **History of Owosso** presented by Robert Doran
- 2) **Beginner's Low Impact Yoga/Silver Sneakers** do you want to be more mobile, increase your energy and have more peace? Stretching and Flexibility will be included.
- 3) **Diabetes Detective** Jonathan Kaiser and his Diabetes Service Dog Charlie and his drive to find a cure for Type 1 Diabetes.

WORKSHOP #2

- 4) **Stress Less with Mindfulness** paying attention in a particular way on purpose, in the present moment and nonjudgmentally. Mindfulness practices can meet a need for adults and children alike to find physical and mental calm in demanding times and places.
- 5) **Enhanced Fitness to Reduce Arthritis** with low impact exercises to stretch, help with balance and reduce arthritis.
- 6) **Benefits of Herbs and Spices** using herbs and spices in place of salt and some of their benefits to us.

KEYNOTE SPEAKER will be Elaine Bickel speaking on "A Better Version of You".

WHAT'S NEW WITH YOU?

What's new with you is an important part of our state convention. It gives counties and study clubs an opportunity to share one event making a difference in your local area during the past year. Your presentation should be no longer than 3-5 minutes. If you are willing to share, please fill out the Event Sharing form below:

Event Sharing Form: State Convention 2017: Deadline September 18, 2017

Name _____

County/Study Club _____

Address (Contact Person) _____

Phone Number _____

Topic You Wish to Share _____

Mail this form to: Barb Ream
2562 N Lapeer Road
Lapeer MI 48446

STATE CONVENTION REGISTRATION FORM – 2017

Comstock Inn, Owosso, Michigan
October 4 – 6, 2017 Telephone 1-989-725-0999
Complete this form and send **CHECK PAYABLE TO MAFCE**
To: Faye Lipinski, Treasurer
51 Markel Rd., Munger, MI 48747

Name (Please Print) _____

Address _____

City _____ Zip Code _____ County _____

Phone _____ E-mail _____

WORKSHOP SCHEDULE FOR THURSDAY, October 5th

Indicate your 1st, 2nd, 3rd choice for each session. Placement is based on first come, first serve. If you wish a confirmation, please include a self-addressed stamped envelope with this form.

Workshop #1 9:15 to 10:30

- _____ 1 History of Owosso
- _____ 2 Beginners Low Impact Yoga
- _____ 3 Diabetes Detective

Workshop #2 10:45 to 12:00

- _____ 4 Stress Less with Mindfulness
- _____ 5 Enhanced Fitness to Reduce Arthritis
- _____ 6 Benefits of Herbs & Spices

Registration Fees: FCE Member

- _____ Early Bird – postmarked by Sept. 8th\$150.00
- _____ One-Day – postmarked by Sept. 8th\$85.00
- _____ Regular – postmarked by Sept. 22nd \$170.00
- _____ One-Day – postmarked by Sept. 22nd \$105.00

Registration Fees: Non-Member

- _____ Whole Convention – postmarked by Sept. 22nd \$190.00
- _____ One Day (Thursday, Oct. 5th) postmarked by Sept 8th \$105.00
- _____ One Day (Thursday, Oct. 5th) postmarked by Sept. 22nd \$125.00

Pre-Conference Tour: October 3rd (tour sign up deadline Sept. 22nd)

- _____ Discovering a Small Town \$42.00 (cost of tour)

Food Choice for Tour (circle one): Beef, Chicken or Vegetarian

TOTAL ENCLOSED \$ _____ (Registration fee and tour) check number _____

Circle all that currently applies: 1st Timer to Convention County President Alumni Non-FCE Member 50 yr. Member
State Board Would like to be a Hostess Guest (title) _____

Do you have a food allergy? Yes No If yes, what items are you allergic to: _____

Room reservations are made separately, directly to the hotel. The phone number is: 1-989-725-0999. It is good to register early.

(If you transfer your registration, please contact Faye Lipinski ASAP. You may cancel your registration for a full refund until Sept. 18th. After that deadline, requests for MAFCE refunds due to emergency situations will be considered by the financial committee after all convention expenses have been paid.)

WEST U.P. DISTRICT NEWS

Our District Meeting was held in Delta County at the Calvary Lutheran Church in Rapid River. There were approximately 20 people in attendance. Our Vice-President of Education, Joyce Weiss, presented us with a lesson on human trafficking. We were astonished to learn that this could be happening in our communities. She gave us ways to recognize those who were being held against their will, and what to do if you suspected that anyone was in that position.

We then broke for lunch and because the theme for the day was "Chuckwagons, The First Foodtruck" we ate a typical trail drover chuckwagon lunch. The chuckwagon was filled with beef stew, beans and cornbread. We also had a nice salad which I don't think trail drovers got to experience. The tables were so nicely decorated with cactus plants (crocheted by Kathy) and we ate on plates that looked like pie plates (no tin cups).

After lunch, we were entertained by a nice couple who played the guitar and violin and sang some nice folk songs for us.

After our entertainment, we were presented with an informative program about the origin of the chuckwagon in our history. We learned that the chuckwagon was first started by the cattle drivers in order to feed the cowboys on the long cattle drives across the country that took months. In that time, they hardly came across a town to buy supplies so they had to carry their supplies with them.

In our meeting afterwards, we talked of ways we could increase our membership, and fundraising to make MAFCE more financially stable. It was a very informative and enjoyable time had by all.

Nancy Berta
West U.P. District Director

NORTH CENTRAL – MANISTEE COUNTY

Manistee County started the year with 15 members ended the year with 7 members.

Our members quilt on Wednesdays and some of the quilts are given to people that have been burned out of homes. Also, quilts and baby quilts are given to Love, Inc of Manistee. Knitted hats and mittens go to Methodist Church for their Christmas tree. Knitted baby hats are donated to West Shore Hospital in Manistee for the newborns.

All members work on Arcadia Daze Festival in July. Our group makes a quilt that is raffled off. The money we make goes to students in Arcadia that have been accepted to a college. Also, we donate to several charities.

Three members attended State Convention.

Maryann Lowe
County President

NORTH CENTRAL DISTRICT

On November 30, twenty-four members representing five counties in the North Central District met at BJ's in Gaylord for their annual Christmas party. We had a delicious buffet lunch, followed by a demonstration on how to make a simple refreshing foot spray. We had Christmas poems, games, door prizes, gift exchanges and lots of fun and fellowship. The 2017 party is already scheduled for Wednesday, November 29.



NORTH CENTRAL 2016 ANNUAL CHRISTMAS GATHERING

WEST U.P. DISTRICT - DELTA COUNTY

Delta county FCE had only one club in 2016-2017 and has lost many members due to health and death. On June 6th, we held our recognition banquet at the stone House restaurant. The program was "Life's Lessons from Bees". Kathy Couchene was presented with the outstanding member award and Georgie Safford the Heart of FCE award. Marian Cota was presented her 60-year membership pin. We did not meet in the summer. In September, we had a lesson on the Underground Railroad. The presenter showed a quilt showing many quilt squares and explained what each of them meant to the people escaping. Many members attended the convention and Georgie Safford was awarded the States Heart of FCE award at the convention. October 24th, we held our international dinner and program. This year's program was Thailand and Vietnam presented by Christine Safford. Our character counts winner also attended and she read her essay. November, we held our Holiday party. At this party, we bring gifts for our adopted family, play games, have a game of chance and bring mittens, hats and scarfs for the needy. The program this year was on cranberries. In December only a few members went to the Stone House restaurant for lunch. January, we made valentines for the 100 residents of the local nursing home. These Valentines were made from toilet paper rolls. In February, we donated to walk for warmth and learned about what each U.S.A. President enjoyed eating. We even had some for our lunch (cottage cheese with catsup, toasted cheese sandwich and soup). After lunch, we cut out many bibs and burb clothes that will be donated to the pregnancy service at a later date. The March meeting was cancelled due to lack of members being available to attend the meeting. April, we had a presentation on planting seeds in egg cartons. The plants will be sold at our plant sale in June. In May, we will combine our picnic and recognition lunch at the Rapid River park. The program will be on Picnics, Pit stops and Potty Breaks (The history of Rest areas). Each month we collect for "Water for All" and for our adopted family. This year our family was a mother, 2 sons and a daughter. We hosted the District Meeting this year with our theme being Chuck Wagons. We enjoyed an educational lesson, old time music and a cowboy lunch.

Kathy Couchene, Town and Country FCE Historian

GUIDELINES FOR EDUCATIONAL DISPLAYS

1. Choose a project from your county or club and assign it one of the following categories:
 - a. Education
 - b. Leadership
 - c. Action

***you may enter in EACH category once**

2. Design your display board on your chosen topic. It should include somewhere on the board the following criteria:
 - a. Title of Project (example: Character Counts)
 - b. Type of project (from above three choices)
 - c. Photographs
 - d. Any media coverage articles or pictures
 - e. Goal, Description, Actions taken
 - f. Name **on the back of the board** of person in charge and club or county submitting display

***Display board may be single or bi-fold/tri-fold fashion**

3. Handouts/pamphlets not a requirement but may enhance your display and would be allotted 5 points toward total score (certainly not enough to assure a win in your category BUT MAY HELP).
4. A one page summary (you may use front and/or back) to include the following information:
 - a. Title of Project
 - b. Category of Project
 - c. Club and/or county submitting display name of contact person in case there are questions by judges
 - d. Simple description of goal
 - e. Simple description of steps taken to reach goal
 - f. Were any other groups or agencies involved in this project if so, who?
 - g. Results of project (goal reached or not reached)
 - h. Approximate number of persons reached and approximate volunteer hours involved

JUDGING WILL BE BASED ON THE FOLLOWING:

All criteria met on poster board	30 points
All criteria met on summary page	40 points
Overall neatness	10 points
Use of color	5 points
Overall "pleasing to the eye" effect of poster	5 points
Spelling, punctuation, etc. (since we encourage this in our 4 th grade CC)	5 points
Addition of Handouts/pamphlets	5 points

EDUCATIONAL DISPLAYS

I want to encourage all of you to think about entering displays at convention this fall. These displays will be set up in the Atrium. There are three main categories and a Hearthfire Challenge (#62) category. You can enter one, two, three, or all four! I have included the guidelines above for your convenience. Please note that on educational display registration form below the deadline is Sept. 27, 2017. Joyce abc

Please use this form to register for the displays:

EDUCATIONAL DISPLAY REGISTRATION FORM	
CLUB/COUNTY :	_____
CONTACT PERSON -	
NAME :	_____
ADDRESS :	_____
PHONE :	_____
TITLE OF EXHIBIT:	_____
<u>CIRCLE ALL THAT APPLY:</u>	EDUCATION LEADERSHIP ACTION HEARTHFIRE
CHALLENGE # _____	
*Please use this form for Educational display and Hearthfire Challenge displays	
** if you are entering more than one display, circle all that apply	
MAIL TO:	JOYCE WEISS
	2283 E. N. UNION ROAD
	BAY CITY, MI 48706
	DEADLINE: SEPTEMBER 20, 2016

Trade Show Exhibit Table Registration

The trade show allows members/clubs/counties/districts/alumni to sell their homemade items to convention participants.

Cost: \$5.00 (half table) or \$10.00 (full table). Please reserve for me a _____ table.

My Name _____

Address _____

County _____ Phone: _____

e-mail _____

Share items you will be selling _____

**Please send a check for the table rental by August 28th made out to MAFCE.
Send it to Faye Lipinski, State Treasurer, 50 E Market Rd., Munger, MI., 48747**

TRADE SHOW AND DEMONSTRATIONS

If you are interested in selling items at the Trade Show on Wednesday evening in same location as the Game of Chance, please complete the form on the previous page and mail with your check to the MAFCE Treasurer. The time frame for this event is after dinner and prior to the announcing of winners of the Game of Chance. This will be about an hour and a half in selling time.

If you have a talent or skill that you would like to share with the membership or a small group, please contact Marie Haas at 810-441-3815 or email her at haasfull@yahoo.com for further information. If a fee is to be collected that will take place at the time of the event.

CHARACTER COUNTS – 2017

This year the pillar of Learning of Character Counts is" Caring".

There were three entries for the state judging – Delta County in the Upper Peninsula, Bay County and Calhoun County. The Third-Place winner for the state is Calhoun County – Drew Halevac – Teacher – Mrs. Bahmer at the Greyhound Intermediate School. Drew will receive \$25.00. The Second-Place winner for the state is Bay County – Ella Joy White – Teacher – Jenny Smith at Floyd Elementary. Ella will receive \$50.00. The First-Place winner for the state is Delta County – Emma Sundling – Teacher – Mrs. Sauve – Rapid River Schools. Emma will receive \$75.00.

To all of the other counties that did not participate in this worthwhile program, I am disappointed in your non-involvement. Here our organization stands for home and family communication and you are missing the boat. The children are the losers. This is so very sad.

So now the state winner's entry from Emma Sundling will go on to National for judging.

To the counties who participated, I "THANK YOU" for your time, effort and saying "YES" to this program.

Judith Gereau – Delta County
Chairman, Character Counts of Michigan

SMILING

A little girl and her mother were out and about.

Out of the blue, the girl asked her mother, "Mommy, how old are you?"

The mother responded, "Honey, women don't talk about their age. You'll learn this as you get older."

The girl then asked, "Mommy, how much do you weigh?"

Her mother responded again, "That's another thing women don't talk about. You'll learn this, too, as you grow up."

The girl, still wanting to know about her mother, then fired off another question, "Mommy, why did you and Daddy get a divorce?"

The mother, a little annoyed by the questions, responded, "Honey, that is a subject that hurts me very much, and I don't want to talk about it now."

The little girl, frustrated, sulked until she was dropped off at a friend's house to play. She consulted with her girlfriend about her and her mother's conversation.

The girlfriend said, "All you have to do is sneak a look at your mother's driver license. It's just like a report card from school. It tells you everything."

Later, the little girl and her mother were out and about again.

The little girl started off with, "Mommy, Mommy, I know how old you are. I know how old you are. You are 32 years old."

The mother was surprised. She asked, "Sweetheart, how do you know that?"

The little girl shrugged and said, "I just know. And I know how much you weigh. You weigh 130 pounds.

"Where did you learn that?"

The little girl said, "I just know. And I think I know why you and Daddy got a divorce. You got an "F" in sex."

Caring

Every summer my brother and I sell lemonade and give it to the people who need it. We sell cups of lemonade for \$1.50. (I make about 50 to 70 dollars). We also, ride our bikes to the store and get money from the empty cans we collect from our neighbors.

Then my brother and I ride our bikes down to the town Hall and give them 10 dollars, so they can use the money for our neighborhood playground. Then we go to the houses that I know their families need help. I ring the doorbell and when they open the door, I hand them an envelope with money and a letter in it. The letter says:

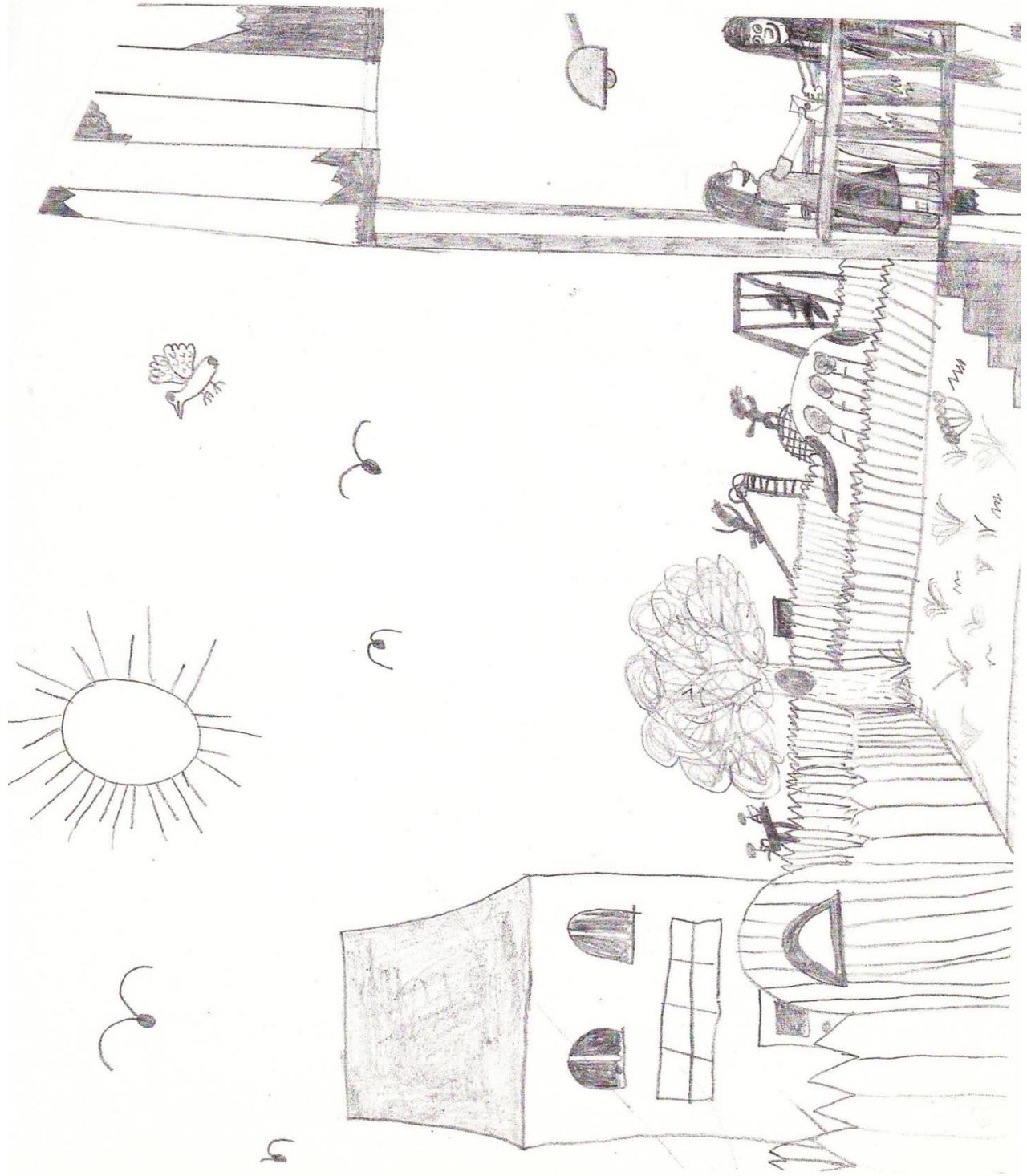
Dear you!

Here is some money to
brighten your day! You
are special in so many
ways. You deserve some
extra cash to use for
things you need. Just
think, tomorrow is
a new day!

Love,
Emma and Ian Sundling

Then they all say
thank you and hug us.
When my brother and I
do this we feel special
in so many ways. We love
to make people happy!

Emma Sundling
February 20, 2011
Mrs. Sattve
Rapid River School



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REMINDER: If you are interested in running for a Board position, contact the nominating committee for details.

APPOINTED WEBMASTER (see Editor)

Sharon Rajewski
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Linwood MI 48634
www.MAFCE.org

REMINDER: If you are interested in being appointed for a state committee chair, contact your State President. She would love to hear from you.

2017 STATE COMMITTEE CHAIRS

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2017 DATES TO REMEMBER

July 1 – Application for State Board due to President

July 15 – Applications for State Scholarships due
50 Members list due to President

Aug 1 – Heart of FCE due to President

Aug 2 – First Raffle drawing

Oct 4-6 – MAFCE State Convention at Comstock Inn and Convention Center, Owosso

Nov 1 – FCE newsletter deadline

County Newsletter rotation for reports: Feb 1 – deadline for Southwest and East Central Districts
June 1 – deadline for North Central and West U.P. Districts
Nov 1 – deadline for Southeast District