



THE MESSENGER

The Official Publication of Missouri Association

Presidents Notes

By Mary Martens

This was not the year for the President to not be well enough to attend National FCE Conference, as Missouri FCE had winners in every category. Thanks to all who turned in good information in their reports and county achievement forms and thanks to Karen Walker for being there to pickup all the awards;

2014 NAFCE Award Book Winners

Leadership

1st Place Missouri

FCE members in the state supported our soldiers in Iraq and Afghanistan and veterans at home. A total of 1200 small toys, several boxes of non-perishable foods, cards, coupons, and 20 neck Coolers were sent. \$350.00 for reconstruction for beautification at Veterans Memorials was donated and \$2000.00 of Quilts of Valor were made.

Action

1st place Missouri

The FCE members of this state took action to advocate for children. To do so, members of all ages helped by participating in the Child Advocacy Day, donating supplies and time for 199 dolls, and/or meeting with city and state officials. This on-going project encourages members to address community issues and take away the stigma of contacting officials. FCE members are making a difference in the lives of children and their families.

Education

2nd Place Missouri

Leaders in the state chose to educate members about India, the 2013 host country for ACWW. To do so, members met two students from India, prepared/tasted food from India, and participated

in a variety of programs about India.

2014 NAFCE Program Award Brochure Winners

Action

1st Missouri *Kids: Our Best Investment*

Education

2nd Missouri *People of India*

Leadership

2nd Missouri *Supporting our Military*

National FCE Conference 2015

“Stepping Stones to Success” is the Theme For 2015 to be held at the Adams Pointe Marriott, Blue Springs, Mo. (*Just east of Kansas City just off of I 70 at Adams Dairy Parkway*) July 23 -27, 2015, opening ceremony Thursday night, business meeting FCL sessions & workshop awards dinner Friday, additional workshops FCL Benefit Dinner (*Extra Cost*) on Saturday. Inspiration and memorial, Awards Luncheon and Installation Ceremony and workshop sessions.

State Treasurer’s Notes

By Ruth Mellor

Let’s “GROW with FCE” in 2015 with recruiting new members. Make us a well known name in your community by reaching out and sharing the projects and programs of FCE. Ask friends and family and they might want to become a part of the FCE organization.

Thank you to all counties for your promptness in sending Membership Dues and forms. A

reminder that if you add a new member, please send the original signed **2015** membership form and **two** copies along with an updated Clubs Dues Roster form. Please be sure to print clearly and check to see that all information is included on your member form. All checks should be made out to: **MAFCE** and mailed to: Ruth Mellor, State Treasurer, 413 Fort Saratoga, St. Charles, MO 63303-1765.

If you recruited a new member you are eligible for an FCE Star Pin. Submit the form found on page 3-10 in the 2015 Resource Book.

Donations for ACWW projects, International Peace Gardens, IFYE, Nutrition Education, Water for All, donations to support your organization, conference speakers, etc. may be sent at any time throughout the year. Please submit the County Fund Contribution Form found on page 3-8 to designate funds.

County Financial Verification Report for 2014 may be sent any time after December 31st. A County Financial Verification form for the 2014 financial year is due on March 15th, 2015 and can be found in the 2015 MAFCE Resource Book on page 3-9. The County President and County Treasurer should both sign the verification form. On your County Financial Verification form be sure to include ALL Income and ALL Expenses, this includes membership dues. If a club is also using the County EIN # their information should be filed jointly with the County Financial Report. Your 990N postcard was filed with the IRS and all counties were accepted for the 2013 year. As your State Treasurer I ask that all counties have on file with the State organization the County Financial Verification form as a record for the IRS 990N filing, which I file for all counties. This is necessary to maintain tax exempt status.

President Elect – Edna Crain to Become President 1-1-15

I was born in a Bee Branch, Arkansas and lived between there and Fisk, Missouri until I was in first grade when we moved to Fisk and stayed so we could attend school there. In 1959 I graduated from Fisk High School and in March of 1959 changed my name from Edna Edwards to Mrs. David Crain. We have been married for 55 years. I had 4 sisters and 1 brother, my parents

were farmers and then moved back to Arkansas to become Dairy farmers. Two of my sisters are the same age as my 2 daughters.

David and I have 4 children. Our first daughter followed in her Dad's footsteps and works at First Community Bank in the insurance department. Our second daughter works for Farm Credit and enjoys working with the farmers in the community. Our first son is manager of Coop in Puxico, MO., also working with the farmers in the area. Our second son is a superintendent of Norwood MO. Schools.. They are all married and have given us 10 beautiful, wonderful grandchildren. We also have 5 great grandchildren and they are truly GREAT.

My 99 year old Mother moved in with David and I November 1, 2013. I credit my mother for taking me to church and teaching me the values that I think are so important in today's world. I have taught Sunday school for close to 50 years the last 35 teaching young adults. They have taught me much more than I have ever taught them. Our lives have been centered around the church and raising our children teaching them Christian values. This has been very rewarding in that all 4 of them are Christians and are active in their churches along with their families.

I have been a member of MAFCE over 35 years and have held the offices of County President, Club President, treasurer and secretary. In 2007-08 I was State Treasurer. During that 2 years I traveled with Lynn Maples to all the District meetings and certainly enjoyed meeting our MAFCE members and seeing all the beautiful country. I look forward to visiting the Districts again this year. MAFCE and 4-H have been a large part of our lives. I was President of Butler County 4-H for over 20 years and leader of the Rombauer Rascals club during that time.

In 1979 I joined the work force as a secretary at the Extension Center in Butler County. When they became short on funds I was transferred to the Records Office part time. The Sheriff found out I needed a full time job and hired me to work as his secretary, where I worked for 18 years. After being there a couple of years I was promoted to Office Manager and eventually to Administrator. David and I were surprised to find how much I enjoyed this type of work and he and the Sheriff encouraged me to get my 620 hours of

Law Enforcement Training. Even though I worked in the office, there were times I had to serve warrants or legal papers which this qualified me to do. David worked at the jail in Butler County, and you guessed it I was his boss for a couple of years. We both retired in 2004. In 2012, I worked part time for the City of Fisk as City Clerk and enjoyed the experience. When we moved my Mother into our home I quit to be her care giver. This has been a new and wonderful experience for me.

MAFCE Alumni Scholarship Winner

Jo McLemore.

(Jo's letter is an excellent description of our conference.)

I would like to thank everyone for choosing me to receive MAFCE Alumni Conference Scholarship. It certainly was a great experience. The handouts were wonderful. The speakers were very enjoyable and well informed.

Jim Wirth, PhD. gave some great examples challenging around strengths. A good example was to say. Your shirt looks good, but it needs a tie. The outline of positive and negative power influences relationships. Positive Power shows respect/ care, and civility and empathy. While negative power shows control. Lacks respect, abuse, and destructive conflict.

The workshop "Do you Fear Public Speaking?" with Mary Martens, Gloria Macomber and Karen Walker was used very effectively., to draw people out so they would relax, not be afraid to speak, and gain confidence in themselves.

The Hearth Fire series #54 "Is there a vaccine to cure rudeness?" The answer is Yes. Make a habit of practicing kindness, generosity, gratitude, and live longer. We all need to nurture social relationships. and seize teachable moments with children in our life. We need to practice respect, and empathy for others. Promote decency in community groups. Set examples in your home, work, or where you volunteer. It costs nothing and buys us everything. We all need to learn to resolve conflicts, talk, listen, understand the problem and find solutions.

I hope to be able to attend the Conference again next year. Everyone did a wonderful job organizing. That was no easy task. We were all

made to feel welcome. It was so nice to meet new people and make new friends. I loved the location of the conference. The fact that it was all in one place was great. We had some wonderful speakers. The auctioneer did a great job. The lady that helped to show product really got the auctioneer going.

All of the programs empowered members to teach others. This FCE program gives a broader view of the different things that FCE does. This will help us build our membership and understand the importance of educating and helping those in our community.

I talked recently with a friend about the importance of family. Spending time together and bringing back family values. Let's make a date with your family and spend quality time together.

Let's not forget about *Chronic Pain. Hurting that does not go away.* I learned that there are two kinds of pain acute and chronic. Acute pain is your nervous systems way of alerting you to an injury or other damage to your body's tissue. This eventually goes away. Chronic Pain lasts more than three months. The most common causes of chronic pain are headaches, arthritis, back pain or cancer. The Hearth Fire #53 has a lot of good information on this topic, Chronic Pain.

In conclusion I want to say this was a great meeting. I learned a lot and plan on sharing with others. Thanks again.

Excerts from State Scholarship Winner - Beverly Caywood's report :

The conference was very interesting. The time and talent of many of you to put this together is staggering. Everything was outstanding and informative. It was not the sober face, staid, push for business I feared it would be. All of the officers seemed relaxed which helped us to relax and enjoy it all. Everything rolled along smoothly. Thanks for breaks. I laughed so at Betty Mayo's stretcher, that I could not move fast enough to keep up. Loved the "Presidents Roast". It takes talent to think of such things. It was also good that we were informed of what the fund raisers raised. Many times it is difficult to get that information.

MFFCE

June 20, 2014 to October 15, 2014

MEMORIALS

Jack Cooper
Husband of Liz Cooper
Minuetewomen

Maudie Webster, Mary Harold, Susan Gully, Betty Mayo, Martha Imbler,
Fannie Lou Wilhite, Mary Martens

Mary Miller
Taylor Golden Rule FCE

Taylor Golden Rule FCE Members, Mary Martens

Dee Klinger Vice-Pres.
Public Policy 2005-2008

Betty Mayo, Mary Martens, Jo Ann Hahs, Dorene Yearian, Karen Walker,
Mary Klaproth, Georgia Reid, Vivian Cody, Ruth Mellor

Jim Wilson, Husband of
Dorothy Wilson
High Hopes

Randolph County FCE, Mary Martens, Liz Cooper, Maudie Webster,
Betty Mayo, Martha Imbler, Susan Gully, Fannie Lou Wilhite,
Marsha Schmidt

Helen Wilson

Dorene Yearian, Karen Walker, Vivian Cody, Jo Ann Hahs and Ruth Mellor

Rosalie Whys
2013 MO Heart of FCE

Jo Ann Hahs, Karen Walker, Vivian Cody, Ruth Mellor, Mary Martens

Alice Law

Dorene Yearian, Karen Walker, Vivian Cody, Jo Ann Hahs, Ruth Mellor,
Mary Martens

HONORARIUMS

Umbra Duffy
90th Birthday
Congratulations

Millers' Creek FCE, Mary Martens

Mary Alice Brown

Carolyn Snow: Thank you for your many years of service to the Gnosis FCE
and to the state organization.

Mary Martens

Vivian Cody, Georgia Reid, Dorene Yearian, Karen Walker, Jo Ann Hahs,
Mary Klaproth, Ruth Mellor

Dana Harris

Vivian Cody, Georgia Reid, Karen Walker, Dorene Yearian, Jo Ann Hahs,
Ruth Mellor, Mary Martens

DONATIONS

Mary Martens, Dorene Yearian

Missouri Foundation for Family and Community Education Awards and Recognition



The Missouri Foundation for Family and Community Education grant recipient for 2014 was Kage FCE Club, SE District. Their grant was entitled, “Dortha’s Day Camp for Clover Kids”. This is a one day camp for children ages 5-8 that are enrolled in 4-H Clover. Children are divided into three groups and have regular 4-H members, along with adult volunteers to help them move from session to session. These sessions involve crafts, gardening and some type of fun activity. After sessions are completed, all campers come together for snacks and the planting of a tree or bush at Cape County Park. They were awarded \$90.00 for their grant application. Shirley Palen accepted the award from Nancy Richmond on behalf of Kage FCE Club.

The Missouri Foundation for Family and Community Education also recognized the following ladies at the 2014 State FCE Conference for their level of contribution towards their oak pins. They are as follows: Carolyn Snow - oak pin; Shirley Lewis - first stone for her oak pin; Nancy Richmond – second stone for her oak pin; Dorene Yearian – second and third stone for her oak pin and Betty Mayo – third stone for her pin. Certificates were presented to Karen Walker for reaching the \$300 donation level towards a ruby stone for her oak pin and to Mary Martens for reaching a \$400 donation level towards a ruby stone for her oak pin. Ruth Mellor received a certificate for reaching the \$200 donation level towards the crystal award.



A special certificate of Recognition and Honorary Membership was presented to Betty Reynold by Ruth Deckard on behalf of the Foundation. This certificate was in appreciation for her continuous and extraordinary service as one of the founders and directors of MFFCE. Betty has been an FCE member for 65 years and has served in various leadership roles on all levels of the FCE organization.

I wish to support the Missouri Foundation for Family and Community Education.

Enclosed is my contribution of ___\$5.00 ___\$10.00 ___\$25.00 ___ \$50.00 ___\$100.00 ___ Other

This contribution is in honor of, in memory of, to recognize, to congratulate or _____

Name, Address and Phone # of person contribution is for _____

Name, Address and Phone # of person to notified _____

Donor’s Name, Address, and Phone # _____

Please Clip and Mail to: Linda Harder, MFFCE Treasurer, RR 1 Box 133, Novelty, MO 63460-9773

Make Checks Payable to the Missouri Foundation for FCE.

Northeast District

by Gloria Macomber

Pork chop recipes were tested for "Today's Farmer" by all the Districts. Knox County had invited senior Ladies to Join them in a carry in meal, Randolph did a carry in meal at the Extension Center.

Adair In May, Porter celebrated their club's 100th birthday with President Gladys Riley reading their history. A very interesting and detailed program on health was presented.

In June, they had an entertaining roll call of "family Pictures". They began making plans for the Fall District meeting to be in Kirksville. In July the Hearth Fire program "Someone's in the Kitchen Cooking for One or Two"..

In August, they enjoyed "Taking Care of You, Body, Mind and Spirit" presented by guest speaker, Jennifer Mayfield, Nutrition Specialist from Scotland County. She focused on "Living in the Moment" as a way to reduce stress and anxiety. September, the club went to lunch at a new restaurant in town "Maxwell's. They also welcomed a new member, Jane Jackson.

Clark County's Primrose Club in May their members brought to their meeting something their mothers or grandmother's had given them.

In June, the members brought in something their father or grandfather had given them.

In July, they learned how to make a doll out of yarn. In August, they made plans to have a white elephant auction at their picnic in September. The proceeds will be given to the Kahoka Library to purchase new books.

Show-Me Club reported in April, they were shown pictures taken at the Child Advocacy Day in Jefferson City. A program was given on "Good Enough Guide to Staying Healthy". Members recited favorite poems.

May called for graduation memories and heard a program on "God's Garden".

June, club members traveled to Cantril, IA to shop at the Dutchman's Store and have lunch..they traveled on to Bentonsport, IA to look at the old stores before traveling back along a Des Moines River gravel road to Farmington, IA. July, club members again headed to Iowa to have home-made bread sandwiches and warm cookie lunch at a gingerbread house in

Bentonsport along the river, then a stroll thru a large riverside garden maintained by the village. They enjoyed a program on Argentina while on a porch overlooking the river. They toured an artists' shop and an old-fashioned general store, September they shared a childhood memory. Friendly Neighbors hosted the Table Place Settings contest for the Old Settlers Day in Kahoka with other Clark Co. Clubs assisting. August saw them collecting books to be donated. October, they will be collecting warm clothing to donate to area schools in Clark County. November to donate food items to the Clark County Food Pantry. Plans for December, will be to sponsor a local family with gifts and food items for the holiday.

Knox County's Green Acres club hosted a "Senior Girls" Tea in early May. This annual event is held the week after prom, so the girls can attend in style, wearing and modeling their prom dresses and drinking tea or punch in their finest attire. The guest speaker was Karen Hall from Edina.

In July at the 4-H/FFA Fair, Kathryn Wilkerson, a Green Acres club member awarded Nash Miller the 2014 FCE Award for Excellence in 4-H. The club invited Nash to lunch to honor him with a t-shirt made in recognition of the honor and hear about his 4-H projects. Cyndy Bliem-Sharp gave a program on "MO-Dot Safety" at the luncheon. In September, traveled to Marceline, MO and visited the Walt Disney Museum, Walt's Dreaming Tree and replica of Walt's barn. They stopped at Macon for refreshments and had a business meeting.

The 4th grade Essay-Artwork contest for 2014-2015 got off to a nice start with Carolyn Morgret reading a book on Responsibility, while other FCE members handed out brochures, bookmarks, and Character pencils and assisted the children with writing some key words on the back of the bookmark.

Randolph County has also launched Essay Contest using new guidelines a display and additional educational information.

Randolph County International night was celebrated with a dinner featuring foods from Argentina and a program about the country.

FCE clubs provided judges for the 4-H exhibits at the county fair. Connie Jacoby

presented a program on “Sleep Therapy” Housing Specialist Tom Fuhrman presented “Healthy Homes” an overview of programs and services available from University Extension..

The annual Quilt Show was held during the Old Settler’s Reunion in September. FCE Clubs provided judges for the other exhibits held in conjunction with the Celebration.

Members who attended the MAFCE conference at Osage Beach brought back interesting program information on Child Advocacy Day Activities, the military component of the International Project. Those attending from our district were Gloria Macomber, Dist Director, Betty Mayo International Chair, Donna Briscoe and guest Adair Co. Dixie Blum, Clark Co, Fannie Wilhite, Randolph Co.: Linda Harder and Virginia Carpenter, Knox County.

Randolph County was proud to have placed 2nd in Education and 3rd in Leadership and also to have earned a gold seal certificate in the County Achievement awards.

All counties have filled out new membership forms and paid 2015 dues.

East Central **By Ramona Irvine**

Montgomery County hosted the East Central Fall District FCE meeting in Montgomery City on November 5, at the Library. Walter McQuie, Montgomery County Historical Society gave a presentation on Mineola, Missouri. Gabi Cook, a 4th Grader from Scared Heart School of Troy, MO, won second in the National 4th Grade Artwork/Essay Contest. She also won the local, East Central and MAFCE levels of the contest. St. Louis County made two centerpieces for the MAFCE Conference.

St Charles County programs have included: a Special Interest Program on Health Insurance Education, a leader training on Gluten Free Diets with Quinoa recipes and a Master Gardener program on Extending Your Growing Season. We collected items for the Women's Crisis Center and over 700 items for the Military to be sent overseas. Members have also sent

coupons for use by military overseas. Members continue to collect books for the Books for Newborn Program. We are proud of member, Katie Shuck for developing the new MAFCE State Website. In December a membership promotion for individuals to join us will be held at the Art Institute International Culinary School and all will enjoy a 3 course meal. Members will be collecting toys & other items for the St. Joachim & Ann Care Center to provide Christmas for families.

Lincoln County donated items to the Bridgeway/Robertson Domestic Violence Center in Troy, MO. FCE members enjoyed a tour of Indian Camp Creek and Towne Park in St. Charles County. Vivian Cody gave a program on Men’s Health. It seems that men can hear a squeak in their cars and equipment but not in themselves! A photographic tour of the Women in Military Service for American Memorial, in Washington DC, was given to the FCE members by Ramona Irvine. It is the only major national memorial honoring all women who have defended America throughout history. Two FCE members attended the 2014 MAFCE Conference.

Montgomery County FCE members toured the Agape Ministry Warehouse and Retail Shop in Warrenton, MO. They saw how they received things, sorted them and priced them. All the proceeds from their Ministry goes to the Food Banks of Warren County.

Old Thrashers Day in Montgomery County, FCE members served ice cream for the 4-H members. They had a program on “How to Cook for One”, they learned about the Nutritional Guideline. A speaker from the Youth Center in Montgomery County talked to them about what it takes to put a teenage male back into society.

Montgomery County FCE Achievement Day was celebrated by having a program on 100 Years of Missouri Extension. A woman, who was a Home Demonstration Agent in the 1950’s talked about what Extension was like in those days and the things they learned about. A 100 Year Birthday Cake was enjoyed by all.

Southeast District

By Jo Ann Hahs

Clear blue skies, crisp morning air, the hum of machinery with corn headers and combines moving across fields of maturing grains means Harvest Season has arrived. As we look at this year's theme---Grow with FCE, clubs in Southeast Missouri are evaluating/harvesting this past year's work. Each club and county has projects and plans for which they are particularly proud.

Bollinger County had the distinction of being the hostess for the Fall District Meeting, October 22, 2014. In keeping with the thoughts of harvest, the programs for this meeting were entitled "Harvest of Bees" and "Harvest of Flowers". 3 Southeast District FCE members were honored and presented an apron indicative of their accomplishments. Those honored were: Ruby Hitt, Heart of Missouri FCE, Edna Crain, newly elected State President, and Lynn Maples, National President-Elect. Bollinger County's Friendly Homemakers, as a way of gleanig information about an expanding industry in Missouri, held a fun-time family gathering and dining at a winery in Marquand, MO. Other county club members are collecting can Flip-Tops to aid in educating about Human Trafficking. Plus, a girl, during her 1st year of college, is receiving goodies and cash to help with expenses from the Willing Helpers. Their county achievement was held on October 30, 2014.

Butler County has had a flurry of harvesting activities. One of those was FCE involvement in the county Fair where members took entries, judged and gave ribbons. They participated in the Woman Aware Conference. Eight members attended and Betty Schalk was the presenter at a break-out session, "Holiday Decorating on a Budget". 2 members attended the National FCE meeting in Tuscon, AZ. Amber Phelan, president of Crazy Cousins, a new Youth FCE Club in Butler County, presented a program on youth social issues at the National Meeting.

Cape Girardeau County FCE members were also involved in the District Fair in Cape Girardeau. They worked the 4-H building, manned the Extension Booth area, judged, and

served as superintendents in the Home Economics area. Members are gathering cards, letters and packages for Military Mail. To share the blessings of honed skills, they continue to reach out to Hope House, Heartland Nursing Home, and to the Autism Center. They helped sponsor the Mississippi Valley Therapeutic Horsemanship (MVTH) 5K Walk/Run. FCE Week was celebrated with a Family Chicken/Dumpling Dinner, provided refreshments for MVTH, planted shrubbery at the Extension Center, and attended church as a group. The county sponsored a trip to the Muny in St. Louis this summer. Thus, yard sales have been popular, as well as, each month instead of an individual receiving a hostess gift, that item is auctioned off and the money given to the club treasury. Plus, Kage Club has published a cookbook with the proceeds being used for their outreach endeavors.

Perry County's club members were very involved with carrying out duties to make the East Perry County Fair a success. They also have found many interesting things in Perry County---they toured an antique store, visited a restored wash-house museum, and found the St. Joseph Catholic Church and Museum a pleasure to visit.

Ripley County's harvest caught the big fish at the National FCE Meeting. Lynn Maples became the National President-Elect at this meeting. She will be installed as President at the National Meeting in 2015. CONGRATULATIONS, Lynn! Thinking about fish, they also report that a fund raising Fish Fry held in conjunction with the Fire Department was a huge success. Many people in their county have benefited from their involvement at the local food pantry and from the personal care packages that they give to the Crisis Center. And what would a county Fair do without FCE involvement? Ripley County wasn't concerned, because FCE was there to help.

CENTRAL DISTRICT

-Georgia Reid - Director

It was great to greet the FCE members from the Central District to their fall meeting this week, at the Conley Ave. "Hy Vee " store in

Columbia for our fall get-together. Umbra Duffy, Callaway Co., greeted everyone with a big smile, as she and the Callaway Co. women were hostesses. The meeting room at the store was just what we needed and we selected our own food from their Deli..

Our morning program was “Sound off” by each club reporting what they have been doing. We had some very interesting reports. The Hatton club of Callaway Co assists at the Callaway Electric coop’s annual meeting and earns money for the 2 scholarships they give to High School Seniors. They supply workers for the Callaway Co Youth 4-H Expo by serving as judges, building monitors and handing out FCE information. They and some of their grandchildren helped with the County –wide Disaster drill (the children loved and got into the spirit of being victims- and were surprised that their Grandmothers could also act!). They take time for social activities by going on tours, helping at the Hatton Craft Fair, and helping with the Callaway Co FCE tea. All play and no work makes for no jobs getting done – but that isn’t the case, as they contributed 6 pounds of oranges and peanut butter for the County food program; help with the Buddy Packs for North Callaway School; give caps, gloves, socks and school supplies to the Elementary School; 20 cot size blankets, 12 baby sheets, 20 regular child size sheets and many other items to the Fulton Head Start. A new project was washcloths and soap to the Vandalia Women’s Domestic Abuse center. All of this in addition to each member has their own personal service projects. They made beautiful pumpkin decorations for our meeting.

Millers Creek, Callaway Co, have taken part in many of the things along with the Hatton Club. They meet monthly and assist with the Callaway Electric Coop annual meeting as well as doing many service projects.

The Taylor Golden Rule club of Chariton Co, are getting ready to do Reading Buddies for 6 weeks for students in grades 1-6 at the local Elementary School – they have other ladies in the community who join them for 4 hours per day spent there. They honor new parents in the area with a nursery rhyme books for their new babies – they have given 3 this year. Members can be seen keeping the weeds and grass down

near the Veteran’s Memorial in Sumner City Park. Their spare time is spent working in partnership with other community leaders in their small town.

Cole County Club – Moreau View – remembered members not able to come to the meetings with a week-long card shower; donated supplies to the Jefferson City Child Care where member Diana Finnie works; made dolls for and attended Child Advocacy Day; They had interesting programs at Panera Bread, Master Gardener (they each took home a herb garden in a pot); down- town Jefferson City (including the Yum-Yum ice cream shop); and Hy-Vee for a demonstration on cup cakes. Their new project was joining in a Neighbor Hood Watch in an area where crime is on the loose. They helped organize a meeting and potluck meal. “The many uses of Feed Sacks “ was presented as one of their programs. At Christmas time they will have their husbands and guest for supper and a program on “Safety through Finances for Christmas”.

Pettis County has 2 clubs and they each keep busy with County Projects as well as individual projects. The county projects are: Doll – we meet at the Extension Center and have assembly line production- someone cuts out the dolls, another sews them, another stuffs them, another makes hair, another puts on the hair and others make the dresses- the first thing we know we have our dolls made. Another project is Raise-A-Reader packets that we give to WIC mothers and families that attend the Central Missouri Ag Expo. This project was started with a HEED grant several years ago and we continue it. Also at the Ag Expo we furnish coffee and cookies to the exhibitors in exchange for a booth where we show our literature and share the Raise-a- reader packets. The Flat Creek club has two or three auctions each year for extra funds and the Prairie Ridge take an offering each meeting for different causes (even the Club). The Prairie Ridge club enjoyed their tour to the Missouri Veterans Home in Warrensburg, where we learned about the home and how it differs from other “retirement homes”

The clubs in Central District are small but very busy and trying to spread the good works of Family Community Education. .

NORTHWEST DISTRICT

By Grace Lehman

Northwest district clubs have been active at County fairs, 4-H Achievement events, picnic in the park, vacations, and summertime fun activities. There have been visits to Jamesport, King Tut, a green house and nursery, Walter Cronkite Museum, and a night out to a Dinner Playhouse..

Education has taken place using the Hearthfire Series on the Affordable Care Act, Dolls and Quilts – Working Together, Best Nutrition for your dollar, and the Flag. Guests attending meetings spoke on Immunizations, History of Ray County, and What’s up at the Capital (State). Which have educated us and kept us in the know.

Even though this has been a fun and fast summer, service to the community continues. Volunteers have helped to sort, pack, and hand out school supplies. Coupons have been clipped and sent to support our military along with cards and letters. Recipe testing took place (Wilma Carter’s recipe was a winner). School children have been fed through the Backpack program.

Clubs have been busy building and dressing dolls for the 2015 Child Advocacy day. Weighted blankets are in process. For Christmas, tree decorations and angels made out of wall paper are being hand crafted. Members have prepared donations for MAFCE Fall Conference

Three clubs have grown by adding new members and we anticipate new clubs to be established yet this year.

Ten members from Northwest clubs (Ruth Dunn and LaVera Bridgeford, Andrew CO., Bobbie Hawks, Millie Croy and Carolyn Kelsey Clay Co. , Lana Snider Grundy Co., and Nellie Ogan, Dorothy Maffitt, Mary Martens and LeeRoy Martens, Ray counties) were represented at the MAFCE Fall Conference Northwest District happily took home nine awards.

Fall District meeting Nov.6, was a success with 37 in attendance representing Andrew, Clay, Grundy, and Ray counties. Club successes were reported and goals for 2015 are being established.

So you can see that there **IS** hope for the future (Messenger, July 2014). It **is** fun to be one of three while growing FCE! And in 2015 we **are** going to continue letting our light shine.

SOUTHWEST DISTRICT

By Dorene Yearian

Eleven SW District members attended the 78th MAFCE Conference at Osage Beach – Pat King & Ruth Deckard (Greene); Betty Reynolds (Jasper); Sara Remington and Beulah Griffin (Laclede); Nola McMillen, Jo McLemore and Bev Caywood (Newton); and Joyce Smith, Connie Smith, and Dorene Yearian (Webster). Sara Remington, Jo McLemore and Bev Caywood won scholarships from the district, the state and the alumni (respectively). Betty Reynolds (Jasper) received a certificate for 65 years membership from National and a 65 year pin from the district. Newton County won awards for their report and trifold for their project on “Quilts of Valor.”

The SW District had their fall meeting on October 7, 2014, at the Mercy Cancer Center in Springfield. Approximately 28 people enjoyed a great catered meal. Each county decorated their own table as our theme was “Fall in Line with FCE.” Bob Carpenter (Jasper-Gnosis) made theme placemats for everyone to help with our decorations. Rev. Nicholas Inman led the Pledges to the US and MO Flags; gave the thought for the day and lead us singing “God Bless America.” Ruth Deckard led us in singing the National Anthem. Our morning speaker was Brandon Beck, Meteorologist, from KY3. He recited some funny and great stories. Everyone just loved him.

After Ruth Deckard gave the invocation and we ate lunch, we held a memorial for 8 members who have passed. Ruth Deckard lit a candle while someone spoke the member’s name and remembered them. We then did Betty Mayo’s stretcher from conference and made everyone act out the animals to get ready for the rest of the day.

We started the rest of the program by congratulating Greene County for 100% participation at the Fall District Meeting. We missed Polk County. Each county then came up

to the podium and shared some of their favorite programs they had in the past. Greene stated they use the Hearth Fires for programs and a program on Argentina from our 2014 conference reference book. Jasper (Gnosis) has been reviewing the Disaster Preparedness Program from a previous conference in preparation of the upcoming season. Newton explained their Quilts for Valor and the articles they are making for the preschool in their area. Webster informed every one of their Plastic Bag program from HF#49 and the program out of the 2014 Conference Reference book on Cyber Security-best practices. Laclede explained that Orla was making bears for the local hospital and Rippy was making arm pillows for hospice in their area. After the Fall District Meeting the SW District had their final advisory meeting for 2014. At our meeting we decided who in 2015 would have the advisory meetings: February 9 – Jasper (Gnosis); April 13 – Newton; June 8 – Greene; and August 10 – Laclede. Our Spring District Meeting is May 12 (with the theme of “Lighting the Way with FCE”). Newton and Webster did the SW District recipe testing for one pot meals.

COUNTY REPORTS

Greene – The *Crescent Club* has 7 members. . . In August at their annual picnic at Ruth Deckard’s home they collected for 2015 membership. Members save newspapers for a dog care place and some donate small items for them to sell in their gift shop. They save pop tabs for Ronald McDonald House. They recycle plastic bags and donate money to Rare Bread, a charity that helps homeless teens.

Jasper – *Gnosis Club* has had some interesting programs – John Farmin, an engineer from Mercy Hospital, told them about the new rebuilt hospital: Baby bracelets that have a chip that will lock and sound an alarm if it come in contact with an outside door; the power plant will be in a separate reinforced building with an underground tunnel to the hospital; plus many more improvements. Kathy Welch, director of the New Livingrace Home in Joplin explained the new program and decided to join our club. Jamie Blood from Independent Living spoke on the SNAP Benefits Program. Jackie Gage, Joplin Librarian, informed us of the improvements coming with the new library being

built at 20th and Conn. – everything will be automatic, even collecting fines. A former member rejoined the club. *Jolly Neighbors Club* collected empty medicine bottles to given for use in animal medicine. Vile of Life were distributed to everyone for emergency information. Andy Thomas gave a program showing his latest paintings. We are planning a program on Family Life and study of changes in our life styles in the past 50 years.

Laclede – *Rippy Club* They make and deliver a great number of pillows for the local Hospice for use for their cancer patients – this is an ongoing project. Verna Bottoms gave a thought for the day of “Earliest Known Christmas Decorations – apples”. Other thoughts for the day were “Don’t Count the Days! Make the Days Count!” People of Accomplishment Rarely Sit Back and Let Things Happen – They Go Out and Make it Happen.” Lucile Hoferle gave a program on Hearth Fire #23 Person to Person...More than Skin Deep. Verna Bottoms gave a program on “Sage And Its Many Uses” – both for flavor and medicinal. She also gave a program on Alzheimer’s. **Newton** – *Merry Makers Club* have toured the new Monett YMCA, gave a program on testing for diabetes by testing feet at dist. advisory meeting, did leaf casting (played in the mud), toured George Washington Carver National Monument, had Neosho firemen give a program on home fire safety, and had program on Argentina by Graciela Meilij (HEP -High School Equivalency in Spanish program director from Crowder College, Neosho) and prepared foods from Argentina for lunch.

. Six more Quilts of Valor will be presented on November 11 at a special presentation at the Neosho Senior Citizens Center. Three other quilts have been presented to family veterans and others this year. Our "Support our East Newton Preschool Classes" project has presented approximately 100 books plus aprons, chef's hats, pretend play smocks, and 16 chair back covers. We have one new member and prospects for two more.. Hurrah for us!

Webster – We have three clubs in our county with 20 members in the county. *Bowen Happy Hour Club* saves empty medicine bottles for the local veterinarian. *Community Sunshine Club* uses the Hearth Fire Series for their programs

and on one occasion Audrey Sjule gave an international program on Argentina. In June we had our Secret Pal lunch and invited members from the other clubs providing them with secret pal gifts. The club gained a member for 2015. *Friendship Club* is a night club.

INTERNATIONAL

By Betty Mayo

The State Conference International program was a special one for me as my daughter presented the program on Thailand. She, her husband and three children spent several months as missionaries to an orphanage. They now have their own church in Moberly, her husband Dennis is the pastor. As we go into a new year, I hope all clubs continue to support our military in various ways, study other countries in their clubs, and some clubs send shoeboxes, to other countries for their children at Christmas. When we hear of what is happening in other countries, maybe we can understand more when we study about those countries. Next year we hope to have a military man come and talk to us about Afghanistan. Be sure to send your expired coupons or coupons you will not use to our military bases around the world. Last year we helped over 400 families that I heard back from their coordinator.

HOME & COMMUNITY

By Georgia Reid

Another gardening season is over and in most areas this was a good year. I didn't have a garden but the neighbors were good to me and I enjoyed the fruits of their labor with corn, tomatoes, etc. I hope that if you had surplus produce that you shared it with others - maybe it was fruit - I did have apricots and now the pears are ready, and I know which neighbor would like to have some of them.

It is great to hear that many of you are helping with the "Buddy Packs" at the local schools. This is a much-needed program and a place that FCE can make an impact on the food habits of our children.

I hope you are taking advantage of the nutrition programs provided by the University Specialist and also dieticians in restaurants or grocery stores. The program at the Central

District Fall meeting was by someone from the Food Service department of Hy-Vee and was very interesting and informative.

Are we going to reach our goal –“to help educate the Community on proper selection of foods and how they affect everyday living”? Remember our objectives are to have 50% of clubs be aware of Community Nutrition; have 60% of clubs participate in local food drives and have 50% of club members become aware of the food and nutrition problems in their area.

County Achievement Forms



Gold Seal

St Charles County O'Fallon Hilltoppers

Do Bees

Hi Hopes

Friendship

Chariton County Golden Rule

Randolph County

Newton County Merry Makers

Clay County Chatterin' Chicks

Callaway Fulton

Cole County

Lincoln County

Ray County Early Birds

Cape Girardeau Town & Country FCE

Silver Seal

Knox County Green Acres

Pettis County Prairie Ridge

Red Seal

Montgomery County

Harrison County

Grundy County

Thank you to those who filled out County Achievement Forms, Community Successful, Scholarship forms and Volunteer Hour Forms

The Scholarship forms were used to compile information that National FCE has requested from us. Four counties reported on scholarships: Knox, Callaway, Newton and Cape Girardeau.

Nine Community Successful reports were received. Three included information on Child Advocacy Day. (Ray, Harrison and Webster Counties) This information enabled the state to get 1st place on both a report and brochure for National FCE. Two reports were used with our Supporting our Military report, (Chariton and Newton Counties) which received a first place award and the brochure that accompanied the award received a second place.

The other reports received were for other projects: Senior Tea – Knox County; Tatting – Pettis County; Christmas Cookies for Teens – Montgomery County; and an ongoing project from Cape Girardeau “Love by the Pound” weighted autistic items and “Books for New Borns”. St Charles County.

The Community Successful Report is the only way that the State Board can know about new projects that the counties or clubs are doing that we might want to adopt as a State wide project.

We reported a total of 13,821 volunteer hours and 175,050 miles driven to volunteer.

Missouri Report Winners ACTION REPORTS



1st Place Newton County – Nola McMillan – “Quilts of Valor” International Military

2nd Place -Lincoln County – Ramona Irvine - Public Policy - “Writing Newspaper Articles”

and Informing FCE members and General public about Missouri Legislative Bills that would affect them.

3rd Place – Randolph County – Betty Mayo - Crafts and Gift Show to give people who made Crafts and Gifts an opportunity to sell their wares.

Other Action Reports (in scoring order)

Cape Girardeau – Jo Ann Hahs – “Love Given by the Pound” constructing weighted Autism items.

Lincoln County – Vivian Cody – “Don’t Just Throw it Away” medicine disposal

Ray County – Nellie Ogan – “Christmas Tree Extravaganza”

EDUCATION REPORTS



1st Place – Cape Girardeau County – Shirley Palen – “Essay and Artwork” Six Pillars of Character

2nd Place – Randolph County – Betty Mayo – “Food Power” to teach children where food comes from, Nutritional value, and how our food keeps us healthy. Worked with school and local extension office.

3rd Place – St Charles County – Ruth Mellor – “Non Verbal Communication” How it is used with infants, Autistic children, deaf, and older speech handicapped adults

Other Action Reports (in Scoring Order)

Cape Girardeau – Mary Klapproth – “India”

Newton County – Nola McMillen – “India”

Lincoln County – Vivian Cody – Aphasia

St Charles County – Carol Chipley - Essay and Art Work and Books for New Born

LEADERSHIP REPORTS



1ST Place - St Charles County – Catherine Perrine – “Support Military with Donations of Care Packages for service members in foreign countries”

2nd Place – Randolph County – Donna Lewis – “Kids Make it for Christmas” volunteers help kids make gifts for family members.

3rd Place – Newton County – Nola McMillen –“ Emergency Preparedness” several lessons in community

To help to prepare for all types of emergencies. Other Leadership Reports Cape Girardeau County – Mary Klaproth - “Learning about different places to visit in a one day trip or tour.

Thank you to everyone who filled out a report. If you are a winner or not, these help our board members to put together winning reports to go to National FCE



Hotel employee drawing for -Quilt Winner-Ruth Mellor, Quilter-Georgia Reid

FCE Needs You!

The Missouri Association for Family and Community Education has an opening on the state board- Vice President. (2 year term). Dana Harris resigned officially at our April Board meeting to move to Florida. **Vice President can now be appointed by the President and then approved by the board.**

The Vice President needs to have served as a Club or County officer or served on the State Board.

We carpool with other board members to cut the cost of traveling? (Besides it is more fun than traveling alone). You will get mileage, meals and expenses paid so there should be no out of pocket expenses for you.

You would be required to be at the board meeting in the spring, usually around Child Advocacy Day and again just before the State Conference. You may ask any board member questions about serving on the board.

If at all interested Your credentials for the position should be sent to the President

Mary Martens

11930 Highway 13

Richmond, Mo. 64085-8043

816-776-3082 Office 816-419-4113 Cell

Email mrmart1@hotmail.com

ESSAY ARTWORK CONTEST

New Guidelines

Essays should be at least 50 words there is now **NO maximum** but recommend one page and write only on one side of paper.

Thank you to all who had a word of encouragement, said a prayer, or sent a card. during the time since Spring District Meetings. Breast Cancer was discovered., confirmed, followed by chemotherapy, surgery, and just completed radiation therapy to now be considered Cancer free.

It has been great and a challenge to serve as your President for the last three years, Thank you for giving me the privilege.

Mary Martens .

District Directors & Educational Chairmen

Central District Director
Georgia Reid
22620 Highway CC
Houstonia, MO 65333
660-568-3577 Ph E-mail gareid@iland.net

East Central Co- District Director
Vivian Cody
321 Bauer Road
Silex, MO 63377
573-384-5935 Ph E-mail codyv52@yahoo.com

East Central Co-District Director
Ramona Irvine
10504 Ponderosa Drive
Foristell, MO 63348
636-463-1931 Ph E-mail ramona333@centurytel.net

Southwest District Director
Dorene Yearian
P. O. Box 82Niangua, Mo 65713
417-473-6579 ph E-mail trydron@hughes.net

Northeast District Director
Gloria Macomber
R R 1, Box 108
Luray, MO 63453 -9760
Ph: 660-727-3657 E- mail: taffymeister@gmail.com

Northwest District
Grace Lehman
43393 Highway K
Richmond, MO 64085-8144
Ph: 816-956-1827 E-mail 433manyhenry@gmail.com

Southeast District Director
Jo Ann Hahs
147 Oak St.
Daisy, MO 63743
Ph; 573-266-3392 E-mail ronjoannhahs@yahoo.com

International
Betty Mayo
3282 CR 2130
Huntsville, MO 65259-2695
Ph: 660-277-4712 E-mail rcmayo@cvalley.net

Child Advocacy Day - April 1, 2015

MO FCE www.mafce.com (Website is updated) Missouri FCE on Facebook

NAFCE <http://www.nafce.org/>

Change of Address Form – PLEASE PRINT

Name _____

Street _____

City _____ State _____ Zip Code 9-digit _____

Phone _____ E-mail address _____

County _____ Club _____

District _____ Membership # MO- _____

Mail to: Ruth Mellor, MAFCE State Treasurer, 413 Fort Saratoga, St Charles, Mo.63376-1765

E-mail rmmmellor@aol.com

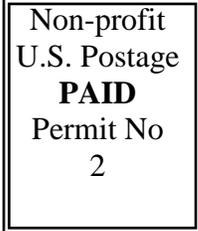


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Richmond, MO 64085-8043

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2014 Missouri FCE Officers

- **President**

Mary Martens
11930 Highway 13
Richmond, MO 64085
816-776-3082 Ph/Fax
mrmart1@hotmail.com
Term expires 12/31/14

- **President Elect**

Edna Crain
4030 Highway DD
Fisk, Mo 63940-7155
573-967-3587
ednacrain@yrless.net
becomes President 1/1/15

- **Vice President**

Position Vacant

- **Parliamentarian**

Karen Walker
321 Hillcrest Drive
Warrensburg, MO 64093-2222
660-429-2425 Phone
kjwalk2@centurytel.net
Term expires 12/31/14

Secretary

- Mary Klaproth
153 Grandview Dr.
Jackson, MO 63755-8114
573-243-5426 Ph
mklaproth@sbcglobal.net
Term expires 12-31-2015

Treasurer

- Ruth Mellor
413 Fort Saratoga
St. Charles, MO 63303-1765
636-441-7664 Ph
rmmellor@aol.com
Term expires 12-31-15

UMC Advisor

Dr. Jo Britt-Rankin
305 Gwynn Hall
Columbia, MO 65211-7700