

# Tennessee Association for Family and Community Education

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Real. Life. Solutions.™

FAMILY & CONSUMER SCIENCES  
**U|EXTENSION**  
INSTITUTE OF AGRICULTURE  
THE UNIVERSITY OF TENNESSEE

# Stewart County

## Family and Community Education Club

### 2023



***Mary Donahue***

Extension Agent

Family and Consumer Sciences

**FCE:** A volunteer organization which assist with family issues before they become leading social concerns. FCE members are challenged to inspire their communities for the better, empower others to reach for their dreams.



# **Family and Community Education Club (FCE)**

**In cooperation with**

**UT Extension**

**and The University Of Tennessee**

**UT President:** Randy Boyd

**Dean, Ag Extension:** Dr. Ashley Stokes

**Assistant Dean:** Dr. Janet Fox

**Western Region Director:** Jerry Lamb

**Western Region FCS Program Leader:** Dr. Lynn Brookins

**Western Region Agriculture Program Leader:** Tracey Sullivan

## **Stewart County Staff**

**Extension Director:** Joe Griffy

**Family and Consumer Sciences Agent:** Mary Donahue

**4-H Agent:** Bret Wallace

**Administrative Associate II:** Angela Wallace

**TSU EFNEP Program Assistant:** Sharon Shope

## **County Agricultural Committee**

**Members:** Anita Hawkins, Terry Fitzhugh, Ben Kash, Linnis Lewis, Ruth Shaw, Shane Keatts,

**Chair Person:** Eric Watkins

## **FCE County Council**

**President:** Sharon McCutchen

**Vice President:** Esther Whitehead

**Secretary:** Kelly Shaw

**Treasurer:** Ruth Shaw

## 2023 State FCE Officers

### President

Gloria Fisher  
9581 Cherokee Trail  
Crossville, TN 38572  
Cell: 931-267-9028  
gloriafisher00@gmail.com

### Treasurer

Fran Howard (Hamblen)  
2493 Castain Drive  
Morristown, TN 37813  
423-273-9476  
franhoward@att.net

### Vice President for Programs:

Pam Sites (Rutherford)  
406 Regal Drive  
Murfreesboro, TN 37129  
Home 615-898-8274,  
Cell 615-956-5986  
pfsitefce@gmail.com

### Western Region President

Pamela McIntyre-Albaro (Montgomery)  
253 Raintree Drive  
Clarksville, TN 37403  
Pamela.m.albaro@gmail.com

### Vice President for Public Policy

Patricia Davidson (McNairy)  
4111 Old Stage Road  
Adamsville, TN 38310  
Cell 731-439-6865  
Pdavidsonfce@yahoo.com

### Western Region Advisors

#### FCE Advisors:

**Dr. Lynn Brookins** 731-425-4728/

Dbrook:1@utl.edu

**Beverly Shelby:** 731364-3164/

bshelby1@utk.edu

**Tamera Adjei:** 931-648-5725/

schjspea@utk.edu

**Schancey Chapman:** 731-645-3598/

tadei@utk.edu

Rachel Erwin: 731-635-9551/

aerwin@utk.edu

### Secretary:

Regina McCathern (Wilson)  
1224 Roma Pike  
Lebanon, TN 37087  
615-473-8332  
mrmccathern@yahoo.com



## **FCE Member's Creed**

“ I believe in the home as an inspiring and happy center of family life, comfortable and attractive, a place for relaxation and work, where

Pleasures and responsibilities are shared.

I believe in the homemaker, alert, diligent and in search of better ways of doing ordinary things for the welfare and happiness of her family.

I believe in the home, its contribution to community life which reflects the development of the homemaker and her family.

I believe in the fellowship that comes through the Family and Community Education Club, the exchange of ideas, the joy of knowledge shared with others, thus broadening our lives, and lifting household tasks above the commonplace.

For these opportunities, I am grateful. I am thankful for the courage of yesterday, the hope for tomorrow, and the growing consciousness of God's Love Always.”

—FCE of Jefferson County, KY

## **FCE Club Pledge**

Esteeming it a privilege to be a member of an FCE Club, I will be loyal to its methods, carefully guard its reputation and strive to increase its influence.



### **WHAT DOES OUR EMBLEM STAND FOR:**

**HEARTH AND FIRE IN THE CENTER**— symbolizes the home and expresses the spirit of fellowship, hospitality, comfort, peace and protection.

**OAK LEAF**— symbolizes strength.

**SHEATH OF WHEAT**— symbolizes productivity.

**ROMAN LAMP**—symbolizes knowledge.

Around these symbols are the words: “ Home, Family and Community, with Family and Community”, “Cooperative Extension Service” in the outside ring designating the cooperation of the Country, State and Nation in the Extension Program.

## **UT Extension**

### **Family and Consumer Science**

***Mission: To strengthen individuals, families and Communities through education.***

For 100 years, networks for friends across Tennessee have shared common goals. Families are the focus of educational programs delivered by Extension Family and Consumer Science Agents. We want to improve home and community life, strengthen adult education, and learn through shared experiences.

Education is vital to our missions. As an integral part of The University of Tennessee and the Land-Grant System, Extension is the vital link in delivering current, researched-based education. Extension Family and Consumer Science Educational programs are delivered to people of all ages. At no other time in history have FCS programs been so important to society than today.

Extension Family and Consumer Science education programs are available in all Tennessee counties to all persons regardless of race, color, age, national origin, sex or disability. Educational programs are delivered through classes, FCE meetings, radio, news columns, newsletters, group meetings, home and office visits and collaborating with other agencies as well as personal contacts.

#### **Contact Information**

**Stewart County UT Extension**

**Mailing Address:** PO Box 160

**Office Location:** 225 Donelson Parkway

Dover, TN 37058

**Phone:** 931-232-5682

**Email Mary Donahue at:** [mdonahu7@utk.edu](mailto:mdonahu7@utk.edu)

**Follow us on Facebook:** *Stewart County 4-H and UT Extension*





# TENNESSEE ASSOCIATION FOR FAMILY AND COMMUNITY EDUCATION

For more than 75 years, a network of friends in communities across the state has shared these common goals. to learn through shared experience, to improve home and community life, to strengthen adult education. to promote projects that enhance family and community life. Through our rich history, we have grown from small community clubs to a worldwide network focused on growth through education. You may recognize us by some of our earlier names: Home Demonstration Clubs and Extension Homemakers.

## Benefits of Joining TAFCE

### To Learn

Ever wonder if the things you read are true? FCE provides research-based information through the University of Tennessee Extension. Experience learning with friends as you share what you know at hands-on workshops and meetings. The following topics are some examples:

- Human Development
  - Nutrition and Food Safety
  - Money Management and Family Economics
  - Health and Safety
- Find something you care about, then live your life to show it.

### To Lead

Leadership development is the focus of FCE. Through shared opportunities, you can learn skills helpful in bringing growth to your community, church, local government, and family

Yes, leadership skills can be learned. FCE offers learning opportunities as officers, program leaders, and service stewards. Together we build better lives for individuals, families and communities. An example of leadership service is our long history of teaching 4-H youth.

—Continue next page

## Benefits of Joining TAFCE, Continued

### To Grow & Share

Each year FCE provides the opportunity to make a difference in the lives of families in your community. With a nationwide network, each club can find a way to serve its community.

The focus of our national program includes improving literacy for children and adults, practicing environmental stewardship, promoting healthy lifestyles and role-modeling ethical values.

**If you are interested in becoming an FCE club member, contact your [county UT Extension office](#) to find an active club near you.**

[Tennessee Association for Family and Community Education Brochure](#)



## Duties of Local FCE Club Officers and Leaders

### **President:**

- Preside at meetings. Plan to advance and start each meeting on time.
- See that all forms are completed and turned in on time.
- Appoint committees as needed and notify Extension Office of changes in membership.
- Plan with vice-president all programs, activities and events for the club.
- Attend all County FCE Leadership meetings and Cluster Trainings.
- Encourage community service opportunities and turn in volunteer sheets.
- Be a good example and exercise equal opportunity practices.
- Attend Regional FCE meetings.

### **Vice President:**

- Make sure an educational program or tour is planned or presented.
- Preside at meetings in the absence of President.
- Plan with President all programs, activities, exhibits and events for the club.
- Contact committee chairpersons when needed.
- Attend County FCE Leadership meetings, Cluster Trainings, and encourage evaluation returns.
- Know correct parliamentary procedure.

### **Secretary:**

- Keep roll of club members with accurate records of their attendance.
- Take and read minutes of each meeting.
- Send Extension Office revisions of the membership roll by January 30th each year.
- Members' name, address, phone number and email.
- Attend County FCE Leadership meetings and encourage evaluation returns.
- \*Send typewritten or legible article about club meetings to Paris P-I the day after club meeting. Mention program presented and upcoming events/projects.



## **Duties of Local FCE Club Officers and Leaders**

### **Continued**

#### **Treasurer:**

- Take care of club members with accurate records of their attendance.
- Give treasurer's report each meeting.
- Send County Council dues to County Council treasurer by September 15th, for upcoming year.

#### **Past President:**

- Serve as ex-officio member for club.
- Assist in historical decisions regarding club and attend Co-Council training.
- Help president with club goals and community service.

#### **Phone Chairperson:**

- Contact members to remind them of meetings, projects and events.
- Contact Extension Office with times, dates and projects.

#### **Devotional :**

- Prepare and present a devotion at each meeting.



# 2023 Club Officers

**President:** \_\_\_\_\_

**Vice-President:** \_\_\_\_\_

**Secretary:** \_\_\_\_\_

**Treasurer:** \_\_\_\_\_

**Devotional:** \_\_\_\_\_

## Special Educational Project Committees

### Family Issues

Family Life, Family Economics, Reading, Volunteer Report Forms

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### Health Issues

Foods, Nutrition, Child Care, Health , Exercise

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### Environmental and Safety Issues

Housing/Energy, Interior Design/Safety, Gardening and Waste Management/Water Quality, Emergency Preparedness

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### Citizenship and Special Projects

Community Service, Cultural Arts and FCE Volunteer

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## Volunteer Form

Each FCE Club member represents a family in our community. For years, the strength of our FCE clubs, as well as our community, has been the value of our **PEOPLE**.

Our major emphasis of UT Extension Family and Consumer Science is to teach **LEADERSHIP** and **PEOPLE DEVELOPMENT**. The greatest natural resource we have in Stewart County and Tennessee is our **VOLUNTEER SPIRIT**.

Forty-four (44%) percent of Americans do some kind of volunteer work. Sixty-five million Americans regularly volunteer at a community service. A volunteer hour is worth \$29.95 per hour per person as of April 2022. In 1999, the same hours was worth \$17.33.

Each FCE Club has volunteer or community service projects. Each individual member contributes time to worthy projects such as church, Lifeline Blood program, Fair, Helping Hand Auction and others. They work as a team to provide for needy groups such as nursing home residents, school children, low income families and residents taking chemotherapy treatments.

Let's show the value of FCE Volunteers!!! Help out by keeping a record of your time on the chart on the green page in your book. Once you have 500 hours, turn in to your Club President so it can be submitted to State FCE for CVU units and certificate.





## Certified Volunteer Units (CVUs)

This is your record of volunteer time. Keep your records for future documentations of your volunteer experiences. **Make additional copies of this form as needed.**

**Certified Volunteer Units** are used to recognize individuals preparing for and completing volunteer work within FCE and the community. You can count telephone and travel time if it relates to your volunteer project. Any volunteer acts count except those for immediate family. (Example: meals for shut ins, church work, hospital and nursing homes, charitable or non profit organizations, etc.)

When you have completed 500 hours of volunteer service, you will receive a Certificate of Recognition from TAFCE. Five-hundred hours of volunteer time equals 50 CVU's. Each additional 500 hours will earn a seal to be affixed to the certificate, a maximum of 4 seals per certificate. **The maximum time span for turning in unreported hours in three 3 years.**

Keeping a record of CVU hours can help you in many ways. A record of your volunteer time can help you:

- \* Prepare for more responsible leadership and/or volunteer positions with FCE and/or other organizations.
- \* Seek Paid employment. Properly documented volunteer work can be listed on a job application.
- \* Seek elective office. Community involvement and public service are important qualifications for elective offices.
- \* Qualify for awards and recognition. Honor and award applications usually ask for a listing of volunteer service.
- \* Qualify for scholarships. Volunteer service verifies the scope of your interests and background.
- \* To help you grow personally. Volunteering can be fun and personally rewarding. Serving others can be a life-changing experience.

## Certified Volunteer Units (CVUs)

### Continued

To receive your certificate and/or seal(s), complete the Volunteer Service Summary sheet.

- ⇒ **Turn in CVUs in 500 hour increments only, NOT TO EXCEED 2,000 hours per year unless documentation is presented to verify excess. Odd hours will be discarded!**
- ⇒ Send only the Volunteer Service Summary to your county of Region Vice-President of Public Policy. It will then be forwarded to the State Vice-President of Public Policy.
- ⇒ **Check with Region Vice-President of Public Policy for the deadline in your Region. It is very important that you adhere to these deadlines.**
- ⇒ Keep your personal records for reference and documentation.



# Certified Volunteer Units

## Personal CVU Log

Name \_\_\_\_\_ County: \_\_\_\_\_

Address \_\_\_\_\_ Phone: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

\*\*\*\*\*

Date of Vol. Activity	Type of Volunteer Activity	Hours of Vol. Time	Number of People Reached
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**\*\*DO NOT TURN THIS SHEET IN\*\***

Keep this copy for your file; transfer total hours to the " CVU Volunteer Service Summary."



# Family and Community Education Club

## *Order of Business*

- \* Call meeting to order
- \* Thought of the month
- \* Roll Call
- \* Reading of minutes
- \* Treasurer's Report
- \* Devotional or inspiration
- \* Old Business
- \* New Business
- \* Educational Program by FCE Agent or Vice President or other FCE Club Leader
- \* Adjourn

## **FCE Mission Statement**

To strengthen individuals, families and communities through:

Education

Leadership Development

Community Service



# January 2023



## Thought of the Day:

“ Advise is like snow. The softer it falls, the longer it dwells upon and the deeper in sinks into the mind.”

— Samuel Taylor Coleridge

## Roll Call:

Do you have a traditional New Years' meal? If so, what is it?

## January is :

January 17: FCE Meeting, TBA

January 27: FCS Cluster Meeting, Humphreys County

National Slow Cooking Month and

National Blood Donor Month

## Dates to Remember:

January 1 - New Year's Day (UT Extension Closed)

January 9 - SCFOL, Stewart County Public Library General meeting at 5pm.

January TBA: FCE Club meeting

January 16: Martin Luther King Jr. Day

## Household Hint:

Save money by buying the least expensive dishwasher soap, then add a few teaspoons of vinegar to the dishwasher. The vinegar cuts the grease and leaves the dishes spot-free and sparkling.

# January Meeting Notes

Time and Place: \_\_\_\_\_

Hostess: \_\_\_\_\_

Program: \_\_\_\_\_

Date: \_\_\_\_\_

Notes:

# January

2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

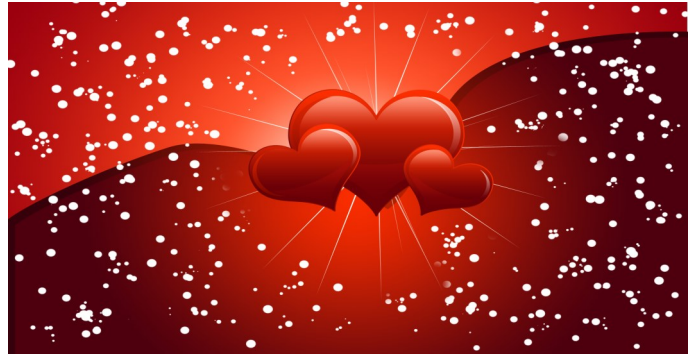
SATURDAY

SUNDAY

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# February 2023



## Thought of the Day:

“The best and most beautiful things in the world cannot be seen or even touched – they must be felt with the heart.”

— Helen Keller

## Roll Call:

How can you show LOVE to those around you this month?

## Dates to Remember:

February 2: Ground Hog Day

February 7: National Wear Red for Women’s Heart Month

February 12: Super Bowl Sunday

February 14: Valentines Day

February 14: FCE Meeting, Visitors Center

February 20: President’s Day

February is: Black History Month and

American Heart Month

## Household Hint:

**Make candles last longer:** I'm a candle lover. For any candle, if you place it in the freezer for three hours before burning it, it will last much longer.



## February Meeting Notes

**Time and Place:** \_\_\_\_\_

**Hostess:** \_\_\_\_\_

**Program:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Notes:**





# February 2023

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

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# March 2023



## **Thought of the Day:**

“The sun himself is weak when he first rises, and gathers strength and courage as the day goes on.”

—Charles Dickens

## **Roll Call:**

What smell brings back great memories for you?

## **Dates to remember:**

March 1: World Day of Prayer

March 2: Read Across America

March 12: Day Light Savings

March 17: St. Patrick’s Day

March 20: First Day of Spring

March 21: FCE Meeting, Visitors Center

March is National Nutrition Month

March is National Poison Prevention Month ( 1-800-222-1222)

## **Household Hint:**

Salt can easily draw moisture and clog your shakers. To prevent this, add a few grains of rice to absorb the moisture and stop the clogging.



# March Meeting Notes

**Time and Place:** \_\_\_\_\_

**Hostess:** \_\_\_\_\_

**Program:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Notes:**





# March 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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# April 2023



## **Thought of the Day:**

“If we had no winter, the spring would not be so pleasant.”

— Anne Bradstreet

## **Roll Call:**

Do you spring clean every year?

## **Dates to Remember:**

April 1: April Fool’s Day

April 2: Autism Awareness Day

April 3-7: Stewart County Schools Spring Break

April 7: Good Friday

April 7: World Health Day

April 9: Easter Sunday

April 11: FCE Meeting, TBA

April 15: Tax Day

April 21: FCS Cluster Meeting, Dickson County

April 22: Earth Day

April is:

National Autism Awareness Month

National Child Abuse Prevention Month

## **Household Hint:**

Boil orange peels, lemon juice and water on the stove for a great air refresher.

# April Meeting

Time and Place: \_\_\_\_\_

Hostess: \_\_\_\_\_

Program: \_\_\_\_\_

Date: \_\_\_\_\_

Notes:





# April 2023

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

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# May 2023



## Thought of the Day:

Courage doesn't always roar, sometimes courage is a quiet voice at the end of the day saying, "*I will try again tomorrow*".

—Mary Anne Radmacher

## Roll Call:

What is your favorite summer activity?

## Dates to Remember:

May 4: National Day of Prayer

May 14: Mother's Day

May 16: FCE Meeting, Visitors Center

May 26: Stewart County High School Graduation

May 29: Memorial Day

May is Mental Health Month

## Household Hint:

After cleaning your shower doors, apply Rain-X on your glass to repel water, scum, stains and streaks, making future cleaning so much easier.

# May Meeting Notes

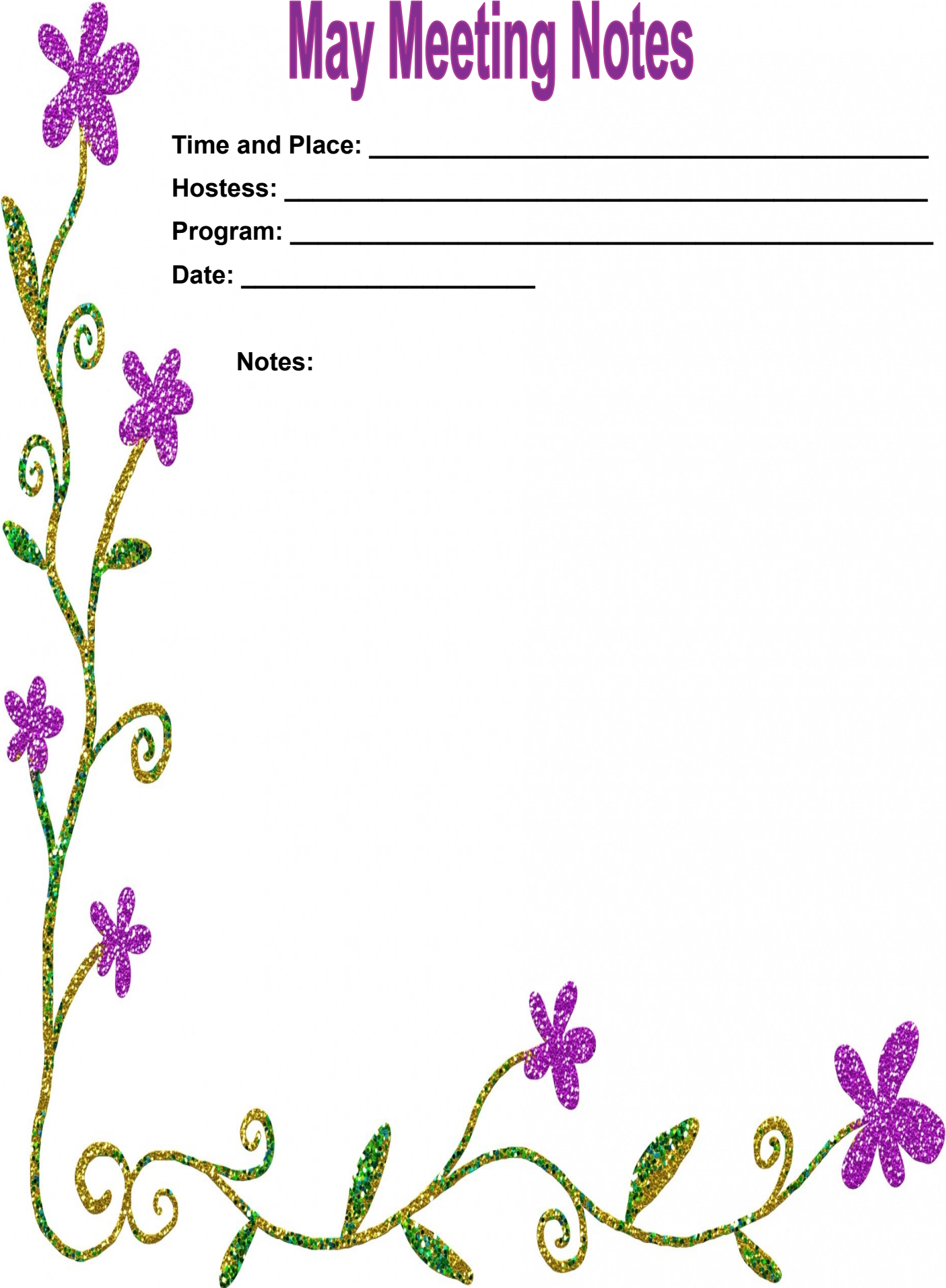
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Hostess: \_\_\_\_\_

Program: \_\_\_\_\_

Date: \_\_\_\_\_

Notes:







# May 2023

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# June 2023



## **Thought of the Day:**

A positive mind is very likely to cause a chain reaction of positive thoughts, events and outcomes.

—Ratan Budhani

## **Roll Call:**

What is your favorite flavor ice cream?

## **Dates to Remember:**

June 14: Flag Day

June 18: Father's Day

June 20: FCE Meeting, Visitors Center

June 21: First Day of Summer

June is:

Men's Health Month

National Dairy Day

## **Household Hint:**

Don't throw away that used aluminum foil — use it. Along with salt to scrub your dirty cast iron skillets.



# June Meeting

Time and Place: \_\_\_\_\_

Hostess: \_\_\_\_\_

Program: \_\_\_\_\_

Date: \_\_\_\_\_

Notes:



# June 2023

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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# July 2023



## **Thought of the Day:**

“ Summer has a flavor like no other. Always fresh and simmered in sunshine.”

—Oprah Winfrey

## **Roll Call:**

Do you still make homemade ice cream?

## **Dates to Remember:**

July 4: Independence Day

July 18: FCE Meeting, Visitors Center

July 21: FCS Cluster Meeting, Henry County

July is Juvenile Arthritis Awareness Month and

UV Safety Month

## **Household Hint:**

To retain the beautiful color of spinach after blanching, transfer it into a bowl full of ice-cold water.



# July Meeting

Time and Place: \_\_\_\_\_

Hostess: \_\_\_\_\_

Program: \_\_\_\_\_

Date: \_\_\_\_\_

Notes:





# July 2023



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



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# August 2023



## **Thought of the Day:**

Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.

Galatians 6:9

## **Roll Call:**

Did you know that August 19, is National Potato Day. What is your favorite way to eat a potato?

## **Dates to Remember:**

August 15: FCE Meeting, Visitors Center

August is National Breast Feeding Month and  
National Immunization Awareness Month

## **Household Hint:**

Slow down rotting: Store tomatoes stem end down to keep them from spoiling as quickly. This prevents air from entering and moisture from exiting the scar where the tomato once attached to the vine.



# August Meeting

Time and Place: \_\_\_\_\_

Hostess: \_\_\_\_\_

Program: \_\_\_\_\_

Date: \_\_\_\_\_

Notes:







# August 2023



SUNDAY

MONDAY



TUESDAY



WEDNESDAY

THURSDAY



FRIDAY

SATURDAY

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# September 2023



## **Thought of the Day:**

There are three ways to ultimate success.

The first way is to be kind.

The second way is to be kind.

The third way is to be kind.

—Mister Rogers

## **Roll Call:**

Do you enjoy eating breakfast, if so what is your favorite breakfast menu?

## **Dates to Remember:**

September 4: Labor Day

September 10: Grandparents Day and Suicide Prevention Day

September 19: FCE Meeting, Visitors Center

September is:

Childhood Cancer Awareness Month

National Childhood Obesity Awareness Month

## **Household Hint:**

Keep pots from boiling over. When your pot runneth over, prevent overboiling by placing a wooden spoon across the top of it. Because wood is not a good material for conducting heat, the hot water strays away from the handle.



# September Meeting

**Time and Place:** \_\_\_\_\_

**Hostess:** \_\_\_\_\_

**Program:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Notes:**



# September 2023

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

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# October 2023



## Thought of the Day:

### TEAMWORK

Coming together is the beginning.

Keeping together is progress.

Working together is success.

—Henry Ford

**Roll Call:** What are your favorite fall activities?

## Dates to Remember:

October 9: Columbus Day

October 10: FCE Meeting, TBA

October 12: National Farmers Day

October 16: Boss's Day

October 31: Halloween

October is National Breast Cancer Awareness Month and  
National Dental Hygienist Month

## Household Hint;

Wash the washing machine: Few appliances take more abuse than the washing machine, which can get pretty stinky from time to time thanks to mold, mildew and bacteria buildup. Easily clean and deodorize this all-important household tool by dropping two dishwasher tablets (four if you have a really dirty or oversized machine) in the drum. Run the cycle on high heat, then enjoy a delightfully odor-free machine.

# October Meeting

Time and Place: \_\_\_\_\_

Hostess: \_\_\_\_\_

Program: \_\_\_\_\_

Date: \_\_\_\_\_

Notes:







# November 2023



## Thought of the Day:

Let gratitude be the pillow upon which you kneel to say your nightly prayer. And let faith be the bridge you build to overcome evil and welcome good.

—Maya Angelou

**Roll Call:** What are your favorite Thanksgiving traditions?

## Dates to Remember:

November 5: Daylight Savings Time Ends

November 7: Election Day

November 11: Veterans Day

November 21: FCE Meeting, Visitors Center

November 23: Thanksgiving Day

November is American Diabetes Month and National Alzheimer's Disease Month

## Household Hint:

Cover dishes in the microwave. People often cover microwaved foods with plastic wrap or wax paper. But that's not ideal. Plastic wrap contains chemical additives that can leach into foods during the microwave process. And while wax paper is healthier than plastic wrap, it's coated with paraffin wax, which can melt in higher heat. Paper coffee filters, in contrast, are microwave safe, so use these instead.



# November Meeting

THANKS  
GIVING

**Time and Place:** \_\_\_\_\_

**Hostess:** \_\_\_\_\_

**Program:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Notes:**







# November 2023

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

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# December 2023



## Thought of the Day:

“ The Holiday season is a perfect time to reflect on your *Blessings* and seek out ways to make life better for those around us.”

—Terri Marshall

## Roll Call:

Favorite childhood Christmas memory?

## Dates to Remember:

December 6-12: National Handwashing Awareness Week

December 19: FCE Meeting, Visitors Center

December 21: Start of Winter

December 24: Christmas Eve

December 25: Christmas Day

December 31: New Year's Eve

December 6-12: Drunk Driving Awareness Month

## Household Hint:

Dirty pots and pans are no match for a dryer sheet. Soak your pan in water, dish-washing soap and a dryer sheet for about an hour.

The burned on goo that was stuck before will come right off.





**Time and Place:** \_\_\_\_\_

**Hostess:** \_\_\_\_\_

**Program:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Notes:**

# December 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



# January 2024



## **Thought of the Day:**

You'll never be bored when you try something new. There's really no limit to what you can do!

—Dr. Seuss

## **Roll Call:**

What is one of your favorite holiday foods?

## **Dates to Remember:**

January 1: New Year's Day

January 4: National Spaghetti Day

January 11: National Milk Day

January 15: Martin Luther King Day

## **Household Hint:**

To unclog a plugged drain, try using a cup of salt mixed with a cup of baking soda — no liquid. Pour the dry solution in the drain, followed by a pot of boiling water.

# January 2024 Meeting

**Time and Place:** \_\_\_\_\_

**Hostess:** \_\_\_\_\_

**Program:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Notes:**



# January 2024

SUN	MON	TUE	WED	THU	FRI	SAT
	1 New Year's Day	2	3	4	5	6
7	8	9	10	11	12	13
14	15 ML King Day	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			





# 2023

## JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## FEBRUARY

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

## MARCH

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

## APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

## MAY

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

## JUNE

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

## JULY

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

## AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

## SEPTEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

## OCTOBER

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

## NOVEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

## DECEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

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