

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.*

FALL 2017

## FROM THE PRESIDENT



The MAFCE state board met at the home of Marilyn Nowodworski on Oct. 2 for their only meeting of the year. All of board and committees sent in their reports so they were read ahead of time, it saved time so the meeting would only last one day. It was decided to continue to study Human Trafficking as the two-year project. The county presidents voted at the annual meeting to have the Human Trafficking be studied for one more year. We will continue to have another raffle but we need to sell more tickets as our funds are getting smaller due to a decrease in our membership. The convention went well and we thank the committee for a job well done. The 2018 Executive MAFCE board is President Kathy Couchene, President Elect Sheri Drake, Vice-President for Education Joyce Weiss, Treasurer Faye Lipinski and Secretary June Owen. Next year's convention will take place at the McCamly Plaza Hotel in Battle Creek October 3-5, 2018. The dates of the District Meetings will be May 2<sup>nd</sup> East Central: Bay County, May 3<sup>rd</sup> South East: Wayne County, May 4<sup>th</sup> South West: Eaton County, May 9<sup>th</sup> West U.P.: Marquette County and May 11<sup>th</sup> North Central: Otsego County.

Stay warm this winter and keep your brain safe and stimulated.

Kathy Couchene  
MAFCE President

## **PAST PRESIDENT REPORT**

Well this will be my last report. It was really nice to see all of you again at the 2017 Convention. I like the Guest Speaker, she was interesting and funny. I went to the workshop on Owasso, that was ok, and to the workshop on Herbs and Spices, that was very interesting. Nancy did a great job of how the Cultural Arts were presented. The Entertainment on Thursday night was funny. On October 25<sup>th</sup>, I went to Southeast District in Lapeer to their annual Tea. There were seven of us from my area that went and we had a very good time. Again, I want to Thank the Board of Officers for serving with me during my four years and for all their help.

Past President,  
Lorraine Rice

## **MEET THE NEW PRESIDENT-ELECT**

Sheri Drake of Otsego County was elected to the position of President-Elect during the annual meeting at the MAFCE Convention in October. She has been a member of MAEH and FCE for over forty years. For four years Sheri served as MAFCE Secretary. She is very familiar with how the State Board works and looks forward to working with the Board members once again, as well as the FCE membership.

At the local level Sheri has held almost every office and for many years has been the president of her FCE group. She plans many of her group's lessons, field trips, and activities.

On a personal note, Sheri has been married for 45 years to her husband Doug and has three grown children. Doug and Sheri attend their four grand-children's sports, band, and dance events through the year. Being a retired teacher gives her time to be involved in her church, read, do crafts and some quilting and to enjoy the Upper Peninsula with her husband at their cabin and traveling with their camper.

## **ACWW IS MOVING**

The Board of the Associated Country Women of the World are excited to announce the ACWW Central Office is relocating.

New address is:  
ACWW  
A04 Parkhall  
40 Martell Road  
London SE21 8EN

## FROM THE STATE VICE PRESIDENT OF EDUCATION

Hello to everyone! The state convention was certainly successful. The numbers were down a bit with only 75 attending, but that didn't stop us from having a delightful time. I am so excited to report that we had 6 counties participate in the Educational Displays and those counties entered a total of 17 displays. That is a new record for the past 20 years, I believe! My judges had their work cut out for them, but they did an excellent job. Winners received \$50, \$30, and \$20 respectively for first, second and third place.

Below is a list of winners and participants from each category:

ACTION:	1st Place	FCE Has Heart (Delta County)
	2nd Place	Simulator Infants (Bay County)
	3rd Place	Days for Girls (Otsego County)
	Participant	FCE Supporting Teens (Eaton County)
	Participant	Recruiting (Lapeer County)
EDUCATION:	1st Place	Vietnam/Thailand (Delta County)
	2nd Place	Education Through FCE 1936-2017 Lapeer County)
	3rd Place	Beacon of Hope (Bay County)
	Participant	History Newspaper Project (Eaton County)
	Participant	Cranberries:Superlicious and Nutritious(Otsego County)
LEADERSHIP:	1st Place	Character Counts in Delta County (Delta County)
	2nd Place	FCE Leads the Way in Bay County (Bay County)
	3rd Place	Yesterday, Today and Tomorrow (Lapeer County)
HEARTHFIRE:	1st Place	Human Trafficking: Global Market (Delta County)
	2nd Place	On the Road to Stopping Human Trafficking (Bay County)
	3rd Place	Human Trafficking (Otsego County)
	Participant	WHAT?? (Lapeer County)

Only a few points separated the three top places so I know some excellent work was done on these displays. I look forward to seeing how many displays we have next year at Battle Creek. I know my county is already discussing strategies for next year's exhibits. And remember that there are guidelines that need to be followed. I have handouts available at the District meetings and I also mention those guidelines. I will be sure to have complete guidelines in the convention issue of the FCE NEWS. If you ever have questions, PLEASE do not hesitate to call. My number is included in each issue.

The other thing I wanted to mention regarding convention was the Educational Workshop. I had the honor of presenting it this year. With our theme being "Discovering Small Towns, Big Dreams with FCE, I chose to present a program on the Life of Leonardo DaVinci who was born in a small town outside of Venice, Italy. The program seemed to be well received.

Remember that next May will be our 5 District Meetings and we want to have an excellent turnout at each of them. Bring a friend and get them interested in FCE and what we do. I promise the program will be educational as well as fun next year. Hope to see you all then. In the meantime, have a wonderful holiday season.

Joyce Weiss – VP for Education

## 2017 Convention Budget @ Owasso

	2017 PROPOSED INCOME	2017 PROPOSED EXPENSES	2017 ACTUAL INCOME	2017 ACTUAL EXPENSES
AV Equip (piano, extra mike, etc)		\$300.00		
Chairman Expenses		\$100.00		\$88.80
Choir		\$0.00		
Committee Mileage/.20		\$500.00		\$367.60
Committee Registration Convention (5)		\$750.00		\$750.00
Educational Packets		\$100.00		
Educational Speaker (FCL replacement)		\$100.00		
Entertainment		\$300.00		\$300.00
Evaluations		\$0.00		
Folders/Printing		\$100.00		124.89
Hostess Allowance		\$20.00		
Keynote Speaker		\$100.00		\$121.40
Meals		\$9,500.00		\$4,521.77
Meeting Space		\$1,500.00		\$450.00
Misc. (name tags, etc)		\$100.00		\$13.20
Program Sharing		\$0.00		
Registration Expense		\$25.00		
Secretary Expense		\$50.00		\$35.20
Special Guest Meals		\$40.00		
Table Favors/Centerpieces		\$100.00		
Workshop Gifts/Stipends & expenses		\$150.00		\$130.00
Installation of Officers		\$75.00		\$50.00
Contingency Fund	\$1,000.00			
Registration - 90 @ \$150	\$13,500.00		\$11,335.00	\$990.00
Tour			\$2,142.00	\$1,513.40
Cash Raffle	\$450.00		\$825.00	\$300.00
Game of Chance	\$550.00		\$424.00	
Mystery Game Night	\$60.00		\$95.00	
Trade Show	\$30.00		\$10.00	
<b>TOTALS</b>	\$15,590.00	\$13,910.00	\$14,831.00	\$9,756.26

**2017 CONVENTION PROFITS = \$5,074.74**

### Collected during 2017 Convention

Coins for Friendship = \$29.03

Water for All = \$25.86

Intrepid Heroes Fund = \$36.00

State Donations = \$254.20

## 2017 Raffle Report

Thank you to all who participated in our annual raffle ticket fund raiser. There were 739 tickets sold which is 74% of the tickets available for sale. Our profit from this year's fund raiser is \$2645. This represents a decrease in profits of \$269 over 2016 sales.

The winners of our 2017 fund raiser are:

Marlene Archer, Stanford, ON  
Kari Place, Charlotte, MI  
Kimberly Jankowski, Metamora, MI  
Tammy Bednarz, Constantine, MI  
Jim VanHaaron, Essexville, MI

Esther Lyons, Lapeer, MI  
Linda Histed, Lapeer, MI  
Marilyn VanDePitte, Lapeer, MI  
Sharon Rajewski, Linwood, MI  
Hollie Archer, Stanford, ON

With membership declining, we hope you will consider buying a ticket for yourself and taking 3 or more to sell. Also consider having your study group buy tickets for a possibility of winning money for your club. Let it be our goal to increase the amount of ticket sales for 2018.

Faye Lipinski, State Treasurer

## HEART OF FCE 2017 MICHIGAN WINNER



Marilyn Nowodworski is a quiet 13-year FCE member who is always volunteering and lending her services and goods to every project. In 2017 she was on the convention committee and housed, fed and had the MAFCE board meeting at her home. She works at her local food pantry. She attends all her local meetings, district meetings and state conventions. Every August she hosts her study group's annual picnic. Marilyn hosts a Christmas Mass in her home every year for anyone who wants to attend. Marilyn has a generous heart and is well deserving of the Heart of FCE award.

## **SOUTHWEST DISTRICT NEWS**

The Fall Board meeting was held in the home of Marilyn Nowodworski on October 2, 2017. Kathy Couchene, president, called the meeting to order after a nice breakfast at Marilyn's home. June Owens called the roll and all members of the board were present. June led the board in the pledge to the flag, the NAFCE creed and the MAFCE creed and Mission Statement.

Additions to the Agenda were made. Under New Business we added Better Communication for FCE and Eunice Passeno Memorial Scholarship. Eunice was from the NC District and her family has donated a \$150 one-time scholarship which will be given to one of the first timers.

Kathy talked to us about correspondence she has received and a phone call from Doris Roland asking for the convention to be for just 2 days. Because of the distance that many people need to travel to convention, it is felt that people would still need to spend another night so it is better to keep the schedule as it is.

Board reports were done by e-mail or regular mail and there were no questions regarding them. They have been placed on file.

Sharon Rajewski, editor, reminded us that news for our MAFCE is due by November 1. Sharon would like to have the obituaries of deceased members soon after they are released and she would like to also have pictures to go with them for the newsletter. There will be 3 issues of the MAFCE News per year. It costs MAFCE \$1.55/ issue including the printing and mailing.

Character Counts had National winners going to Maryland for first place, Tennessee for second place and Hawaii for third place. This year MAFCE winners were: from Delta County, Emma Sundling, first place; from Bay county, Ella Joy White, second place and from Calhoun County, Drew Halevac. We were informed that only the first-place winner needs to have a permission signature.

Heart of FCE judges were Paula Badder and June Owen as they had no contestants from their districts. Marilyn Nowodworski won the Heart of FCE for Michigan this year.

The 2018 District Meetings will be held for EC District May 2, SE District May 3, SW District May 4, West UP District May 9 and NC District May 11. The SW District will meet in Eaton County. UNLESS it changes the topic will be "What Have You Got under There?"

A two-year project was voted upon and will be "Human Trafficking".

Historical Report: The Records for MAFCE are stored at Down Town Dime in Ithaca, MI in the care of Renee Smith and Nancy Gulick. If your county or group has newspaper articles and or photos they would like to include them. Please identify the people in the pictures and tell the occasion, date, etc. Please send information and pictures to Renee Smith, 345 S. Olson Road, Sumner, MI 48889 ([rasmith@ispmgt.com](mailto:rasmith@ispmgt.com)) 989-875-4567 or Nancy Gulick, 217 E. Seaver Street, Ithaca, MI 48847 ([nacygulick@yahoo.com](mailto:nacygulick@yahoo.com)) 989-388-4030.

Nominations were for: President Elect, Sheri Drake; Vice President for Education, Joyce Weiss and treasurer, Fay Lipinski. There were no other nominations so these ladies were declared elected at the annual meeting.

Raffle report: This year 73.0% of the tickets were sold giving us a profit of \$2,645. This is a decrease from last year of 5.1% or \$260. The board would like to have each member be given 4 tickets each to sell/buy. The board members each get 10 tickets to buy/sell. The number of tickets sold was 739.

Finance committee: the finance committee met via telephone to save money. Faye called Kathy Couchene on one of her phones and Sheri Drake on her other phone and put them both on speaker for their committee meeting to go over the 2018 budget.

There was talk about "breaking away from national" and if we did that we would have to turn all of our money over to them. Instead the board will be sending them a letter telling them that the reason more people do not come to their conventions is due to cost and content. We feel that the areas where the conventions are held should have more input and they should bargain for better rates.

New Business: NAFCE met in Omaha Doubletree with only 54 in attendance. Gloria Crandall was our voting delegate. She brought back information.

There were 26 voting members at the MAFCE annual meeting.

The MAFCE 2018 convention will be held at McCamly Plaza Hotel in Battle Creek with the tour on October 2 and the convention October 3-5. The cost of the rooms will be \$119 + tax and includes parking.

The SW District Caucus: There were 5 members from Calhoun County, 5 from Eaton County and 2 from Hillsdale County. Eaton County will host the next District meeting on May 4, 2018. Arlona mentioned that 1<sup>st</sup> timers (and everyone else) should attend all meetings at convention. She emphasized that when sending pictures to the historians to be sure to include the names of the people, the place the picture was taken and what the occasion was about. We ended the meeting with county sharing.

I attended the tour in Owasso and felt it was worth the time and money. The SE District did a great job of planning the convention.

Arlona McCullam  
Southwest District Director

## **WEST U.P. DISTRICT**

The annual board meeting was held at the home of Marilyn Nowodworski. Three of us from the West U.P. attended the 2017 convention and rode downstate together. The board meeting was held on Oct 2<sup>nd</sup>. The district reports were to each board member ahead of time so time was saved by not having to read them at the meeting. The treasurer's report was given by Fay Lipinski about the results of our raffle sales. Our membership for the state of Michigan is down to 262 for the year 2017. That's a decrease of 5.1% or \$260. There were three nominations for office for next year, Treasurer: Fay Lipinski. Vice President for Education: Joyce Weiss, President elect: Sheri Drake. They were all appointed to these offices. The 2017 convention was held in Owosso on Oct. 4-6. It was informative, fun and entertaining. Next year's convention will be held in the southwest district.

Nancy Berta  
West U.P. District Director

## **SOUTHEAST DISTRICT**

District Meeting 2017 was held in Lapeer with 51 attending. 2018 meeting will be hosted by Wayne County. Kristine Mueller is our new Southeast Director starting January 2018.

State Board meeting was held at Marilyn Nowodworski's house, Lapeer County furnished meals and housing. Marilyn, who provided a fabulous breakfast for the State Board, made all feel so welcome. I sincerely want to thank all who made this possible.

2017 convention at the Comstock Inn in Owosso was so fun and enlightening. We had our Elaine Bickel, as keynote, and many great workshops and educational programs. Marilyn Nowodworski was awarded the State Heart of FCE at the convention, so deserving as we are blessed with so many great ladies in our organization. I thank the convention committee, the alumni, president, Vice-President, Treasurer, Editor, Cultural Arts, Choir, many volunteers and Myrl; all who worked so hard for you. I appreciate and thank all for coming to convention.

I thank you for all your support and friendship during my time serving as your Southeast District Director.

Sincerely, Judy Lamphere

Gloria Crandall presenting  
Ruth Albaugh her 60-year  
certificate at the Calhoun  
County Council  
meeting October 16, 2017.





## CULTURAL ARTS

At the 2017 State Convention in Owasso, there were 23 entries into the Cultural Arts display. We increased the number of categories from four to eight. Below is a listing of the categories, winners, and name of entry.

<u>Quilts</u>	1 <sup>st</sup>	Lucille Rucker	"crazy"
	2 <sup>nd</sup>	Bette Davis	"log cabin"
	tie 2 <sup>nd</sup>	Cindy Whitford	"scrap pieces"
<u>Crocheting</u>	1 <sup>st</sup>	Joyce Weiss	afghan
	2 <sup>nd</sup>	Janet DeGroot	hot pads
<u>Jewelry</u>	1 <sup>st</sup>	Mary O'Connor	woven wire
	tie 1 <sup>st</sup>	Joan Childs	black bead
<u>Fabric Art</u>	1 <sup>st</sup>	Joan Childs	hot pad
	2 <sup>nd</sup>	Joanne Fogle	pillow cases
<u>Needlework</u>	1 <sup>st</sup>	Joyce Weiss	"Last Supper"
	2 <sup>nd</sup>	Joyce Weiss	small print
<u>Crafts</u>	1 <sup>st</sup>	Mary O'Connor	beaded ornaments
	2 <sup>nd</sup>	Joyce Weiss	greeting cards
	3 <sup>rd</sup>	Janet DeGroot	painted oars
<u>Formed Art</u>	1 <sup>st</sup>	Pearl Cornell	porcelain doll
	2 <sup>nd</sup>	June Owen	handwoven
<u>Painting/ Photography</u>	1 <sup>st</sup>	Ellen Visser	watercolor "cowboy"
	2 <sup>nd</sup>	Janet DeGroot	"girl fishing"
	3 <sup>rd</sup>	Ellen Visser	watercolor "horses"

Having the Cultural Arts and Game of Chance in the same room worked well. We plan to do the same in 2018. We will also be flexible with adjusting categories based on the items entered. Please show off your talents! We accept past or current items as long as they were not entered in previous years.

Nancy Thomas  
Cultural Arts Chair

## KNOWLEDGE FOR THE BRAIN

In this issue we will be learning about Parkinson's. Parkinson's disease is a neurodegenerative brain disorder that progresses slowly. Symptoms take years to develop and you can live for years with it. A person's brain stops producing dopamine. With less dopamine a person has less ability to regulate their movements, body and emotions. Parkinson's is not fatal but the complications can cause death. There is no cure, they only treat the symptoms.

The 4 main motor symptoms of Parkinson's are:

1. Slowness of movement (hard to perform physical things)
2. Involuntary shaking of hands, arms or legs (It stops when the part is used)
3. Stiffness of the arms legs or trunk
4. Trouble with balance and falls

The Secondary symptoms of Parkinson's are:

1. Small cramped handwriting
2. Reduced arm swing
3. Slight foot drag
4. Freezing (stuck in place when attempting to walk)
5. Loss of facial expression
6. Low voice volume
7. Tendency to fall backwards
8. Decreased ability to swallow and blink

Non-Motor Symptoms are:

1. Mood disorder such as depression, anxiety and irritability
2. Cognitive changes (Problems with planning, memory language)
3. Hallucinations and delusions
4. Drop in blood pressure when standing
5. Sleep disorder (insomnia, vivid dreams, talking and moving in sleep, restless legs)
6. Constipation and feeling full after eating a small amount
7. Pain
8. Fatigue
9. Vision problems (blurry)
10. Excessive sweating
11. Increase in dandruff
12. Incontinence
13. Loss of smell
14. Sexual problems
15. Weight loss or gain
16. Impulsive control disorders (binge eating, excessive gambling)

Mixed motor and non-motor symptoms are:

1. Drooling
2. Speech and swallowing problems

When diagnosing Parkinson's, you have to have two of the 4 main symptoms

1. Shaking tremors
2. Slowness of movement
3. Stiffness or rigidity of limbs
4. Trouble with balance and falls

They may take a PET and DAT scans of your brain. They may send you to a neurologist, physical therapist or an occupational therapist and tell you to keep up your exercise program. There are medications that temporally replenish the dopamine to lessen the symptoms. All of the medications have side effects such as sleepiness, confusion, and hallucination, swelling of ankles and blurry vision and many more.

Parkinson's is common in the older generation and is sometimes just not diagnosed because the person is old but if you feel your loved one may have this disease there are drugs that can help and make life better. Fight for your loved one because you know them better than anyone. Remember keep your brain healthy with food, helmets and exercise.

Kathy Couchene  
MAFCE President



**SMILE!**

Want to freak someone out? Add two extra legs to the turkey when it's in the oven.

I asked my daughter if she'd seen my newspaper. She told me that newspapers are old school and handed me her iPad. The fly didn't stand a chance.

A woman rolled an elderly man in a wheelchair into the reception area of a doctor's office. As she went to the front desk, the man sat there, alone and silent. Then a boy climbed off his mother's lap and walked over to the wheelchair. Placing his hand on the man's, the boy said, "I know how you feel. My mom makes me ride in the stroller too."

## GONE BUT NOT FORGOTTEN

### IVA BUTTS

Iva Butts joined Hillsdale County FCE in 1956 in the Well Wishers Study Group making her a 60-year member. For many years she was President of in the Well Wishers and also was a Council Representative. At the Council level Iva held the offices of Secretary and Treasurer. She volunteered whenever we had a County FCE Holiday Bazaar, May Achievement Day, Cultural Arts Day, Rummage Sales, summer picnics and the Christmas Programs. In 2012, we honored Iva as "Woman of the Year". She was honored at the MAFCE Convention in 2002. You may have met her and her husband as they came to many state conventions. Iva Butts passed away on December 22, 2016.



### EUNICE PASSENO



Eunice was one of those who loved her membership in FCE. She was prolific in recruiting new members. She had been a member of the Cheboygan County FCE for 56 years. When she was a member of the Homemakers of Cheboygan she served in all offices, especially as President over and over, when no one would take the office. When that club disbanded, Eunice and a few others joined the Alverno Club. She also held the office of County President. She attended many conventions, district meetings and college week. She often hosted the State Board at her home before District Meetings. Eunice was the recipient of the Heart of FCE Award. She enjoyed sewing and collecting cookbooks. Eunice passed away on March 18, 2017.

### TED MYERS

Ted joined the Calhoun County FCE in 2010. He attended every convention following his membership as well as some of the NAFCE conventions with fiancé Janet DeGroot. Ted passed away November 1, 2016.





Jean Thornton  
Lapeer County  
Joined 2014



Mary Gaynier  
Lapeer County  
Joined 1986

Audrey Ann Gahn, of Bois Blanc Island and Cheboygan County died October 2, 2017. She joined MAFCE in 2014.

Carol Tschirhart of Cheboygan. Joined 1964. Died October 31, 2017.

Carol was a registered nurse and the mother of six. She loved her friends she made in the many years of membership in FCE.



## 2017 STATE BOARD

### PRESIDENT

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### SECRETARY

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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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[www.MAFCE.org](http://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**

### **BUDGET COMMITTEE CHAIR**

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**For Family and Community Education**

**Non-Profit Organization**

**51 E Markel Road**

**Munger MI 48747**

**NON-PROFIT ORG**

**US POSTAGE**

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**2017 DATES TO REMEMBER**

November - January Membership dues to State Treasurer

Feb 1 – FCE newsletter deadline

May 2 – East Central District Meeting in Bay City

May 3 - Southeast District Meeting in Wayne County

May 4 - Southwest District Meeting in Eaton County

May 9 - West U.P. District Meeting in Marquette County

May 11 - North Central District Meeting in Otsego County

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