

Stewart County Family and Community Education Club 2024



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: Tracy 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: Lora Black, Rick Joiner, Ben Kash, Linnis Lewis, Ruth Shaw, Shane Keatts

Chair Person: Mark Dortch

FCE County Council:

President: Kelly Shaw

Vice President: Esther Whitehead

Secretary: Kelly Shaw, Sharon McCutchen

Treasurer: Ruth Shaw

2024 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

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

Secretary:

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

Schancey Chapman: 731-645-3598/
tadei@utk.edu

Rachel Erwin: 731-635-9551/
aerwin@utk.edu

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 is a privilege to be a member of an FCE Club, I will be loyal to it's methods, carefully guard its reputation and strive to increase it's

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 Office

Mailing Address: PO Box 160

Office Location: 225 Donelson Parkway

Dover. TN 37058

Phone: 931-232-5682

Email Mary Donahue at: mdonahu7@utk.edu

Follow us on FaceBook: UT Extension– Stewart County



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.



Club Officers

2024

President: _____

Vice-President: _____

Secretary: _____

Treasurer: _____

Devotional: _____

Special Educational Project Committees

Family Issues

Family Life, Family Economics, Reading, Volunteer Report Forms

Health Issues

Foods, Nutrition, Child Care, Health , Exercise

Environmental and Safety Issues

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

Citizenship and Special Projects

Community Service, Cultural Arts and FCE Volunteer

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."

Beatitudes

FOR HOMEMAKERS



BLESSED is she whose daily tasks are a work of love; for her willing hands and happy heart transform duty into joyous service to all her family and God.

BLESSED is she who opens the door to welcome both stranger and well-loved friend; for gracious hospitality is a test of brotherly love.

BLESSED is she who mends stockings and toys and broken hearts; for her understanding is a balm to her husband and children.

BLESSED is she who scours and scrubs; for well she knows that cleanliness is one expression of godliness.

BLESSED is she whom children love; for the love of a child is of greater value than fortune or fame.

BLESSED is she who sings at her work; for music lightens the heaviest load and brightens the dullest chore.

BLESSED is she who dusts away doubt and fear and sweeps out the cobwebs of confusion; for her faith will triumph over all adversity.

BLESSED is she who serves laughter and smiles with every meal; for her cheerfulness is an aid to mental and physical digestion.

BLESSED is she who introduces Jesus Christ to her children; for godly sons and daughters shall be her reward.

BLESSED is she who preserves the sacredness of the Christian home; for hers is a divine trust that crowns her with dignity.

Adapted by Ella May Miller



HEART TO HEART

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

2024



Thought of the Day:

“January, the first month of the year. A perfect time to start all over again. Changing energies and deserting old moods. New beginnings, new attitudes.”

-- Charmaine J. Florde

Roll Call:

Name one way to stay healthy.

January is :

January: FCE Meeting, TBA

National Slow Cooking Month and

National Blood Donor Month

Dates to Remember:

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

January 15: Martin Luther King Jr. Day

January 23: FCE meeting, canceled due to sickness/weather

January 26: Northeast FCE Winter Cluster Meeting: McKenzie

Household Hint:

Stock up early for potential snow and ice days. Buy extra water, non-perishable goods, batteries, etc. for days when the weather may prohibit you from getting to the store and the possible power outages.

January Meeting

Time and Place: _____

Hostess: _____

Program: _____

Date: _____

Notes:

january

SUN MON TUE WED THU FRI SAT

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February

2024



Thought of the Day:

“ If January is the month of change, February is the month of lasting change. January is for dreamers...February is for doers.” — Marc Parent

Roll Call:

What can you do to stay on track with your New Year’s resolutions and goals?

Dates to Remember:

February 2: Ground Hog Day

February 11: Super Bowl Sunday

February 14: Valentines Day

February 20: FCE Meeting, Visitors Center

February 19: President’s Day

February is: Black History Month and
American Heart Month

Household Hint:

Take time to check all of your cold and flu medications. Dispose of any that are out of date. Restock on commonly used cold and flu medications for all family members since it is the height of flu season. Make sure you have plenty of tissues, hand soap, and hand sanitizer for you home and vehicle as well.



February Meeting

Time and Place: _____

Hostess: _____

Program: _____

Date: _____

Notes:



S M T W T F S

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March

2024



Thought of the Day:

“Success is a journey, not a destination.” — Ben Sweetland

Roll Call: Where would your dream vacation be?

Dates to remember:

March 1: World Day of Prayer

March 2: Read Across America

March 10: Day Light Savings

March 17: St. Patrick’s Day

March 19: Frist Day of Spring

March 20: FCE meeting, visitor center

March 24: Palm Sunday

March 29: Good Friday

March 31: Easter

March is National Nutrition Month

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

Household Hint:

If you burn something in a pan while cooking, no worries! Sprinkle 1/4— 1/2 cup baking soda in your pan and fill halfway with water. Bring to a boil and the burned pieces should start lifting. Use a spatula to help the process along. Then wash the pan as normal.



March Meeting

Time and Place: _____

Hostess: _____

Program: _____

Date: _____

Notes:

MARCH 2024

SUN MON TUE WED THU FRI SAT

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24  HAPPY EASTER 31	25	26	27	28	29 Good Friday	30	

April 2024



Thought of the Day:

“Compassion is not a virtue - it is a commitment. It is not something we have or don't have - it's something we choose to practice.” - Brene Brown

Roll Call:

What do you like to do on a rainy day?

Dates to Remember:

April 1: April Fool's Day

April 2: Autism Awareness Day

April 7: World Health Day

April 15: Tax Day

April 22: Earth Day

April 23: FCE meeting, TBA

April is:

National Autism Awareness Month

National Child Abuse Prevention Month

Household Hint:

Don't forget to wash your pillows. It's best to put two pillows in the washer at the same time to help keep the load balanced. Dry on low heat, fluffing often. If your pillow still has a label, follow the care instructions.

April Notes

Time and Place: _____

Hostess: _____

Program: _____

Date: _____

Notes:





2024

April

Mon *Tue* *Wed* *Thu* *Fri* *Sat* *Sun*

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29	30					

CalendarPrintLab.com



May 2024



Thought of the Day:

“There is no exercise better for the heart than reaching down and lifting people up.”

Roll Call:

What is your favorite Spring flower?

Dates to Remember:

May 4: National Day of Prayer

May 12: Mother’s Day

May 21: FCE Meeting, Visitor Center

May 27: Memorial Day

May is Mental Health Month

Household Hint:

Prevent the bathroom mirror from fogging up after a hot shower with car wax. Apply a small amount of car wax to the mirror, let it dry, then buff with a soft, dry cloth.

May Meeting

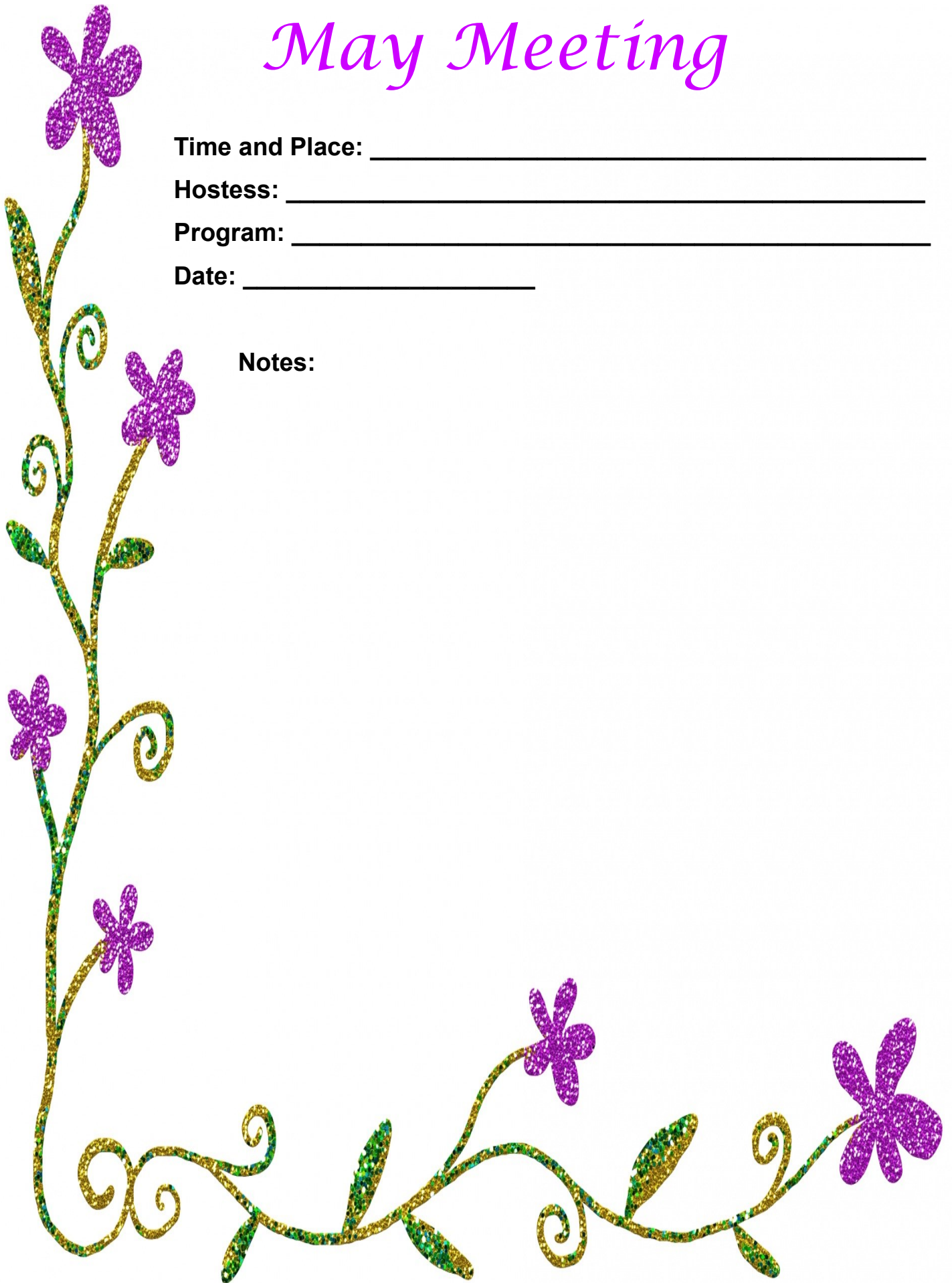
Time and Place: _____

Hostess: _____

Program: _____

Date: _____

Notes:





2024

May

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CalendarPrintLab.com



June 2024



Thought of the Day:

“The beauty of all things lies in your ability to appreciate them.

- Author Unknown

Roll Call:

What is your favorite flavor milk shake?

Dates to Remember:

June 14: Flag Day

June 16: Father’s Day

June 18: FCE Meeting, Visitor Center

June 20: First Day of Summer

June is:

Men’s Health Month

National Dairy Day

Household Hint:

Clean the inside of your mugs with white vinegar to remove coffee or tea stains.

June Meeting

Notes

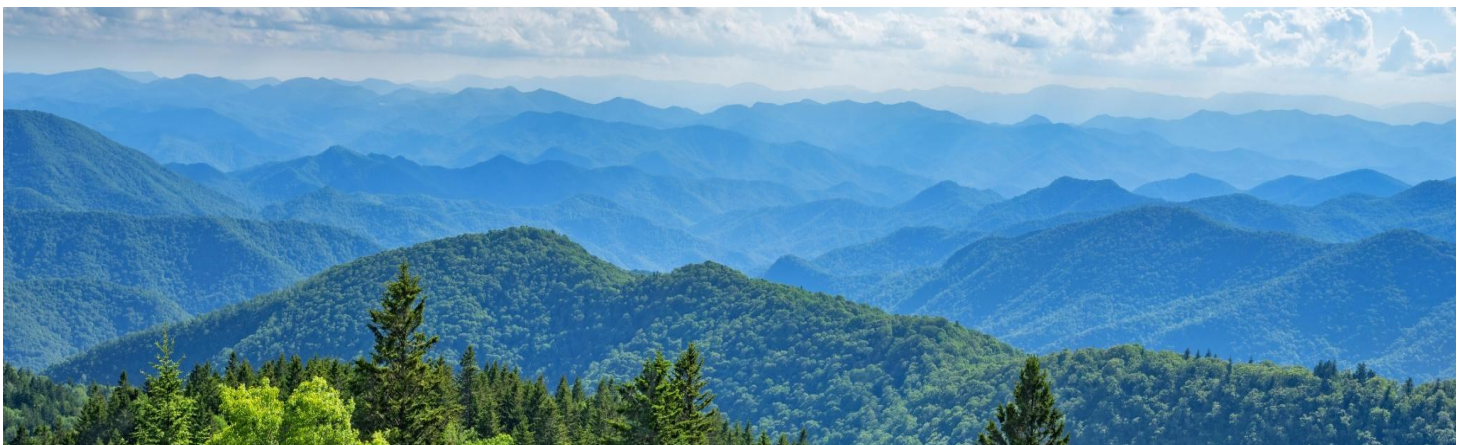
Time and Place: _____

Hostess: _____

Program: _____

Date: _____

Notes:





June

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
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July

2024



Thought of the Day:

“ Don’t ever think that you’re weak, know that you’re strong and you have the power to achieve it all.

— Himcom

Roll Call:

What is one of your all time favorite movies?

Dates to Remember:

July 4: Independence Day

July: 23 FCE meeting, Visitor Center

July is Juvenile Arthritis Awareness Month and

UV Safety Month

Household Hint:

There are few summer pastimes as relaxing as enjoying a quiet evening on the porch with friends and family, but a bug-filled outdoor light fixture can quickly kill the mood. After making sure it’s cool to the touch, unscrew the glass the glass portion of the fixture, rinse out any debris or dead flies, then replace it.



July Meeting

Time and Place: _____

Hostess: _____

Program: _____

Date: _____

Notes:



July

2024



MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

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August

2024



Thought of the Day:

Embrace the present moment with an open heart and a curious mind, for it holds the potential to shape the stories of your future.

Roll Call:

According to the Centers for Disease Control and Prevention it's best to be vaccinated before the flu begins spreading in your community. September and October are generally good times to be vaccinated against the flu. Ideally, everyone should be vaccinated by the end of October. When do you plan to roll up your sleeves to get the flu shot?

Dates to Remember:

August 20: FCE Meeting, Visitor Center

August is National Breast Feeding Month and
National Immunization Awareness Month

Household Tip:

Opt for natural cleaning products like vinegar and baking soda. They're effective, safe, and environmentally friendly. Mix equal parts water and vinegar for an all-purpose cleaner, and use baking soda as a gentle abrasive for scrubbing surfaces.

August Meeting

Time and Place: _____

Hostess: _____

Program: _____

Date: _____

Notes:





August

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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September

2024



Thought of the Day:

“If your actions create a legacy that inspires others to dream more, learn more, do more and become more, then, then you are an excellent leader.

—Dolly Parton

Roll Call:

As Summer is coming to a close, what is your favorite thing to enjoy before the cool weather of Fall arrives?

Dates to Remember:

September 2 Labor Day

September 8 Grandparents Day and Suicide Prevention Day

September 24 FCE Meeting, Visitors Center

September is:

Childhood Cancer Awareness Month

National Childhood Obesity Awareness Month

Household Hint:

Remove Pet Hair with Rubber Gloves:

Simply wear rubber gloves and run them over the surface of your furniture. The rubber will cause the pet fur to gather into a ball that can be easily thrown away.



September Meeting

Time and Place: _____

Hostess: _____

Program: _____

Date: _____

Notes:



SEPTEMBER 2024

Sun *Mon* *Tue* *Wed* *Thu* *Fri* *Sat*

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29	30					

October

2024



Thought of the Day: BLESSINGS

Roll Call:

Be present.

Let the day flow with grace.

Expect joy. **B**e positive.

Serve with compassion.

Speak with kindness.

Impart only love.

Never forget you're not alone.

Give thanks for everything.

See goodness in others.

Dates to Remember:

October 14: Columbus Day

October 22: FCE Meeting, Visitor Center

October 31: Halloween

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

Household Hint:

It is easy to reach for potato chips while you're watching tv, instead reach for healthier snacks such as veggies & hummus, mini turkey sandwiches or popcorn.

October Meeting

Time and Place: _____

Hostess: _____

Program: _____

Date: _____

Notes:





October

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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20	21	22	23	24	25	26
27	28	29	30	31		

November

2024



Thought of the Day:

You should never regret anything in life. If it's good, it's wonderful. If it's bad, it's experience.

Roll Call: How many days do you and/or your family eat thanksgiving meal leftovers?

Dates to Remember:

November 3: Daylight Savings Time Ends

November 5: Election Day

November 11: Veterans Day

November 19: FCE Meeting, Visitors Center

November 28: Thanksgiving Day

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

Household Hint:

Use a regular pencil eraser to remove dirt from suede shoes, clothing, etc.

November

2024

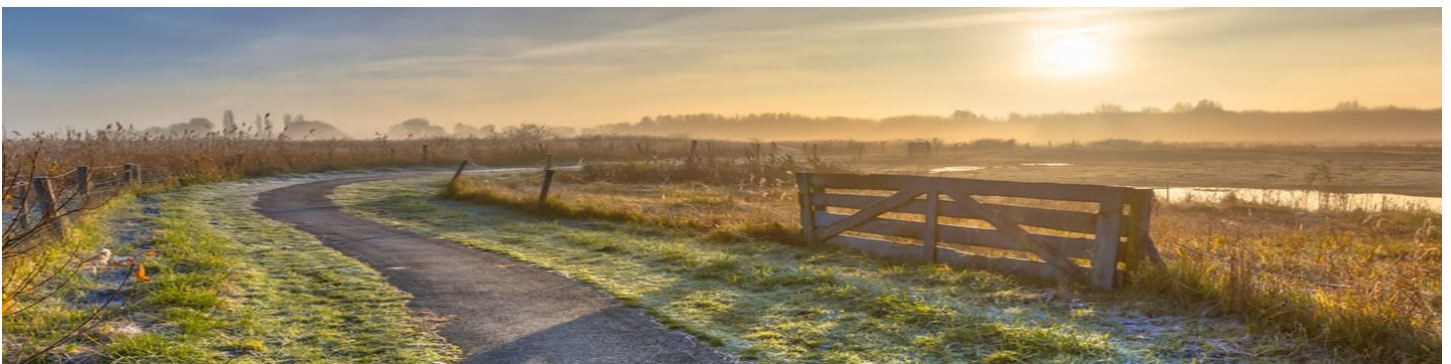
Time and Place: _____

Hostess: _____

Program: _____

Date: _____

Notes:





November

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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17	18	19	20	21	22	23
24	25	26	27	28	29	30

December

2024



Thought of the Day:

“Remember this December, that love weighs more than gold?”

—Josephine Daskam Bacon

Roll Call: When you were a child what Christmas candy did you love?

Dates to Remember:

December FCE meeting, TBA

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:

The key to successful holiday cleaning is to start early.

December Meeting

Time and Place: _____

Hostess: _____

Program: _____

Date: _____

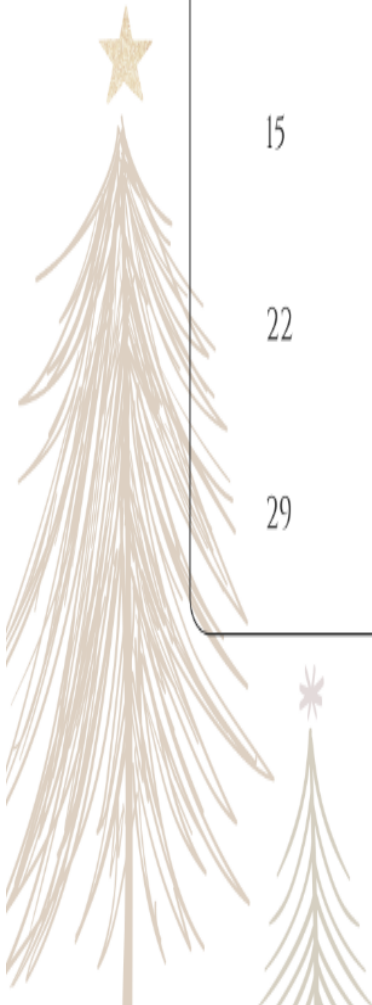
Notes:



DECEMBER



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



2024

January

2025



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:

Do you make New Year's Resolutions, if so do you keep them?

Dates to Remember:

January 1: New Year's Day

January 4: National Spaghetti Day

January 11: National Milk Day

January 20: 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 2025 Meeting

Time and Place: _____

Hostess: _____

Program: _____

Date: _____

Notes:



January

2025

2025

SUN	MON	TUE	WED	THU	FRI	SAT
29	30	31	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	1