

March 2025

fce. TODAY

The Official Publication of the National Association for Family & Community Education

Words from your President

I'm sitting here at my computer ~ the temperature is -4!! Yes minus 4, feels like minus 20!!! We had this same cold weather last week. School was cancelled on Wednesday February 12 because of the cold. We also cancelled our FCE club meeting. And today February 19 school is again cancelled because of the cold. Not just here locally but most of Kansas. My memory may be failing me but I don't remember school being cancelled because of the cold ~ the snow yes, but not the cold. So the weather is changing ~ and we change along with it.



FCE has some changes to make. The National FCE Board made the decision to close down our physical building in Florence, Kentucky. Judy Jones our long time employee will still be our office assistant. We can't do this without her there!!! We will be getting a new address soon. All your information about projects, programs, brochures, Heart of FCE state winner, Essay and Artwork state winners need to be sent to 73 Cavalier Blvd, Suite #106, Florence, KY 41042. BUT the conference registration is being sent out soon and the new address will be on the registration form ~ you cannot use it until May 1. We did not look far enough ahead to see this coming ~ I know you all can help us to get the right information to the correct address!!!

The National FCE Board held a Zoom Midyear meeting February 10. A lot of information was shared about FCE. The Power Points that were used are being put on the website so that all members can view them. I have asked the board members to prepare a short synopsis of their presentations for the FCE

Today. Be sure to read this FCE Today it might answer any questions you have.

Judy Fullmer

National FCE President

HOME FAMILY COMMUNITY



Save the Date

July 21-July 24, 2025

ACWW USA Area Conference

National FCE Hostess Society Conference



The excitement is building! Plans are finalized or are being finalized! Speakers and presenters are working on their presentations! Time is getting close!

ACWW World President Magdie de Kock is going to be our guest and speak to us more than once!! We are also planning on Tish Collins Executive Director of ACWW attending and sharing ACWW updates with us.



Workshops/Learning sessions will cover such topics as: Pollinators; Horticulture Therapy; Working With your Elected Officials; Environmental Wellness; the Sixteen Days of Activism; plus, information from other speakers as well.

We invite you to participate in the Silent Auction by bringing items to be bid on as well as bidding on items!! Plan on getting some great items there!!!

Our service project for the conference is going to support a local Women's Shelter. We invite you to bring items such as packaged sanitary supplies, hygiene items

such as soap, packaged razors, new socks, etc. Visa/Mastercard gift cards are always welcome! We will also be collecting new and gently used bras for an organization called **We Support the Girls**, someone from that organization will also be speaking to us!

And as always, we will be taking a collection for the Rural Women in Action Fund, so bring that soft money to donate!


COMING SOON!!! Keep your eyes open for the next newsletter and the conference registration form and hotel information!

See you soon!!



80% of native bees die from early yard cleanup.

Wait 6 weeks and save 1000s of pollinators!

The Herb Prof 

National FCE conference promotions



Magdie de Kock
ACWW World President

*2025 Combined National FCE – ACWW Conference
July 21 – 24, 2025 Erlanger, Kentucky*

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*This year's National FCE Conference will be combined with the USA Society of the Associated Country Women of the World. The ACWW World President, Magdie de Kock will be in attendance and a guest speaker. Ms. de Kock is from South Africa and is serving her second term as ACWW president. The conference will also include workshops, business meetings, a silent auction, a tour, and meals with several of the organizations that belong to the USA Society.*

*There will be 10 "First Timer" scholarships available through National FCE Alumni Board. See the National FCE website, [www.nafce.org](http://www.nafce.org), for information on how to apply or contact Denise Smith, [cdsmith2139@gmail.com](mailto:cdsmith2139@gmail.com). This is a rare opportunity to meet Ms. de Kock, a world-wide speaker, and it will be a conference worth attending!*

## **ALUMNI SCHOLARSHIP for 2025 NATIONAL FCE CONFERENCE**

We have such a spectacular conference coming up in July! We want as many FCE members as possible to attend and to that means, the National FCE Alumni Committee has voted to make available **10 First Timer scholarship awards!** We want to encourage as many FCE members as possible to attend the combined 2025 conference and to meet with the ACWW, CWC, NOVN, and Women's Home & Gardeners Association societies. Applications for First Timers will cover the cost of conference registration and are available on the National FCE website at [nafce.org](http://nafce.org), under the Resource Library, the 2025 Conference information, or under State/Board/Alumni contact information under Quick Links. The application has been updated to reflect the new deadline date of **June 19<sup>th</sup>**. This will give members plenty of time to apply. Members who apply must have paid dues to National FCE by April 15<sup>th</sup> and have never attended a National FCE conference before. I am looking forward to seeing many First Timers in Erlanger, KY on July 21 – 24, 2025!



## NATIONAL PROGRAM/PROJECT REPORTS/AWARDS

**Program/Project Activity Report:** the form for this report can be found on the website. From the home page, click on the “Resource Library” at the bottom of the page. On the left side of the page are “State Resources” and this information and form are about 3/4th down from the top. Only the first page needs to be sent in, BUT if you want to add a second page please be very brief in what programs or projects were done in your state. These numbers are very helpful when the annual report is written. There is no monetary reward to report.



**Program Award Book:** Website home page, then “Resource Library” and on the left side under “State Resources” the forms for this can be found. Categories that an award book can be submitted in include Education, Leadership and Action. Vouchers for conference registration for next year’s conference are awarded for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> in each of the three categories. Look at the judging sheet to be aware of what is looked at when the judging is done. Please attached the required page for page 1. If a display board and/or a brochure are not included, then 5 points will be taken off when judged.

## NOMINATION FOR NATIONAL OFFICE

**Do you want a rewarding new experience?** Try running for a National Board office.

Open positions this year are President, Vice President for Program, Secretary and Treasurer. President and Vice President candidates need to have served on the National Board prior. Secretary and Treasurer need to be members in good standing. Serving on the national board will give you new insights into how that board operates. Contact Peggy Martens at 620-585-2302 or [plvbm@embarqmail.com](mailto:plvbm@embarqmail.com) or Jeanne Purich at 301-641-4878 or [jcpurich@cs.com](mailto:jcpurich@cs.com) if you are interested in serving or if you have questions about any of the offices that are open.



## The Heart of FCE Award

The National FCE will recognize one Heart of FCE award winner, each year. This person is a grass roots member who through their efforts in FCE have made a difference in their club, county and community. He or she must be a member in good standing and is nominated by their peers.



If you know someone who shows up, works hard and is a credit to their community, club and FCE than please follow the steps on the NAFCE website under Resource Library and nominate ‘The Heart of FCE’ for 2025! The deadline is April 15, 2025.



# Hearth Fire and FCL Lessons for 2025 Conference

## Hearth Fire #82

### **POLLINATORS: Not Just Bee's ...**

What if I asked you to name 3 pollinators? Could you name 3 different ones? Many groups of bugs, animals, plants, and even humans move pollen grains from one plant to another to cause fertilization. Pollinators play a huge part in helping with increasing food security, yet they are facing dwindling numbers, in part this is being caused by the very farming industry, pollinators are so vital too.



Authors/Presenters: Pam, Mary Alice, Peggy

## Hearth Fire #83

### **GRAINS: Nutrient Dense Food for a Healthier Diet!**

At least half of the total grains of our daily food intake should be whole grains. At the present time, most Americans meet the USDA recommendations for total grain consumption, although unfortunately, 98 percent fall below recommendations for whole grains and 74 percent exceed the limits for refined grains. This Hearth Fire lesson describes the global variety of whole grains and psuedo-grains, explains the health benefits of whole grains, including ancient grains, and provides multiple suggestions of ways to increase whole grains in our diet.



Authors/Presenters: Mary Alice, Pam, Peggy

## FCL

### **3-2-1-CONTACT! YOUR Officials**



Public Policy is government policies that affect the whole population. Even if you don't follow politics, what the government does on your behalf should matter to you because it affects your daily life. But what do you do if you have an issue with a policy? How do you begin to get help and answers? Who do you complain to? Where do you find the people in authority? And when is it time for you to act? This FCL Lesson will give you the tools to answer those questions and the information to navigate

the process of addressing your concerns.

Authors/Presenters: Margaret, Pat, Sharon

## FCL

### **16 Days of Activism**

What do November and December have in common? The 16 Days of Activism kicks off on November 25th with the International Day for the Elimination of Violence against Women. Each day builds more and more awareness ending with Human Rights Day, December 10. ACWW changes colors from green to orange and.... Women Orange the World!

Authors/Presenters: Bonnie, Margaret, Pam

## COMMUNITY SERVICE AWARD

PURPOSE of the Community Service Award is to Recognize FCE groups who through their community service projects are changing the lives of others for the better. Many of the projects that members do deserve recognition, but do not fall under the umbrella of any of the National FCE program awards. This award will encompass and honor those projects.



The Community Service report book criteria should list the name of the project, state, person submitting project, mailing and email address. Questions should be answered; why select project, what goals, objectives, and what members did to carry out the project. There are 13 questions that need to be included in submitting the report.

A copy of the Community Service report book should consist of 8½X11 paper, stapled together, and will follow the format listed on the book criteria form.

It needs to be mailed to the State Affiliate and to National FCE Headquarters,

## HONOR FUND

Honor someone or an event. The National FCE Board Alumni established an HONOR FUND to honor a person or event or “just because”.

You will find the Honor Fund donation page on every flash drive from Conferences or on the National FCE website: [nafce.org](http://nafce.org)

All money donated to this fund is held for National FCE’s use in developing leadership. The Board must fill out a grant application to the Alumni and it must meet the leadership development requirements.




Please consider donating to this fund.

**CHARACTER COUNTS!** There are a lot of new things happening with CHARACTER COUNTS! One of the big changes is that all of it has been moved to Drake Univ. in Des Moines, IA. Jason Lamping is the Director. While the Josephson Institute still remains in CA, we will only be dealing with Drake Univ. and Mr. Lamping.

Changes have been made to the National FCE website accordingly. There are many materials no longer for sale. We did, however, renew our membership and that will give us a discount should we want something. We can use the logos as well, BUT anything that is written for educational purposes must be cleared with Drake Univ.

There are currently 31 short videos on Kindness 101. All are free. Also a new project or way of looking at CHARACTER COUNTS! is Keys for Character (we cannot use this unless we give proper reference). It is being done by Dr. Gary Smit.

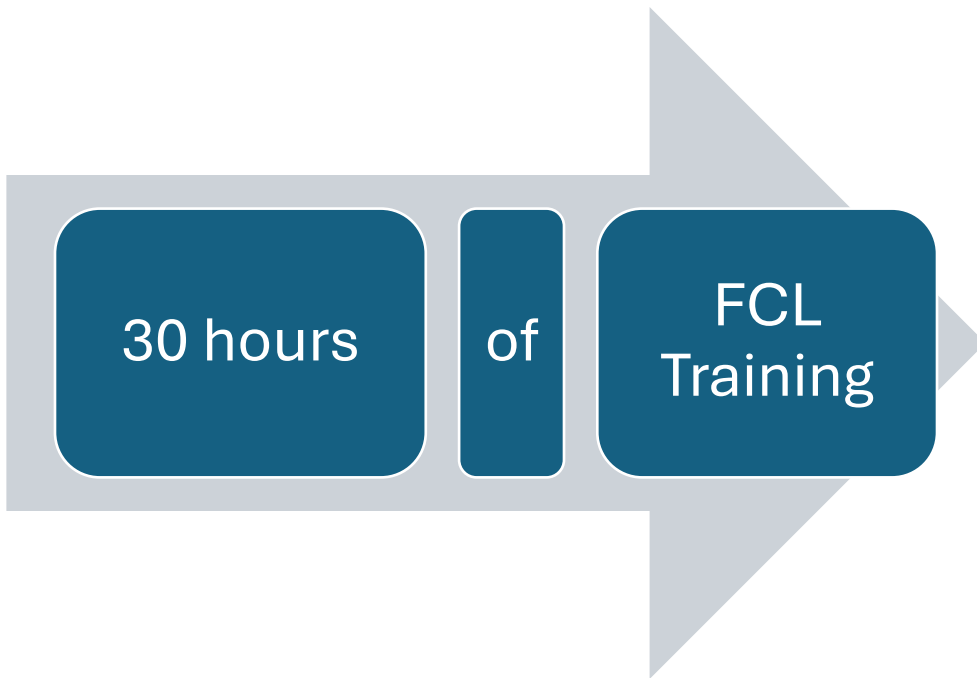
Check out new information at: [nafce.org](http://nafce.org)  
[charactercounts.org](http://charactercounts.org)



**16 DAYS of ACTIVISM: Starting Nov. 25 each year recognizing the International Day for the Elimination of Violence Against Women, ACWW is promoting 16 days of awareness.**

**Women wear orange to promote this awareness. Each day to learn something about violence against women in all forms.**

**National FCE Conf. this year will have a workshop on this. You can check out more information at: [acww.org.uk](http://acww.org.uk)**



Now that you have your 30 hours of FCL Training and are a Certified Leader, use your new abilities in your community, in FCE, other organizations. Keep track of what you are doing and where and how many hours that you've provided. Some should be in teaching others, some should be in using your leadership skills and some should be teaching FCL materials.

Once you have gotten to 60 or more hours you can fill out the Spirit of FCL paperwork. Everyone must be documented and a copy of your 30 hours of certification included.

Contact me: [margaretmai531@gmail.com](mailto:margaretmai531@gmail.com) or go to [nafce.org](http://nafce.org) for the forms.



**Family ChoicE-Media is going to be expanding. Currently it is only the Tune Out Violence on April 5—all media where violence might rear its ugly head.**

**Are you aware of how much subtle violence there is? Be watching National FCE as we delve into this scary, murky world.**



## National FCE Recognition Award

This award is for both groups and individual members to learn about options to make a difference in the community. Your achievements will be recognized with a certificate at the National FCE Conference. Use the National FCE Recognition Award Form page 2 to keep track of your progress and then submit it for recognition. (Some activities will not apply to you or your group.)

Where to go for more information and the form:

The National FCE Quick Resources webpage:  
<https://www.nafce.org/resourcelibrary>

## BAKE AND TAKE DAY/MONTH

Bake and Take Month started with Bake and Take Day in 1970 as a community service project of the Kansas Wheathearts in Sumner County. The Kansas Wheathearts, an auxiliary organization of the Kansas Association of Wheat Growers, set out to share baked goods with family members, friends, neighbors, and those in need, generating goodwill in the community. The idea of a community member sharing a favorite recipe with someone special became so successful that the Kansas Wheathearts created a national Bake and Take Day celebration in 1973. Although the Kansas Wheathearts disbanded in 2001, the tradition continues to be supported by the wheat industry. While a month long celebration might not be the right fit for some, Bake and Take Day, celebrated annually on the fourth Saturday in March, is a great opportunity for families and service groups to get together in the kitchen and around the oven.



Giving a home-baked gift is a great way to show someone you care. For more than 40 years, Bake and Take Month has been an opportunity to celebrate relationships with friends and family by baking and sharing treats.

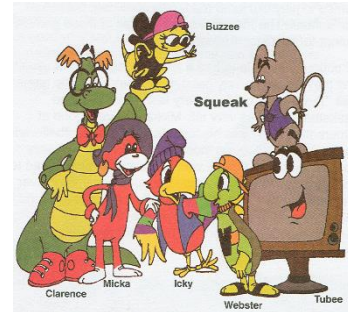
*“The personal visit to members of the community is as rewarding and important as the baked goods you take them.”*

Prepare gifts of fresh-baked wheat foods for relatives, friends, co-workers, neighbors and just about anyone who likes to eat. The visit when you deliver the baked goods is one of the most enjoyable aspects!

## 2026 4<sup>th</sup> Grade Essay and Artwork contest

I would like to tell you a little about the Essay and Artwork contest open to 4<sup>th</sup> grade students. The contest is based on CHARACTER COUNTS! ® and the 6 Pillars of Character and is open to any 4<sup>th</sup> grader attending public or private school, homeschooler, scout, 4-H or church group. This National FCE contest promotes literacy programs, CHARACTER COUNTS! ® and community involvement.

The 2026 theme encourages understanding and practicing “**RESPECT**” and strive for excellence and creativity in reading, writing, and drawing skills. The CHARACTER COUNTS! ® says Respect is treating others with kindness and consideration.



### Starting out

Start at the county level and the contest can be run from September 1, 2025, until March 1, 2026 (you have some flexibility with the dates as long as the State entry is postmarked to National FCE by April 15<sup>th</sup>, 2026). You can award prizes and recognition to the local and county winners for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> places. Each county can forward the original essay and artwork of the 1st place winners to the State FCE Essay and Artwork Chairperson by the state deadline. For the National FCE level please make sure your original essay and artwork 1st place winners reaches National FCE postmarked by the April 15th deadline.

### More Information:

Start your contest at the county level, include the essay and hand drawn artwork. The student can use a #2 pencil or computer type for the essay. The student may use a #2 pencil and color pencils for the hand drawn artwork. **NO CRAYONS OR MARKERS AND DO NOT FOLD THE ARTWORK.** You will find the criteria for the contest, the letter to the teacher/parent/leader, the permission form, the press release and the judging form on the National FCE website. There is also a brochure on the website that explains the Essay and Artwork contest as well as the CHARACTER COUNTS! ® Six Pillars of Character

Please go to:

<https://www.nafce.org/essay-and-artwork-contest-guideline>

<https://www.nafce.org/resourcelibrary> For questions, please contact any FCE member or the National FCE Headquarters Secretary: Judy Jones Email: [nafcehq@fuse.net](mailto:nafcehq@fuse.net)

## 2026 National FCE High School Age CHARACTER COUNTS!® Essay Contest

National FCE is excited to announce that in 2026, there will again be a National FCE High School Age CHARACTER COUNTS!® Essay Contest. This will be the second year for the Contest. The theme for the 2026 Essay Contest is **RESPECT**, which is the same theme that the 4<sup>th</sup> Grade Essay and Artwork Contest will be using.



Some of the basics of the Contest include:

- Using the generic Essay Contest Forms, which will be located on the National FCE website, each State will need to set up and conduct their own State Essay Contest.
- Each State will need to provide any monetary awards for their State Essay Contest award winners.
- The suggested deadline for State Contests is March 1, 2026, which is give the states time to judge their contest and submit their 1<sup>st</sup> place winner to National FCE.
- Each State will submit their 1<sup>st</sup> Place winner's essay and forms to National FCE on/before **April 1, 2026**.
- The contest is open to all High School Age students.
- The contest must use the current 2026 rules and be written on the theme of **RESPECT**.
- The contest can be completed at home, school, church or wherever.
- The contest must be done following all the complete rules as listed in the contest forms packet.

All of the forms and information for the 2026 National FCE High School Age CHARACTER COUNTS!® Essay Contest will be located on the National FCE website <https://www.nafce.org/resourcelibrary> These are generic forms and will need to be formatted for each State Contest.

Instructions for editing the generic forms will also be located on the website. You will be able to see a formatted, and completed, contest form for Oregon FCE at [www.oregon-fce.org](http://www.oregon-fce.org).

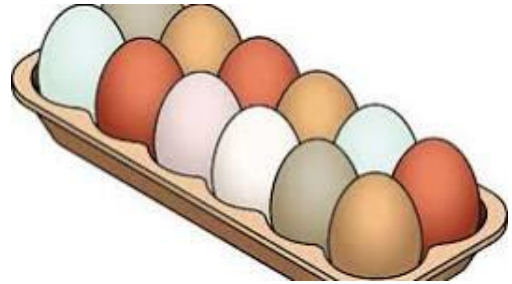


Please contact Scott Teeples, 2026 National FCE High School Age CHARACTER COUNTS!® Essay Contest Coordinator, Phone/Text: 541-891-6456; Email: [sfteeples@outlook.com](mailto:sfteeples@outlook.com) if you have any questions.

## EGGS

### Substitutes for Baking

- ❖ Silken Tofu ~ ¼ cup
- ❖ Yogurt ~ ¼ cup
- ❖ 1 ripe banana
- ❖ 1 tablespoon Flaxseed + 3 tablespoons water
- ❖ Applesauce ~ ¼ cup
- ❖ Mashed Avocado ¼ cup
- ❖ Aquafaba ~ 3 Tablespoons (liquid from chickpeas)
- ❖ Arrowroot Powder ~ 1 tablespoon + 2 tablespoons water
- ❖ Vinegar and Baking Soda ~ 1 tablespoon vinegar + 1 teaspoon baking soda
- ❖ Commercial Egg Replacers ~ follow package instructions
- ❖ Chia Seeds ~ 1 tablespoon chia seeds + 3 tablespoons water
- ❖ Potato Starch ~ 1 tablespoon + 2 tablespoons water



When using these substitutes, keep the following in mind:

- Reduce liquid content in the recipe if using a wet substitute.
- Adjust leavening agents (baking powder/baking soda) for better texture.
- Some substitutes may affect the flavor, so adjust accordingly.

Hope this helps.

### ***CELEBRATE IN MARCH & APRIL!***

March and April are full of days for FCE members to commemorate. We hope you observe them in some way. They are great ideas for programs. There are other days, weeks and months that are celebrated in these two months. Some are fun, some are serious, some relate to our 3 year focus ~ Food Security. Pick your favorite one or two and have some fun!!! AND remember all conference applications for awards or other information is due to National FCE Headquarters by April 15, National FCE Headquarters, 73 Cavalier Blvd, Suite #106, Florence, KY 41402.



#### **MARCH MONTH of AWARENESS for:**

Bake and Take Month  
National Women's History Month  
Endometriosis Awareness Month

#### **MARCH WEEKS:**

National Procrastination Week (first two weeks in March... or whenever it's convenient)

**MARCH DAYS:**

- 1 National Play Outside Day (FIRST Saturday of every MONTH)
- 4 Mardi Gras
- 5 Ash Wednesday
- 7 National Cereal Day
- 8 International Women's Day
- 9 Daylight Savings Time Begins
- 14 National Pi Day
- 17 St Patrick's Day
- 20 First day of spring
- 22 Bake and Take Day

**APRIL MONTH of AWARENESS for:**

National Volunteer Month

**APRIL WEEKS:**

20 – 26 NATIONAL ADMINISTRATIVE PROFESSIONALS' WEEK (last full week in April)

**APRIL DAYS:**

- 1 National Tom Foolery Day
- 1 SAAM (Sexual Assault Awareness Month) Day of Action
- 5 National Play Outside Day (FIRST Saturday of every MONTH)
- 5 National Nebraska Day 37<sup>th</sup> state to join the union in 1867
- 7 National Girl Me Too Day
- 12 National Colorado Day 38<sup>th</sup> State to join the union in 1876
- 13 Palm Sunday Passover
- 14 National Gardening Day
- 15 National Tax Day
- 15 ALL REPORTS AND INFORMATION TO NATIONAL FCE!!!!
- 18 Good Friday
- 19 National North Dakota Day 38<sup>th</sup> State to join the union in 1889
- 20 Easter
- 20 Volunteer Recognition Day
- 22 Earth Day
- 29 ACWW ~ Women Walk the World
- 30 Stop Food Waste Day

