



# TAFCE Central Region Newsletter

JUNE 2024  
VOLUME 7 NO. 6

## LESSONS LEARNED ALONG THE YELLOW BRICK ROAD

As we gather the echoes of our recent leadership retreat at the picturesque UT Southern campus in Pulaski, Tennessee, I wish to share with you some of the magic that unfolded there. Our board and membership, like the iconic ruby slippers from the Land of Oz, carried within them the power to transform. We led, we taught, we learned, we inspired.



The ruby slippers, as you may recall from the classic tale, held the secret to returning home. They were more than mere footwear; they symbolized:

**Inner Strength:** Just as Dorothy clicked her heels together, we too possess an inner strength—a collective resolve to lead, inspire, and serve.

**Facing Reality:** Our retreat was not about escaping reality but diving deeper into it. The ruby slippers remind us that the answers lie within us, waiting to be discovered.

**The Power of Intent:** Dorothy didn't wish for a specific destination; she wished to return home. Our intent matters. Let us align our intentions with the FCE mission to improve the lives of others through continuing education, leadership development and community service.

### The Ruby Slippers' Lesson

**Click Your Heels:** Just as Dorothy's simple action activated the magic, our deliberate steps—our decisions—shape our path.

**Home Is Where the Heart Is:** FCE is our home. Let us nurture it, protect it, and infuse it with love and purpose.

**Unity:** The ruby slippers worked because they were part of a larger story. Our collective efforts, like a symphony, create the magic.

### What Lies Ahead?

As we return from this retreat, may we carry the wisdom of the ruby slippers: When faced with challenges, remember your power. Click your heels—take action.

FCE is our Emerald City. Let us build it together, brick by brick, heart by heart. Just as Dorothy had companions, we have each other. Our journey is richer when shared.

In the spirit of the ruby slippers, let us continue to walk our yellow brick road, knowing that home—the heart of our mission—is where the magic resides.

*Peggy Richmond, President Central Region*



Have Heart Volunteer

## IMPORTANT DATES

- July 24-28  
NAFCE Conference - Erlanger, Kentucky
- Aug 15  
Registration & Credential Forms Due for Central Region Annual Meeting
- Aug 27-28  
FCL Training Lebanon TN
- Sept 1  
Character Counts Trustworthiness
- Sept 11  
Central Region Executive Board Meeting
- Sept 19  
Follow the Yellow Brick Road to Central Region Annual Meeting, 10 am, Lane Agri Park Community Center
- Oct 1  
TAFCE STATE CONFERENCE REGISTRATION DUE
- Oct 13-19  
National FCE Week



## TAFCE Mission Statement:

To strengthen the home and community by improving the quality of life of individuals and families through continuing education, leadership development, and community service.



Action  
Please

# 2024 TAFCE STATE CONFERENCE



"FCE IN PAREE" NOVEMBER 17-20

The annual TAFCE State Conference is coming up and we would LOVE to SAY HELLO as you follow the yellow brick road to FCE IN PAREE! We will attend valuable FCL lessons, fun marketable skills classes, view the statewide Cultural Arts and Fashion Revue entries, try some scrumptious food and laugh with new and old friends! State Conference is a magnifique plan to travel, **GET INVOLVED** and develop new skills!

This year we'll be in Buchanan, Tennessee at the Lodge at Paris Landing State Park. Conference Packets will be posted online and available at your club meetings soon.



## TAFCE CENTRAL REGION ANNUAL MEETING

Thursday, September 19  
10am

Lane Agri Park  
Community Center  
315 John R Rice Blvd.,  
Murfreesboro, TN, 37129

Get ready to join us back at the Lane Agri Park Community Center in Murfreesboro on September 19 for our Annual Meeting! Our Cultural Arts and Fashion Revue will be ready for YOU. A delicious lunch will be catered this year. We anticipate a lot of recognition and fun and encourage optional dress up in your favorite character from the Wizard of Oz, our theme, **"There's No Place like Home in FCE"**. Look for further details in your email or online.

**\$20 Registration fee due Aug 15.** Don't be late, register with your local club/county treasurer now! Forms are located on Central Region website or with your county Treasurer.



\*WE HAVE A NEW LOCATION\*

## CULTURAL ARTS

Last year there were entries in all 52 categories of the Central Region Cultural Arts competition, which was excellent! This past year there were 700 possible first and second place winning entries from all our counties. However, only 233 entries were entered at the Central Region Cultural Arts, which was only 33% of the registered entries.

Our goal for 2024 is that we increase the participation in the Central Region Cultural Arts by bringing more first and second place entries from your county. If you are the county education chairperson for cultural arts or the county president, please encourage all cultural arts winners to attend the Central Region Annual Meeting and bring their winning entry. If they are unable to attend, offer to pick up their winning entry and bring it to the Annual Meeting for them.

**This is my challenge to you!** I believe we can increase our level of participation in 2024!

*Mary Alice Weber, Cultural Arts*

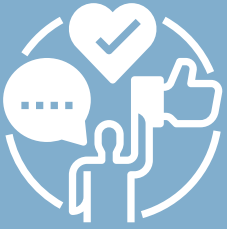
## NATIONAL FCE CONFERENCE JULY 24-28, 2024

*"Empowering Volunteers- Treasure the Present"*

The National FCE Conference is just around the corner providing another opportunity to serve in FCE! There will be great general sessions with dynamic speakers, three Hearth Fire lessons/workshops, two new FCL Training workshops, new ideas from other attendees, some fun entertainment and of course, time to renew old acquaintances and make new friends as you attend!

This year we will be continuing FOOD SECURITY EDUCATION and EMPOWERMENT. Not a NAFCE member? Ask your President about FCL Training and scholarship information!





**Current TAFCE,  
Central Region  
Membership:  
1313 members!!!**

## 2024 FCE LEADERSHIP RETREAT RECAP

### EMPOWERING LEADERSHIP, FOSTERING COMMUNITY

Another retreat is in the books and plans are already being made for next year. We had **112 full time campers and 19 day campers**. There were 47 different classes offered during 70 time slots. This was the first retreat for 32 members, we hope you are hooked and will make retreat an annual event.

Our doors looked great; we have some very artistic minds. It was fun walking the halls to see all of the creativity!

Thank you to everyone who brought food items for the UT Southern Food Pantry. It feels good to help the students and the University that has hosted us for the last three years.

We had an informational class given by the Giles County 4-H group added to the agenda. The session was entitled Social Media 101, it covered internet safety, password creation and safekeeping personal information. The 4-H'ers are working towards a grant, and we had 36 members attend their session.

I can't begin to give enough thanks to all the volunteers it takes to make retreat happen. We had wonderful instructors, agents, members who staffed the general store and silent auction.

*Kaycee Smith, Leadership Retreat Coordinator*

## RETREAT RECAP



UT Southern Food Pantry collection



MEMBER APPRECIATION

Vinson's Crossroads FCE Club in Warren County had their annual tea party and delivered their **kindness baskets** to the Social Security office, Waymon Hale Construction, Leaf, and UCHRA.



Did you get snapped at our last event? Check out the photos below and also our social media to see if you were snapped!



MEMBERSHIP SPOTLIGHT



BUILDING LEADERSHIP CHARACTER TRAITS AND BUILDING MEMBERSHIP

Welcome to all our new members across the Region. We are so happy to have you join the ranks of FCE Volunteers. We want to get to know you and recognize your efforts, join our Facebook group, TAFCE, Central Region today!

Accountability is doing what you say you're going to do and executing the task to the best of your ability. Being accountable is taking ownership of something and not blaming others if your performance does not produce the desired results. Accountability shines through when you are the one who critiques your own performance.

How leaders instill accountability leading to empowerment:

- **Create a shared purpose.** Accountability flourishes when there is alignment with a mission, vision, and values. It is a purpose-driven WHY that creates a bond.
- **Walk the walk.** Folks respond to leaders who lead with actions over words.
- **Define results and set clear expectations.** Set clear standards, expectations, and targets. When people understand and embrace results, accountability follows.
- **Continuous improvement.** Welcome helpful ideas, thoughts, and creative means of improvement from all team members.
- **Feedback.** Team members desire check-ins at regular intervals. Feed-back demonstrates value and respect.
- **Recognition.** Celebrate and recognize improvement and successes ... even if small. Personal and team recognition creates goodwill and fuels one's fire.

**Self-awareness, accountability, and empowerment ... lessons learned ALONG THE YELLOW BRICK ROAD!**

<https://roughnotes.com/accountability-and-empowerment-lessons-learned-in-the-land-of-oz/>



**TERESA PRIESTLY  
BEST OF THE BEST  
WARREN COUNTY**

Thank you SO MUCH



**WENDY DRUMM  
BEST OF THE BEST  
SMITH COUNTY**

### Potato Balls

3 cups mashed potato  
 1 tsp. salt  
 ¼ tsp. white pepper  
 1 egg, beaten slightly

Beat the potato, salt, pepper and three-quarters of the egg together. Measure in tablespoons, dip each in flour and roll either in the form of balls or in cylinders; place in an oiled baking dish, brush the surface of each ball with the remainder of the egg mixed with an equal amount of milk. Brown in a hot oven for twenty minutes.

From: "Other Ways to Cook Potatoes," University of Wisconsin Agricultural Extension Service, Circular 98. Reprint, April 1918. Found in: The American Association of Family and Consumer Sciences Records, #6578, Division of Rare and Manuscript Collections, Cornell University Library.



## HEART OF FCE NOMINEES

This award recognizes and pays special tribute to the unsung \*grassroots members\* who have made a difference in their communities through their FCE work. They must be a grassroots member nominated by his/her peers and a National FCE member.



**JANICE LYNCH  
SMITH COUNTY**



**DIANE UHER  
WILLIAMSON  
COUNTY**

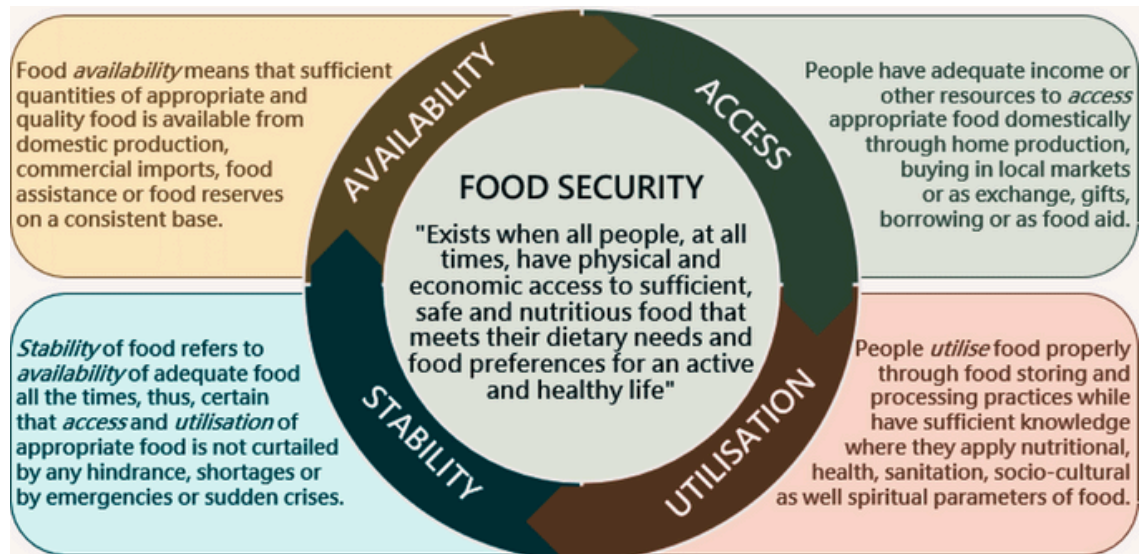


**ROBIN ROBINSON  
WILSON COUNTY**

## TAFCE CENTRAL REGION: GETTING INVOLVED

Our state project is to continue to educate, contribute to and innovate ideas to combat food insecurity. Our FCE clubs and counties are showing us how they are doing this everyday! We are donating food, making gift baskets, holding education sessions, growing our own gardens and offering canning classes, partnering with local food banks and homeless shelters and many more ways. Understanding that each of us can reduce utilization through proper food storage and utilizing canned food properly, through FCE and FCL club meetings with our UT Extension centers, we are **getting involved!**

## 4 PRINCIPLES OF FOOD SECURITY



Life is busy. Do you ever feel you get to the end of the day and wonder how you can enjoy your day? Here are some very quick ways to find simple pleasures in your day, no matter how busy you are.

1. Find beauty in your commute.
2. Text a different friend every day, and let them know what you appreciate about their friendship.
3. Buy a scented candle when you're on vacation, and light it for 20 minutes every day.
4. Vacuum a room, and enjoy the clean floor.
5. Put your phone down and read something besides emails over lunch to give your mind a break.
6. Pet your pet.
7. Go outside at night, and really look at the stars and the moon.
8. Write a hand-written thank you note or just a note to a friend, or make a card.

See, it's easy when you get motivated and try!



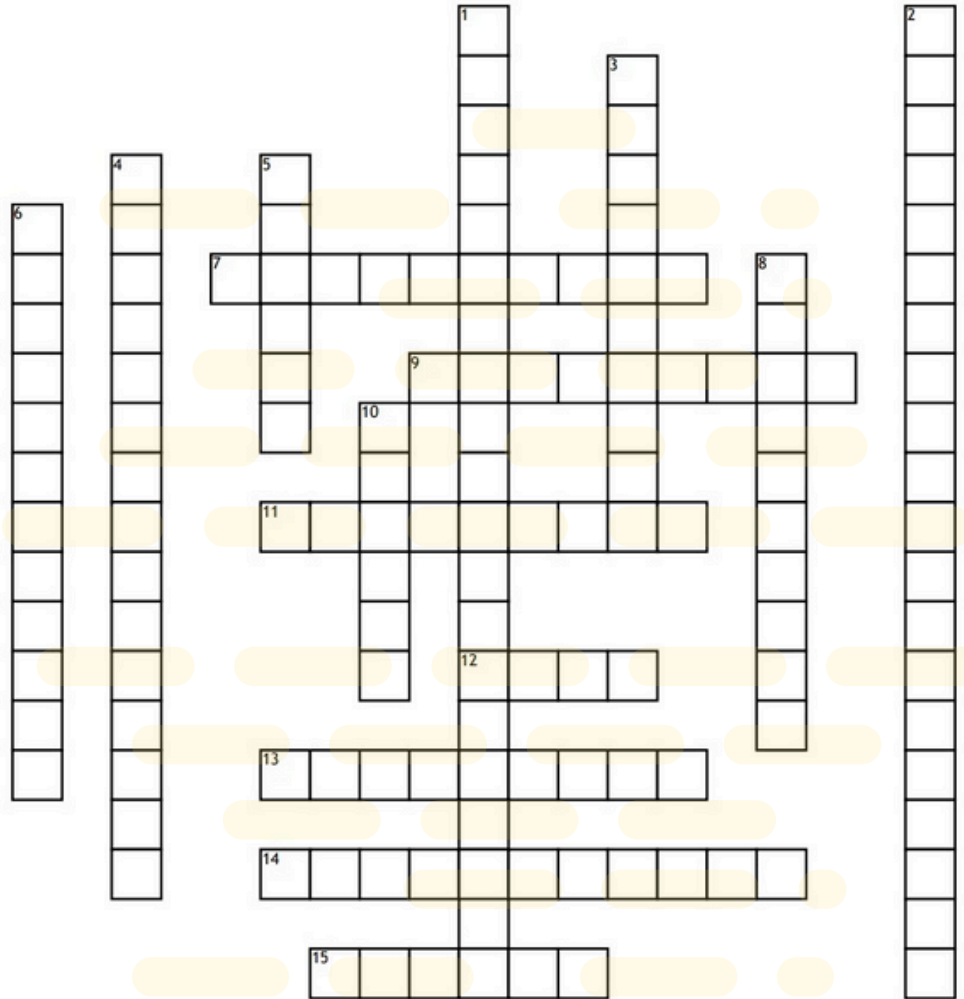


WORD BANK

Glinda  
Wicked Witch of the East  
Tin Woodman  
Scare Crow  
Toto  
Dorothy  
Wicked Witch of the West  
Uncle Henry  
Cowardly Lion  
Munchkins  
Wizard of Oz  
Field Mice  
Yellow Brick Road  
Emerald City  
Aunt Em



# Off to see the Wizard



KNOWLEDGE *Heart* COURAGE

**Across**

- 7. helps everyone get what they want
- 9. helps along the journey
- 11. set free from slavery
- 12. little back dog

- 13. wants brains
- 14. the end of the journey
- 15. wanted to get back to Kansas

**Down**

- 1. rules the east
- 2. Wicked witch of the west rules the west

- 3. wants heart
- 4. the path that is traveled on
- 5. the good witch
- 6. wants courage
- 8. worked day to night
- 10. never smiled

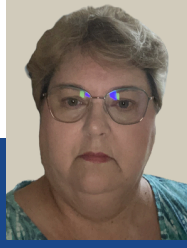




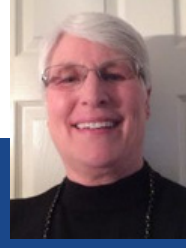
# Central Region Board 2023-2024



**Peggy Richmond**  
President  
Grundy County



**Myra Fisher**  
President Elect  
Smith County



**Pam Sites**  
VP Public Policy  
Rutherford County



**Patty Priest**  
VP Programs  
Franklin County



**Wendy Drumm**  
Secretary  
Smith County



**Barbara Brackett**  
Treasurer  
Franklin County



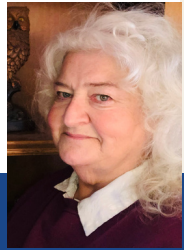
**Mary Alice Weber**  
Cultural Arts  
Williamson County



**Sarah Sharp**  
Fashion Review  
Wilson County



**Kaycee Smith**  
Leadership Retreat  
Cheatham County



**Eileen Abbey**  
Membership Chair  
Marshall County



**Venus Hoover**  
Communications  
Williamson County



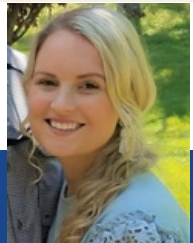
**Regina McCathern**  
2025 Conference  
Coordinator  
Wilson County



**Brenda Hannah**  
UT Agent Advisor  
Moore County



**Jennifer Banks**  
UT Agent Advisor  
Grundy County



**Mary Draper**  
UT Agent Advisor  
Smith County



**Myra Walker**  
UT Agent Advisor  
Giles County



**Mary Beth Henley**  
UT Agent Advisor  
Franklin County



**Carla Bush**  
UT Central Region  
Program Leader



**Samantha Strong**  
UT Agent Advisor  
Wilson County

# THANK YOU



This newsletter is for YOU! Please submit information for county recognition, ideas for spotlight, pictures, etc. Please send info to [tafcecr@gmail.com](mailto:tafcecr@gmail.com) with "fce newsletter" in the subject area.