



Learn to Grow with Wilson County FCE 2026 Yearbook

This yearbook is designed to be used by Wilson County FCE dues paying members only.

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development.
University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating.
UT Extension provides equal opportunities in programs and employment.

What is FCE? The Tennessee Association for Family and Community Education (TAFCE) is an organization of volunteers who work together to build strong families and communities. Local FCE clubs throughout the state of Tennessee are divided into three regions: Western, Central, and Eastern. Educational materials are created and utilized to strengthen knowledge and expertise. Resources are provided to develop leadership skills, enabling people to make a difference. Ultimately, FCE strives to make our homes and communities a better place in which to live!

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

TAFCE Logos: Please note the official TAFCE logos to the right. The State has developed a permission form which must be completed and approved before using the logo in any form. The logo is to appear as shown here, not to be distorted, changed in color (blue or black only) or changed in any way. The logo on the right, with the words, is designed to be used on letterhead and social media. The logo on the far right, without the words, is designed to be used on clothing or when smaller letters would not be easily distinguished.



TAFCE Central Region Webpage: New Website Coming Soon

TAFCE Webpage: <https://www.tafce.org> or <https://tafce.tennessee.edu>

Facebook Groups: TAFCE, Central Region

Tennessee Association for Family and Community Education

National Association for Family & Community Education

High-lighted State Project for 2026 – Focus on Food Security- the ability to access safe, nutritious & sufficient food at all times and access to quality food sources for a well-balanced diet to achieve a healthy life.

Each year, an emphasis is chosen for a state project or issue to be highlighted at the state level, filtering down to the region, county, and local level. This emphasis includes programs to educate the FCE members, and to promote the sharing of knowledge gained within their community. FCE members are encouraged to become involved with organizations in their communities that focus on that issue, through various forms of community service.



The FCE Logo is the acronym for "Family and Community Education". The logo includes the FCE as well as the words. The logo should not be used within state outlines. The name of the state may be used in the place of national as specified in the letterhead provided to each state by the national organization. The logo, emblem and seal are registered or copyrighted trademarks of the National Association for Family and Community Education. A written license agreement must be obtained before use. Contact National FCE Headquarters for the license agreement and/or the TAFCE President.

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2026 TACFE Executive Board

President

Emily Gordon (Marshall)
780 Yell Road
Lewisburg, TN 37091
931-359-7074
emilygtafce@gmail.com

President Advisor

Esther Button (Houston)
150 Outlaw Lane
Stewart, TN 37175
931-721-4765
buttonjarFCE@gmail.com

VP for Programs

Kaycee Smith (Cheatham)
1331 Leo Baker Rd.
Ashland City, TN 37015
615-504-9956
kdsmith@att.net

VP for Public Policy

Pamela McIntyre-Albaro (M'tgery)
253 Raintree Drive
Clarksville, TN 37042
931-378-9994
pamela.m.albaro@gmail.com

Secretary

Sarah Sharp (Wilson)
166 Speedwell Ln.
Lebanon, TN 37087
615-289-2963
sarahsharpfce@gmail.com

Treasurer

Peggy Richmond (Grundy)
949 Bells Mill Road
Pelham, TN 37366
609-413-7071
prichmond09@aol.com

Regional Presidents

Eastern Region President

Marti Agler (Sevier)
1300 Poplar Court
Sevierville, TN 37862
865-428-1472
tafceeastpresident@gmail.com

Central Region President

Myra Fisher (Smith)
123 Hillwood Drive
Carthage, TN 37030
615-542-2321
myra111@comcast.net

Western Region President

Pat Woods (Montgomery)
1002 Red Bluff Way
Adams, TN 37010
931-624-8910
pwoods29@gmail.com

Education Chairs

IT/Communications

Anita Ground (Lincoln)
43 Harbin Road
Fayetteville, TN 37334
540-735-7263
aground1@yahoo.com

Cultural Arts

Cindy Mishtal (McMinn)
1001 Valley Drive
Athens, TN 36303
423-462-4924
cmishtal@icloud.com

Fashion Revue

Vicki King (Madison)
72 Brookstone Place
Jackson, TN 38305
931-273-5168
vckingfce@gmail.com

State Advisors

Dr. Janet E. Fox
Department Head
Family & Community Services
122 Morgan Hall
2623 Morgan Circle
Knoxville, TN 37996
865-974-7384(0)225-610-6470(c)
jfox35@utk.edu

Dr. Martha Keel
Professor, UT Extension
State TAFCE Advisor
218 Morgan Hall
2921 Morgan Circle
Knoxville, TN 37996
865-680-9788
mkeel@utk.edu

Eastern Region Advisor

Heather Kyle
1801 Downtown West Blvd.
Knoxville, TN 37919
865-386-6268
hkyle@utk.edu

Central Region Advisor

Carla Bush
Regional Program leader
UT Extension CR Officer
5201 Merchant Dr.
Nashville, TN 37211
615-832-6550
cybush@utk.edu

Western Region Advisor

Dr. Lynn Brookins
UT Extension Program Leader [1]
605 Airways Blvd.
Jackson, TN 38305
731-425-4725
dbrooki1@utk.edu

Presidential Agent Advisor

Terri Orr
230 College St. Suite 130
Lewisburg, TN 37091
931-359-1929
terror@utk.edu

2026 Central Region Executive Board of Directors

President

Myra Fisher (Smith)
123 Hillwood Drive
Carthage, TN 37030
615-542-2321 (c)
myra111@comcast.net

President-Elect

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

VP for Public Policy

Lisa Harville (Smith)
18 Old Kemp Hollow Lane
Pleasant Shade, TN 37145
615-489-5511(C)
lisaharville@gmail.com

VP for Programs

Anne Waggoner-Evans (Smith)
22 Stewart Hollow Lane
Elmwood, TN 38560
615-957-9011
stewartfamilyfarm@icloud.com

Education Chair Retreat- Class Registration

Sarah Sharp (Wilson)
166 Speedwell Lane
Lebanon, TN 37087
615-289-2963
sarah.sharp08.ss@gmail.com

Co-Chair Retreat and 2028 Conference Coordinator

Kaycee Smith (Cheatham)
1331 Leo Baker Road
Ashland City, TN 37015
615-504-9956
kdcsmith@att.net

Treasurer

Sandra Poston (Wilson)
5247 Big Springs Road
Lebanon, TN 37090
615-406-2454
sposton05@gmail.com

Education Chair, Cultural Arts

Kenny Nix (Wilson)
1092 Callaway Drive
Lebanon, TN 37087
214-497-6302
genestraus@gmail.com

Education Chair, Fashion Revue

Joy McLerran (Clay)
559 Little Trace Creek
Red Boiling Springs, TN 37150
615-607-0085
mclerranjoy@gmail.com

Secretary

Dana Evans (Warren)
116 Martin Street
McMinnville, TN 37110
931-743-9067
danaevans444@gmail.com

Education Chair, Membership

Wendy Drumm (Smith)
36 Shady Circle
Pleasant Shade, TN 37145
516-578-6683
wfldust@nctc.com

Education Chair, Communications

Crystal Holt (Putnam)
795 East 22nd Street
Cookeville, TN 38501
931-261-6750
crystalHoltfce@gmail.com

UT Extension

Central Region Advisors

Carla Bush

Extension Program Leader
Central Region Office
5201 Marchant Drive
Nashville, TN 37211
615-832-6550
cybush@utk.edu

Piper Smith (Warren)

201 Locust St., Suite 10
McMinnville, TN 37110
931-473-8484
Psmit139@utk.edu

Emily Osterhaus (Lincoln)

208 Davidson Street East
Room 117
Fayetteville, TN 37313
931-433-1582
eosterha@utk.edu

Mary Draper (Smith)

67 Cookeville Hwy, Suite 102
Carthage, TN 37030
615-735-2900
mparke33@utk.edu

Mary Beth Henley (Franklin)

330 Joyce Lane
Winchester TN 37398
931-967-2741
mhenley1@utk.edu

Sami Wyatt (Wilson)

925 E Baddour Pkwy
Suite 100
Lebanon, TN 37087
615-444-9584
sstron11@utk.edu

2026 Wilson County FCE Board of Directors

<p><u>President</u> Penny West, TXR 1875 North Commerce Rd Lebanon, TN 37090 (615) 476-3658 pennywest1@yahoo.com</p>	<p><u>Cultural Arts</u> Wanda Briddelle, Green Hill 793 Saundersville Ferry Rd. Mt. Juliet, TN 37122 (615) 218-4763 bnawjb@tds.net</p>	<p><u>Bazaar</u> Regina McCathern, TXR 1224 Rome Pike Lebanon, TN, 37087 (615) 784-4287 mrmccathern@yahoo.com</p>
<p><u>President – Elect</u> Genevieve Kilga, Green Hill PO Box 774 Mt Juliet, TN 37121 (615) 594-5387 cruellastateside@aol.com</p>	<p><u>Fashion Revue</u> Robin George, TXR 965 Lebanon Hwy Lebanon, TN 37087 (615) 970-9111 robingeorge2@bellsouth.net</p>	<p><u>Quilt & Sewing Expo</u> Green Hill Women’s Club PO Box 774 Mt Juliet, TN 37121 (615) 594-5387 cruellastateside@aol.com</p>
<p><u>Vice President</u> Trudy Papuchis, Green Hill 530 Carver Lane Mt. Juliet, TN 37122 (615) 417-1685 tpapuchis@hotmail.com</p>	<p><u>Craft Day</u> Vee Wills, TXR PO Box 123 Watertown, TN 37184 (615) 969-7018 veewillsdesigns@gmail.com</p>	<p><u>Extension Agent Advisor</u> Samantha Wyatt 925 E. Baddour Pkwy, St. 100 Lebanon, TN 37087 (615) 444-9584 sstron11@utk.edu</p>
<p><u>Secretary</u> Avice Cummings, Leeville 1000 Hwy 109 N Lebanon, TN 37090 (615) 390-6187 avice50@bellsouth.net</p>	<p><u>Hospitality</u> BeBe Burns, TXR 149 Ramsey Lane Lebanon, TN 37087 (615) 509-2012 bebeburns8@yahoo.com</p>	
<p><u>Treasurer</u> Sandra Poston, TXR 5247 Big Springs Rd Lebanon, TN 37090 (615) 406-2454 Sposton05@gmail.com</p>	<p><u>Newsletter + Media</u> Tiffany Goldhamer, Green Hill 517 Millwood Lane Mt. Juliet, TN 37122 (615) 417-3768 tifgol@hotmail.com</p>	
<p><u>Chaplain</u> Frances Baker, Leeville 6911 Hickory Ridge Rd Lebanon, TN 37090 (615) 310-1249 cliffbaker1947@yahoo.com</p>	<p><u>Membership</u> Debbie Jennings, TXR 109 Walnut Grove Rd Lebanon, TN 37090 (615) 829-4281 dwjennings@gmail.com</p>	

2026 FCE Year at a Glance

February	4	Craft Day, West Building, 9am
	12	Service Project, West Building, 9am
	15	Retreat Instructor Form Due to Region Retreat Chair Kaycee Smith
	27	Best of the Best Nomination Due to Penny West
March	4	Craft Day, West Building, 9am
	15	TAFCE Scholarship Applications Due to TAFCE VP Kaycee Smith
	25	Spring Awards Luncheon SET-UP, East/West Buildings
	26	Spring Awards Luncheon, East/West Buildings,
	31	Leadership Retreat Packet Due to Sandra Poston
April	1	Craft Day, West Building, 9am
	7-8	Spring FCL Training, Comfort Inn and Suites, Lebanon
	11	Wilson County FCE Community Yard Sale, Extension Parking Lot
	13	Board Meeting, Extension Community Center, 9am
	15	Leadership Retreat Class Registration Due to Region Retreat Chair Sarah Sharp
	27	County Council Meeting, Extension Community Center, 9am - Creative Writing Due - 2025 CVU's Due
May	18-21	Central Region Leadership Retreat, UT Southern, Pulaski
	25	Memorial Day, Extension Office Closed
June	3	Craft Day, Q Barn, 9am
	8	Wilson County FCE Past, Present, and Future, School Exhibits, 9am & Cedar Croft Donation Day
	15	New 50 Year Member Applications Due to Debbie Jennings Fall FCL Applications Due to Sandra Poston Kate Bagnall Scholarship Application Due to Region VP Anne Waggoner-Evans
	19	Juneteenth, Extension Office Closed
	25	Service Project, Veteran's Building, 9am
	30	Wilson County Officer Nominations Due to Trudy Papuchis
July	1	Craft Day, East Building, 9am
	13	Board Meeting, Extension Community Center, 9am
	17	Central Region Annual Meeting Craft Booth Registration Due
	19-22	NAFCE Conference
	27	County Council Meeting, Extension Community Center, 9am - Central Region Annual Meeting Registration Fee Due

- All 2027 Membership Dues Due
- 2027 Club Membership Lists Due

August	7-8 10 11-12 13-22	Non-Perishable Intake Day, see 2026 Fair Catalog Fashion Revue Intake Day, see 2026 Fair Catalog Fall FCL Training, Comfort Inn and Suites, Lebanon Wilson County and Tennessee State Fair, see 2026 Fair Catalog
September	7 9 10 16 24	Labor Day, Extension Office Closed Central Region Annual Meeting SET-UP Central Region Annual Meeting, Lane Agri-Park, Murfreesboro FCE Fall Picnic, East Building, 4pm Service Project, East Building, 9am
October	1 1-3 7 12 11-17 26	TAFCE Conference Registration Due Quilt and Sewing Expo, Lebanon Expo Center Craft Day, Veteran’s Building, 9am Board Meeting, Extension Community Center, 9am National FCE Week County Council Meeting, Extension Community Center, 9am - 2027 Club Officer Lists Due to Debbie Jennings
November	4 12 13-14 22-28 26-27	Santa’s Workshop Craft Day, East Building, 9am Service Project, Education Building, 9am Christmas Craft Bazaar, East/West/Edu Building (SET-UP 13 th) National Family Week Thanksgiving, Extension Office Closed
December	2 5 10 21-25	Craft Day, East Building, 9am Southwest Club Christmas Banquet* Transition Board Meeting, Extension Community Center, 9am Heart of FCE Nominations Due to Penny West Christmas Break, Extension Office Closed
January 2027	6 18 21 25 28	Craft Day, TBA, 9am Board Meeting, Extension Community Center, 9am Central Region Information Day, Lane Agri-Park, Murfreesboro* County Council Meeting, Extension Community Center, 9am - Financial Summaries Due - Spring FCL Applications Due - 2025 Club and Individual Project Report and Award Forms Due - Character Counts Due Central Region Information Day, SNOW DATE* *Date and/or location subject to change.

100% Member Contest Scorecard - 2026

Individual members can submit this scorecard to the FCE Extension Agent at the 2027 January County Council Meeting. You will receive your scorecard back for your records when awards are presented at the 2027 Luncheon.

Name: _____

Club: _____

Attend 9 regular FCE Club meetings per year. A missed meeting can be made up by attending a different club's meeting within 2 months. _____ 10 pts.

Bring a prospective member to a club meeting. _____ 5 pts.

_____ 5 pts.

Bonus 5 points if that prospective member joins. _____ 5 pts.

_____ 5 pts.

Attend the FCE Spring Awards Luncheon. _____ 5 pts.

Attend the FCE Fall Picnic. _____ 5 pts.

Attend the Central Region Annual Meeting. _____ 5 pts.

Attend the Central Region Leadership Retreat. _____ 15 pts.

Attend the TAFCE State Conference. _____ 15 pts.

Participate in a County Service Project _____ 2.5 pts.

_____ 2.5 pts.

_____ 2.5 pts.

_____ 2.5 pts.

Attend a Wilson County FCE County Council Meeting _____ 2.5 pts.

_____ 2.5 pts.

_____ 2.5 pts.

_____ 2.5 pts.

Please Continue on next page.

100% Member Contest Scorecard - 2026

Continued.

Conduct a Leader Lesson/Educational Program. _____ 10 pts.

This does not have to be conducted at a club meeting. You may conduct a Leader Lesson or other Educational Program in a community setting. You MUST contact the FCS Extension Agent for approval to conduct a lesson outside of a club meeting.

Submit an entry in Cultural Arts, Fashion Revue and/or Creative Writing. _____ 5 pts.

_____ 5 pts.

_____ 5 pts.

Submit Certified Volunteer Units (CVU's) to Vice President on time. _____ 10 pts.

Participate in a club level service project. _____ 5 pts.

_____ 5 pts.

Volunteer with an FCS Extension Program. _____ 5 pts.

_____ Total Points

Scoring:	75 – 95 points = Merit Member	Certificate
	100 – 125 points = 100% Member	Lapel Pin
	130 – 150 points = Outstanding Member	Plaque

Master Club Contest Scorecard - 2026

Presidents: Submit this scorecard to the FCS Extension Agent at the 2027 January County Council meeting. You will receive your scorecard back for your records when awards are presented at the 2027 Luncheon.

Club: _____

- _____ 10 pts. At least 50% of club members attended the 2026 Spring Luncheon.

- _____ 20 pts. A club officer represented their club at all four County Council Meetings.

- _____ 10 pts. Club submitted an article to the Media Chairperson for inclusion in the FCE Newsletter: *Wilson County FCE Connections*.
10 points each (Max. 40 points.)

- _____ 15 pts. Club conducts a community service project AND submits a Project Report Form for the project. 15 points for each project conducted.

- _____ 10 pts. At least 50% of members participated in a county service project.
10 points each (Max. 40 pts.)

- _____ 15 pts. Club submitted a Project Award Form for their club service project.
15 points each.

_____ Total	Scoring: 80 – 110 points = Merit Club 115 – 165 points = Master Club 170+ Points = Exemplary Club	Honorable Mention at Luncheon Certificate for each Club Member Lapel Pin for each Club Member
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February 2026						
S	M	T	W	T	F	S
1	2	3	4 	5	6	7
8	9	10	11	12 	13	14 Valentine's Day
15  Don't Forget!	16 President's Day	17	18 Ash Wednesday	19	20	21
22	23	24	25	26	27  Don't Forget!	28

February Events:

- 4 – Craft Day, West Building, 9am
- 12 – Service Project, *Birthday Cards for Long-Term Care Residents*, West Building, 9am
- 15 – DUE: Retreat Instructor Form to Kaycee Smith
- 27 – DUE: Wilson County Best of the Best Nomination Form, pg. 15, to Penny West

Rose of the Month: Red

Red roses symbolize romantic love, passion, and beauty. They are a timeless representation of deep affection and true commitment.





February Club Meeting Notes



Date: _____

“February is American Heart Health Month. Put your heart first by walking in place during television commercials instead of remaining seated. Always remember to start slowly, and allow your heart to slow before sitting down.”

Call to Order – FCE Creed

Roll Call: Did you play a sport in high school?

<p>Important Club Notes:</p> <p>Treasurer’s Report:</p> <p>Unfinished Business:</p> <p>New Business:</p> <p>Announcements:</p>
--

Educational Program: Physical Activity - It's Never Too Late

One thing I learned was...

How will I use this knowledge in the future?

<p>Household Hint: Vacuuming not only reduces dirt and allergens from your home, it also tones your upper body and can be good cardio! Vacuuming burns 86 calories in 30 minutes. Give your lower body a workout too but adding lunges as you pick up grime! For other fitness through housework tips, visit healthfeed.uofuhealth.org.</p>

Central Region Leadership Retreat Information

May 18 – May 21, 2026, UT Southern, Pulaski

What is Retreat? FCE Members from across the region come together to learn, lead, and grow. It is a time to invest in yourself as you select the educational, leadership, craft, or marketable skills classes that will help you grow as a member, and as a person. There's also entertainment! After hours bingo, movie night, and shopping through the Silent Auction and the General Store is the perfect way to end each day.

Important Documents:

Instructor Form: If you would like to teach a class at Retreat, you must completely fill out the *TAFCE, Central Region Leadership Retreat Instructor Form* found in the Central Region Planner, and turn it in to the Central Region Retreat Chair, Kaycee Smith, no later than **February 15th, 2026**. She will accept a mailed copy, or emailed PDF.

Registration Form - Required: To register, complete the *TAFCE, Central Region Leadership Retreat Individual Registration Form*. You must indicate on the form your attendance: full-time (Tuesday – Thursday), full-time and extra night (Monday - Thursday), or day commuter (Tuesday and/or Wednesday). This form and a check totaling the registration fees made out to “Wilson County FCE” is due to the County Treasurer, Sandra Poston by **March 31st, 2026**.

Mildred F. Clarke Scholarship: The Central Region offers this scholarship to one first-time Retreat attendee from each county. A first-timer may apply for either a full-time scholarship (excludes extra night lodging), or one-day scholarship if you are attending as a day commuter. The application **MUST** be submitted to the County Treasurer, Sandra Poston, **WITH** the registration form **and** check for total registration fees, by **March 31st, 2026**. If you win the scholarship, your check will be held until retreat and returned to you at retreat – if you are not at retreat to receive your check back, it will be deposited in the Central Region bank account and not returned.

F600-B Health Form - Required: In case of emergency, this form would accompany you to the hospital to provide essential information about your health history to the doctors in Pulaski. This form is due **WITH** your registration form and check to Sandra Poston by **March 31st, 2026**.

Retreat Class Registration: Once the Retreat Classes are released, you can use it to fill out the *TAFCE, Central Region Leadership Retreat Class Registration* form. This form, and a check totaling the cost of the classes you've chosen made out to “TAFCE, Central Region,” is due to the Retreat Chair, Sarah Sharp, no later than **April 15th, 2026**.

All forms can be found on the Wilson County FCE website by following this QR code or visiting this address:

wilson.tennessee.edu/family-and-community-education-fce/





Wilson County Best of the Best Nomination Form

Due February 27th to President Penny West

Nominee: _____ Club: _____

Address: _____

Phone number: _____ Email Address: _____

Nominated By: _____ Club: _____

Phone Number: _____ Email Address: _____

Please describe your reason for nominating this person:

I am aware that if selected as this year's winner, the nominee will be required to provide three (3) letters of recommendation and three (3) supporting documents of their accomplishments in a three-ring portfolio by the Central Region due date.

Signature of Nominee: _____

Date: _____

March 2026

S	M	T	W	T	F	S
1	2	3	4 	5	6	7
8 Daylight Savings	9	10	11	12	13	14
15  Don't Forget!	16	17 St Patrick's Day	18	19	20	21
22	23	24	25 Luncheon Set-up Day	26 	27	28
29 Palm Sunday	30	31  Don't Forget!				

March Events:

4 – Craft Day, West Building, 9am

31 – DUE: Leadership Retreat Packet to Sarah Sharp

15 – DUE: TAFCE Scholarship Application

(see pg. 18 for further details.)

25 – Luncheon Set-up Day, East/West Building

26 – Wilson County FCE Spring Awards Luncheon,

9am-12pm, East/West Building

Rose of the Month: Green

Green roses mean health, vitality, and rebirth – a perfect representation of spring! They'd make a great gift for someone in recovery, or going through a big life transition.





March Club Meeting Notes



Date: _____

“Your mind needs exercise just as much as your body does, that’s why I think about jogging every day!”

Call to Order – FCE Creed

Roll Call: What is your favorite indoor fitness activity?

Important Club Notes:

Treasurer’s Report:

Unfinished Business:

New Business:

Announcements:

Educational Program: Bridges, Not Barriers - Communicating Through Conflict

One thing I learned was...

How will I use this knowledge in the future?

Household Hint: To find a small lost item under a chair or couch, place pantyhose over the end of the vacuum hose and use it to suck up the item.

Regional and State Scholarships

Central Region Kate Bagnall Scholarship Information:

TAFCE, Central Region is offering a \$1,000 scholarship to two Central Region FCE members who desire to further their education. The recipient will be paid \$1,000 in December of each year that they apply and are granted the scholarship to be used for the purchase of books and supplies for enrolled classes. The scholarship committee must be notified of any changes to the recipient's eligibility. Eligibility requirements: must be an active FCE member in good standing; must be enrolled in a school of higher education which offers a certificate, diploma, or degree; must maintain a GPA of 2.5 or higher; a high school or college transcript must be included with the application, showing the current GPA; application must include a one page essay describing "where I see myself in five years"; and, applicant must be willing to be interviewed by the scholarship committee, if they desire to interview.

The completed application is due to the Central Region VP for Programs by June 15th each year.

TAFCE State Scholarship Information:

TAFCE offers one \$1,000 Scholarship per year to a TAFCE member in good standing who wishes to further their education. The following criteria must be met: applicant must be a current TAFCE member in good standing; open to any student who *will be* enrolled in an accredited degree program or vocational school; applicant must be enrolled in a minimum of 6 credit hours per semester; must include a copy of their high school or college transcripts with the application, including a cumulative GPA of 2.5 or higher, two letters of reference, and a 250-word statement of your future goals; must show financial need, but doesn't not have to qualify for financial aid; and, must be willing to be interviewed by the scholarship committee if necessary. The recipient will be paid in two installments of \$500, once for the spring semester and once for the fall semester, and may be utilized for school related expenses such as tuition, books, fees, etc. The winner will need to reapply and contact the TAFCE treasure to provide all necessary information *each semester* they are enrolled, for up to four years.

The completed application is due to the TAFCE Treasurer by March 15th of each year.

To apply:

If you are interested in applying for these scholarships, the applications can be found in the Central Region Planner which is located on the Wilson County FCE website:

wilson.tennessee.edu/family-and-community-education-fce/

Or, follow this QR Code.



April 2026

S	M	T	W	T	F	S
			1 Craft Day	2	3 Good Friday Extension Office Closed	4
5 Easter	6	7	8 Spring FCL Training	9	10	11 Yard Sale
12	13 Board MEETING	14	15 DUE Today Don't Forget!	16	17	18
19	20	21	22	23	24	25
26	27 County Council MEETING DUE Today Don't Forget!	28	29	30		

April Events:

1 – Craft Day, West Building, 9am

8-9 – Spring FCL Training, Comfort Inn and Suites, Lebanon

11 - Wilson County FCE Community Yard Sale, Extension

Office Parking Lot, 9am

13 – FCE Board of Directors Meeting,

Extension Community Center, 9am

15 – Leadership Retreat Class Registration and Payment DUE

27 – FCE County Council Meeting, Extension Community Center, 9am

DUE: Creative Writing Entries, pg. 21, to Trudy Papuchis

DUE: 2025 CVU's, pgs. 22-24

Rose of the Month: Yellow

A symbol of friendship and joy, a bouquet of yellow roses will put a smile on anyone's face!





April Club Meeting Notes



Date: _____

“In some parts of southern and western Africa, dancers perform on stilts up to six feet high. Their dance symbolizes that the key to human wisdom is finding the right balance.”

Call to Order – FCE Creed

Roll Call: What is your favorite style of dance?

Important Club Notes:

Treasurer’s Report:

Unfinished Business:

New Business:

Announcements:

Educational Program: Love and Legacy - How to plan your financial legacy.

One thing I learned was...

How will I use this knowledge in the future?

Household Hint: Use dance as a “power reset” between tasks! Every 45-90 minutes, stand up and dance to a high-energy song of your choosing. It only takes 3 minutes to boost circulation, wake up your brain, and prevent that afternoon slump!

TAFCE

Tennessee Association of Family and Community Education

CREATIVE WRITING PROGRAM

Rules for TAFCE Creative Writing Program

1. Must be written by a TAFCE DUES PAYING MEMBER WHO IS NOT A PROFESSIONAL WRITER. (This means that she/he does not receive compensation for their work.)
2. Entries must NOT exceed 1,000 words and illustrations are prohibited.
3. Entries must be legibly handwritten in black ink or typed/printed in black ink with a font size of 12 or 14 on plain white paper. Entries will be judged for spelling, grammar, and punctuation.
4. Each entry must include writer's name, address, phone number, county, region, and category on a cover sheet. On the last page include name, county, and region in small letters.
5. Deadline for submitting entries is at the end of this form.
6. Those judged first and second place in each category in the county should be sent to the appropriate region's competition. First and second place region winners should be sent to the State for competition.
7. All entries judged from the State competition will be compiled into a booklet.
8. The state will award first place winners in each category \$10.00 and a booklet. Second place winners in each category will receive recognition.
9. TAFCE member may submit entries in any or all categories but only one entry per category.
10. Entries become the property of TAFCE and will not be returned.
11. Any entry will be disqualified if the above rules are not followed.

CATEGORIES

1. Poetry: any style
2. Essays: any subject or person
3. Short Stories
4. Children's Stories: **(No illustrations are to be submitted)**
5. Featured Article/News Article: can be club report publication or multi-media. Any original article will be accepted and must indicate on or with the article the name and date of publication. An online article should provide the URL or link to the publication. Any article may be scanned and submitted by email and must be accompanied by a cover sheet.
6. Miscellaneous: any entry that does not fit into above categories.

SCORING CRITERIA	POINTS
Introduction: Gets attention, indicates direction, etc. Well organized Body: Well organized Conclusion: Ends with a purpose, summarizes, etc.	20
Creativity/Originality	50
Results: effect on the reader	30
TOTAL	100

Due to:	County	Region	State
Date Due:	May 1	June 1	October 1
Give to:	VP Trudy Papuchis	Region chairperson	State Chairperson

Revised - 2024



Certified Volunteer Units (CVUs)

Certified Volunteer Units are a record of your volunteer time. Keeping a record of your volunteer hours can help you in many ways! It can:

- Prepare you for more responsible leadership and/or volunteer positions within FCE and/or other organizations.
- Help you seek paid employment – properly documented volunteer work can be listed on a resume or job application.
- Help you seek elected office – community involvement and public service are very important qualifications.
- Qualify you for awards and recognition within FCE or the community.
- Qualify you for scholarships – a record of volunteer service verifies the scope of your interests and background.
- Help you grow personally – volunteering is a fun and rewarding experience.

CVU's are used to recognize FCE members for the volunteer services they've provided to their community. Any act of volunteer service counts, except those for immediate family members. You can include phone call time, meetings, and travel time if it relates to the volunteer service you're providing. In addition to recognition, these hours are used to bolster FCE's non-profit status, and can help our organization qualify for grants and other funding that would provide better resources to enhance our communities in new ways.

When you've completed 500 hours of volunteer service, you can receive a Certificate of Recognition from TAFCE. 500 hours equals 50 CVU's. Each additional 500 hours will earn a seal to be affixed to the certificate. A maximum of four seals per certificate equals 2,000 volunteer service hours! The maximum time span for turning in unreported hours is three years.

You may use the Personal CVU Log on the next page to document your volunteer hours, but you can also use whichever method that may work best for you. For best practice, record the date, type of service, the number of people you reached in your service, as well as your hours. The Personal CVU Log does not get turned in. This form, or your preferred method, will remain with you for your personal records.

The Volunteer Service Summary is submitted as CVU's, summarizing your Personal CVU Log. **Turn in CVU's in 500-hour increments only (500, 1,000, 1,500, 2,000).** If you've volunteered 534 hours over the last three years, only turn in 500 hours of service. The remaining 34 hours can be rolled into the next one to three years of service. You can turn in a maximum of 2,000 hours per year, unless you have documentation to verify excess.

CVU Volunteer Service Summary Due Date: April County Council Meeting, or May 1.

Due To: Wilson County Vice President.

CERTIFIED VOLUNTEER UNITS

Volunteer Service Summary

Name _____ **County** _____ **Region** _____

City _____ **State** _____ **Zip** _____

Date Submitted for Recognition: _____

Date of Volunteer Activity	Type of Volunteer Activity	Hours of Volunteer Time	# of People Reached

TOTAL HOURS: _____
TOTAL PEOPLE REACHED: _____

County **Date**

Region **Date**

State **Date**

[The Total Hours must be submitted in 500-hour increments (i.e., 500, 1000, 1500, not to exceed 2000 per year)]

County Due Date: <u>May 1st</u> to County Vice President	Region Due Date: <u>June 1st</u> to Region VP of Public Policy	State Due Date: <u>July 1st</u> to State VP of Public Policy
---	---	---

Revised 2023

MAY 2026						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10 Mother's Day	11	12	13	14	15	16
17	18	19	20	21	22	23
Central Region Leadership Retreat						
24	25 Memorial Day Extension Office Closed	26	27	28	29	30
31						

May Events:

18-21 – Leadership Retreat, UT Southern

Rose of the Month: Ivory
 Also called cream or eggshell, ivory roses are associated with charm, luxury, and sophistication. Ivory may also represent devotion, loyalty and commitment, making them a popular choice for weddings.





May Club Meeting Notes



Date: _____

“Exercise in almost any form can act as a stress reliever. Physical activity boosts your feel-good hormones and could distract you from daily worries.”

Call to Order – FCE Creed

Roll Call: Where is your favorite place to go on a relaxing walk?

Important Club Notes:

Treasurer’s Report:

Unfinished Business:

New Business:

Announcements:

Educational Program: Nutrition and Arthritis

One thing I learned was...

How will I use this knowledge in the future?

Household Hint: Instead of sitting while talking on the phone, walk around to add more movement to your day. Other ways to increase your daily step count are to park farther away from the building, always choose the stairs, and take short walks during commercial breaks, lunch breaks, or just to break up sitting for too long.

FAMILY AND COMMUNITY LEADERSHIP TRAINING

Family and Community Leadership (FCL) is a National Association for Family, Community and Education (NAFCE) leadership development, education, and training program. The W. K. Kellogg Foundation provided initial capital which supplemented the Tennessee Association for Family and Community Education (TAFCE) and University of Tennessee Extension (UT Extension) to establish the Tennessee FCL program.

TAFCE in partnership with UT Extension offers leadership workshops to prepare participants to become effective leaders to serve in their communities. They will become skilled in leadership, public policy, education, and advocacy. They will develop and strengthen their skills to benefit individuals, families, communities, FCE and other organizations. For more information go to: NAFCE (www.nafce.org) or TAFCE (tafce.tennessee.edu) website.

This is a two-session training consisting of 30 hours of classroom work. Usually, 15 hours of classroom work in the spring and 15 hours of classroom work in the summer. Both sessions must be completed within an 18-month period. It is expected of each member being educated and trained to become active leaders and serve in their local FCE club, county council, region board, TAFCE State Board, NAFCE Board or other community organizations.

The cost to attend FCL Training is as follows:

- A. FCE member-\$110.00, non-member-\$120.00, and FCS Agents-\$30.00.
- B. The TAFCE account will pay for a hotel room if an overnight stay is needed, and the room is shared with another participant or teacher. If a single room is requested, TAFCE will pay half the room fee, the remaining half the room fee to be paid by the participant or teacher.
- C. FCS Agents will make their own hotel reservation and pay all their own expenses.
- D. The TAFCE account will pay the costs for TAFCE board members to attend FCL training if they have not previously attended.

If interested in attending, please complete the *Application and Reimbursement Form*. A current TAFCE member may apply for reimbursement. See guidelines below.

Guideline for Reimbursement

The *Application and Reimbursement Request Form* may be completed by a current TAFCE member who is interested in attending the Family and Community Leadership Training. Reimbursement is provided by each Region Board for six (6) members per session to attend.

To qualify, you must complete 30 hours of training offered in two 15 hours training sessions. You may begin in either spring (April) or Fall (August). The reimbursement is offered on a first come, first served basis (preferably, one per county). If all six (6) reimbursements have been requested, a TAFCE member may request to attend, paying all their own expenses **and** provided space is available. **Failure to complete the required 30 hours in an 18-month period results in forfeiture of their payment** and the member cannot apply for reimbursement again. If space is available, they can participate at their own cost as a member. Exception may be granted for extenuating situations with approval of the Region Board.

Effective January 2023



Family and Community Leadership Training Application and Reimbursement Request Form

Are you applying for reimbursement? _____ if yes, see Reimbursement Guidelines.

Please circle which session you want to attend:

Spring Session

Fall Session

NAME: _____

ADDRESS: _____

Phone: _____ and/or Cell Phone: _____ Email: _____

Club: _____ County: _____ Region: _____

Why are you interested in FCL Training? _____

What do you expect to learn from the FCL Training? _____

Offices held in FCE: _____

Other Community or Organization Involvement: _____

Is this your first session _____ or second session _____

Signature of applicant: _____ Date: _____

Mail the application for this session to the Central Region VP for Public Policy. Mail your check/money order, payable to Central Region FCE, with a **copy** of the application to the Central Region Treasurer before February 15 for the spring session or June 15 for fall session.

Signature of Regional Officer: _____ Date: _____



June 2026

S	M	T	W	T	F	S
	1	2	3 	4	5	6
7	8 Leader Lesson Day & Cedarcroft Donation Drop Off	9	10	11	12	13
14	15  Don't Forget!	16	17	18	19 Juneteenth Extension Office Closed	20
21 Father's Day	22	23	24	25 	26	27
28	29	30  Don't Forget!				

June Events:

3 – Craft Day, Q Barn, 9am

8 - FCE Leader Lesson (see pg. 30), School Exhibits, 9am & Cedarcroft Donation Day

15 – DUE: New 50-Year Member Application, pg. 31, to Debbie Jennings

DUE: Fall FCL Applications, pgs. 27 & 28, to Sandra Poston

DUE: Kate Bagnall Scholarship Application to Trudy Papuchis (see pg. 18)

25 – Service Project, *Lap Blankets*, Veteran's Building, 9am

30 – DUE: Wilson County Officer Nominations, pg. 32, to Trudy P.

Rose of the Month: Pink

Pink roses convey many meanings, depending on its shade. A light pink shows femininity and innocence, while a dark pink rose shows gratitude.





June Club Meeting Notes



Date: _____

“Don’t give up on your dreams, or your dreams will give up on you.”

- *John Wooden*

Call to Order – FCE Creed

Roll Call: What is one way you’ve increased your physical activity this year?

<p>Important Club Notes:</p> <p>Treasurer’s Report:</p> <p>Unfinished Business:</p> <p>New Business:</p> <p>Announcements:</p>
--

Educational Program: Wilson County FCE - Past, Present and Future - June 8, 9am, School Exhibits

One thing I learned was...

How will I use this knowledge in the future?

<p>Household Hint: As an alternate to walking, try chair squats! This can be done from your couch, work desk, or anywhere you sit! How to: stand in front of your chair, feet shoulder-width apart, and sit back as if you’re going to sit down but stand again as soon as you feel the chair beneath you. This will target your legs and glutes, and is a great exercise for balance and lower body strength!</p>

TAFCE 50 YEAR MEMBER APPLICATION FOR CERTIFICATE

NAME: _____
(Print legibly or type EXACTLY as you want it to appear on certificate)

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

REGION: _____ COUNTY: _____ CLUB: _____

YEARS OF MEMBERSHIP: _____ YEAR FIRST JOINED: _____

HIGHLIGHTS OF MEMBERSHIP: _____

Signature of Applicant: _____ Date: _____

Person to Contact if other than applicant: _____

Contacts information: phone: _____ Cell: _____

Email: _____

Revised: January 2022



Wilson County Officers Nomination Form

Nominee Name: _____ Club: _____

Number of Years as a Member in: Your Club _____ Wilson County _____

TAFCE _____ NAFCE _____

Offices Held:

- Club – Office: _____ Years: _____
- County – Office: _____ Years: _____
- Region – Office: _____ Years: _____
- State – Office: _____ Years: _____

FCE Committees Served: *Please use an additional sheet of paper if necessary.*

Non-FCE Community Organization Service:

FCE Awards and Recognition:

Please describe an example of community leadership you exhibited as an FCE Member:

I, (nominator's name) _____, **nominate** (nominee's name) _____
for the position of _____ for one term.

If elected, I, (nominee's name) _____, agree to carry out all duties required of this office, as outlined in the Wilson County FCE Handbook, to the best of my ability.

Signature of Nominee:

Date Signed:

Submit this form to the Wilson County Vice President, Chair of the Nominating Committee, by June 30th of this year.

July 2026						
S	M	T	W	T	F	S
			1 Craft Day	2	3	4
5	6	7	8	9	10	11
12	13 Board Meeting	14	15	16	17 DUE Today Don't Forget!	18
19	20-22 NAFCE 90 th Anniversary Conference – please visit nafce.org/2026national-conference-info for more information			23	24	25
26	27 County Council Meeting DUE Today Don't Forget!	28	29	30	31	

July Events:

- 1 – Craft Day, East Building, 9am
- 13 – FCE Board of Directors Meeting, Extension Community Center, 9am
- 17 – DUE: Annual Meeting Craft Booth Registration to Sandra Poston (see pg. 35)
- 27 – FCE County Council Meeting, Extension Community Center, 9am
 - DUE: Central Region Annual Meeting Registration to Sandra Poston
 - DUE: All Membership Dues *WITH* Membership Renewal Forms, pg. 36 to Sandra Poston
 - DUE: Club Membership List to Debbie Jennings

Rose of the Month: Purple
 A purple rose symbolizes admiration and respect. They would make a great gift for someone you look up to!





July Club Meeting Notes



Date: _____

“The first time I see a jogger smiling, I’ll consider it.” – Joan Rivers

Call to Order – FCE Creed

Roll Call: Do you walk for distance, time, or simple enjoyment?

Important Club Notes:

Treasurer’s Report:

Unfinished Business:

New Business:

Announcements:

Educational Program: AI Investigation

One thing I learned was...

How will I use this knowledge in the future?

Household Hint: Towel Stretch! Use a bath towel to increase your shoulder flexibility and mobility, and improve posture! Hold the towel over your head in a comfortable position, and move your arms side to side. Pull gently behind your back for an extra stretch.

You should not feel any pain. If you feel pain, ease out of the movement until you stop feeling the pain.

TAFCE, Central Region
Annual Meeting Information Sheet

Date: Thursday, September 10th, 2026

7:30 a.m. Doors open booth space set-up.

8:00 a.m. to 9:30 a.m. Cultural Arts/Fashion Revue check-in

8:30 a.m. to 9:30 a.m. Registration check-in

9:45 a.m. Voting Delegates are to be seated

10:00 a.m. Meeting begins.

Location:

Rutherford County UT Extension
Lane Agri Park Community Center
315 John R Rice Blvd
Murfreesboro, TN 37129

COME EARLY TO SHOP!

Reservation: Reservation is \$25 and includes lunch, speaker or entertainment, prizemoney, judge's gifts, and miscellaneous expenses. Please send a check made out to "Wilson County FCE", memo Annual Meeting, for \$25 to Sandra Poston at the July County Council Meeting, or by August 1st, 2026.

Business Meeting:

- Officer nomination forms are due by **June 15, 2026**, to the Central Region VP for Programs, Anne Waggoner-Evans. (See QR Code.)
- If you want to be on the Annual Meeting agenda, please contact TAFCE, Central Region President, Myra Fisher at myra111@comcast.net by August 1.

Booth Sales: If you or your county wish to sell items at the Annual Meeting, there is a \$10.00 non-refundable rental fee and a form to complete. The capacity for booth space may be limited to 12 spaces. The individual or county booth will be limited to one booth space per county, unless there are available booth spaces remaining after the deadline. A second booth will be considered per the application form submitted. Requests will be accepted in order of the date received. Please furnish your own table (s). One space will be approximately 10' X 10'. Send booth registration form and a check made out to "Wilson County FCE", memo Annual Meeting Booth, to Sandra Poston by July 17th, 2026.

The booth request form and Central Region Officer nomination form can be found in the Central Region Planner located on the Wilson County FCE website: wilson.tennessee.edu/family-and-community-education-fce/ or follow this QR Code:



2027 County FCE Membership Renewal Form

\$15.00 to Wilson County FCE Treasurer by July 31st.

(County, Region and State Dues Only – does not include individual club dues)

Print Name: _____

Primary Club: _____ Secondary Club: _____

Has your home address, email address, or phone number changed within the last year?

Yes - update your information below **No – skip to publicity release**

Address: _____

City, State, Zip Code: _____

Primary Phone Number: _____ Secondary Phone Number: _____

Email Address: _____

Publicity Release – please indicate your choice below.

By indication of my signature below, I authorize any member of FCE, University of Tennessee, or the Tennessee State University to film, photograph, audio/video tape, record and/or televise my image, voice, and biographical material, in whole or in part in any medium now known or developed in the future, without any restrictions.

I do not authorize my photo, image, or voice to be used.

FCE Involvement and Volunteer Opportunities – please indicate your interests.

Teaching Crafts Teaching Adult Sewing/Fiber Arts Media Committee

Fundraising Teaching Youth Sewing/Fiber Arts Bazaar Committee

Service Project Organizer Attend Leadership Trainings FCE Marketing

FCS Volunteer: attend trainings to teach classes, assist in classes, and/or be an office assistant in the areas of: finance and consumer education (youth and adult); food preservation; food and nutrition education; cooking classes; chronic disease management; parenting education; emotional wellness education; physical activity/exercise

I have read and understand the Code of Conduct, rules, and procedures as outlined in the Wilson County FCE Handbook.

Signature: _____ Date: _____

August 2026

S	M	T	W	T	F	S
						1
2	3	4	5	6	7 Non-Perishable Intake Day	8 Non-Perishable Intake Day
9	10 Fashion Revue Intake Day	11	12	13 	14 	15 
16 	17 	18 	19 	20 	21 	22 
23	24	25	26	27	28	29
			FCL Training			
30	31					

August Events:

7-8 – Non-Perishable Intake Day, see your Fair Catalog

10 - Fashion Revue Intake Day, see your Fair Catalog

13-22 – Wilson County and Tennessee State Fair

26-27 – Fall FCL Training, Comfort Inn and Suites,

Lebanon

Rose of the Month: Orange

This vibrant rose symbolizes energy, enthusiasm, and creativity. Let's bring this energy into this fair season as we proudly serve Wilson County and showcase our community's creativity!





August Club Meeting Notes



Date: _____

“August is usually the hottest month! Water-based exercise is a low impact activity that takes pressure off your joints, and water provides natural resistance which helps strengthen muscles.”

Call to Order – FCE Creed

Roll Call: Have you ever tried a water-based exercise class?

Important Meeting Notes:

Treasurer’s Report:

Unfinished Business:

New Business:

Announcements:

Educational Program: Free Month

One thing I learned was...

How will I use this knowledge in the future?

Household Hint: If there aren’t water aerobics classes offered near you, find a pool and try water walking! As you walk across the pool, swing your arms and keep your back straight.

Wilson County Hint: Jimmy Floyd Center in Lebanon offers water aerobics classes daily for members.

TAFCE CULTURE ARTS EXHIBIT
Categories and Rules

	Category Description	Comments
1.	Basketry	Any material
2.	Beadwork	All bead worked except Jewelry
3.	Ceramics	
4.	Chairs & Stools	Woven or caned
5.	Crochet: Thread	
6.	Crochet: Yarn	
7.	Cross Stitch: Counted	Not Machine Cross Stitch
8.	Cross Stitch: Other	Not Machine Cross Stitch
9.	Decorative Painting	Tole, China Painting, Textile Painting (aprons), Stenciling, Any Other
10.	Diamond Painting/Art	Beads or square beads cannot be entered in beading
11.	Dolls	Any Type
12.	Embroidery: Hand	All Type including Brazilian, Ribbon, Crewel-all hand work
13.	Embroidery: Machine	All, including Machine Cross Stitch
14.	Fine Arts Painting: Acrylics	
15.	Fine Arts Painting: Drawings & Charcoal	
16.	Fine Arts Painting: Pastels	
17.	Fine Arts Painting: Oil	
18.	Fine Arts Painting: Watercolor	
19.	Floral Design	Any material except fresh/live flowers/greenery
20.	Handcrafted Toy	Any Material
21.	Hand Stitching	Hardanger, Cutwork, Smocking, Applique
22.	Holiday Decoration: Christmas	Christmas only-can include Diamond Painting/art
23.	Holiday Decoration: Non-Christmas	Any other item-can include Diamond Painting/art
24.	Jewelry: Beaded	No diamond art beading
25.	Jewelry: Non-Beaded	
26.	Knitting: Hand	
27.	Mosaic Art	No beading or diamond painting/art
28.	Needlepoint	Any Type Canvas
29.	Paper Crafts	
30.	Photograph: Black & White - Person	Individuals, single person, two or more persons
31.	Photography: Black & White - Place	Landscape, Scenery
32.	Photography: Black & White - All Other	
33.	Photography: Color - Person	Individuals, single person, two or more persons
34.	Photography: Color - Place	Landscapes, Scenery
35.	Photography: Color - All Other	
36.	Pottery	
37.	Quilts: Applique & Cathedral Window	All work of member
38.	Quilts: Baby & Lap	All work of member
39.	Quilts: Embroidered – Hand	All work of member
40.	Quilts: Hand-Pieced & Hand Quilted	All work of member
41.	Quilts: Machine-Pieced & Hand Quilted	All work of member
42.	Quilts: Machine Pieced & Machine Quilted	All work of member
43.	Quilts: Hand or Machine Pieced & Professionally Quilted	All work of members EXCEPT quilting may be done by another FCE member or non-member, paid or free
44.	Quilt: Pillow	All work of member
45.	Quilt: Wall Hanging	All work of member
46.	Quilt: Other	All work of member. Includes clothing, potholders, place mats, and rag-time quilts

REVISED: December 2023



TAFCE CULTURE ARTS EXHIBIT
Categories and Rules

47	Repurposing	Recycling material to create something new
48	Rug Making	Any Type
49	Sculpture	Any Medium
50	Stained Glass	
51	Tatting	
52	Weaving: Hand	
53	Weaving: Loom	
54	Woodworking	All wood working

Categories 55-65 are county-level only. These entries will be judged, and winners will be awarded placings. However, the winners in these categories *WILL NOT* advance to the regional contest.

55	Wreaths	
56	Home Decor	
57	Pillow	Not Quilted
58	Decorated Gourd	
59	Barn Quilt	No more than 4'x4'
60	Iris Folding	Ribbon
61	Iris Folding	Paper
62	Christmas Ornament	Made from Natural Materials (pinecones, twigs, acorns, shells, etc.)
63	Fused Glass	
64	Ag Commodity of Year	Any item with current commodity as theme
65	Pour Painting	

1. An individual may enter **only one item per category regardless of multiple club, county, or region membership**.
2. All first and second place winners from each county can go to region to be exhibited. All first and second place winners from the region may go to state to be exhibited. (Two entries per category may be exhibited.) No substitutions from original entry in county of region may be entered in the state exhibition.
3. Articles must be entirely the work of the TAFCE member EXCEPT for Category #43.
4. The art or craft must have been completed during the past year (since last competition). All photography categories must be pictures taken by member and framed within the current year.
5. No pre-printed ("cheater") quilts will be accepted.
6. All frameable items must be framed.
7. Each member is responsible for arranging transportation for exhibits to and from the County, Region, and State Conference sites.
8. Each member is responsible for providing their own materials required to exhibit articles at the County, Region, and State Conference sites. If items are best displayed hung, please provide a means of hanging. **Tape and nails cannot be used on walls.**
9. Entries will be exhibited by categories.
10. Once an item is entered in a specific category at the county level, **no one** is authorized to change the category number at Region or State Level.
11. The judges have the option of disqualifying any item that does not fit the category.
12. A "Viewer's Choice" award by popular vote will be presented.
13. A list of regional winners must be sent to State Chair as soon as chosen. **You must use the Region Reporting Form found on the TAFCE.org website. All information is required.**
14. The Tennessee Association for Family and Community Education (TAFCE), its officers or members, or the University of Tennessee Extension staff will not be responsible for any lost, misplaced or damaged items. We do not anticipate any misfortunes, but this disclaimer must be clearly understood by all exhibitors.
15. All exhibitors must be TAFCE members in good standing.
16. Any new category must be presented at the regional exhibition prior to bringing category to the state board for approval. The category must have statistics to show interest. Until the TAFCE State Board approves the category, it may not be exhibited at the State Conference competition.

Revised December 2023



TAFCE CULTURAL ARTS EXHIBIT—Information

Important: This form must stay with the exhibit entry: County-Region-State

Year: _____ Region: _____
County: _____ Club: _____
FCE Member: _____
Address: _____
City: _____ Zip Code: _____
Cell/Phone Number: _____
Email: _____

Be sure to use the latest Cultural Arts Category List

Category Number: _____
Category Name: _____
Item Description: _____
County Entry Number: _____
Region Entry Number: _____
State Entry Number: _____

TAFCE CULTURAL ARTS EXHIBIT—Information

Important: This form must stay with the exhibit entry: County-Region-State

Year: _____ Region: _____
County: _____ Club: _____
FCE Member: _____
Address: _____
City: _____ Zip Code: _____
Cell/Phone Number: _____
Email: _____

Be sure to use the latest Cultural Arts Category List

Category Number: _____
Category Name: _____
Item Description: _____
County Entry Number: _____
Region Entry Number: _____
State Entry Number: _____

TAFCE CULTURAL ARTS EXHIBIT—Information

Important: This form must stay with the exhibit entry: County-Region-State

Year: _____ Region: _____
County: _____ Club: _____
FCE Member: _____
Address: _____
City: _____ Zip Code: _____
Cell/Phone Number: _____
Email: _____

Be sure to use the latest Cultural Arts Category List

Category Number: _____
Category Name: _____
Item Description: _____
County Entry Number: _____
Region Entry Number: _____
State Entry Number: _____

TAFCE CULTURAL ARTS EXHIBIT—Information

Important: This form must stay with the exhibit entry: County-Region-State

Year: _____ Region: _____
County: _____ Club: _____
FCE Member: _____
Address: _____
City: _____ Zip Code: _____
Cell/Phone Number: _____
Email: _____

Be sure to use the latest Cultural Arts Category List

Category Number: _____
Category Name: _____
Item Description: _____
County Entry Number: _____
Region Entry Number: _____
State Entry Number: _____

TAFCE FASHION REVUE

First and second place winners in each category are due to the Education Chair (see current year's due dates) for competition and judging. **First and Second Place Winners at the Region Contest are eligible for the TAFCE State Fashion Revue contest.** Winners are responsible for transporting the item to TAFCE State Conference.

CATEGORIES

Constructed Items

1. Suit, dressy ensemble, or better dress
2. Jacket, blazer, or coat
3. Casual and active wear
4. Children's casual and better wear (ages 12 or under)
5. Teen's casual and better wear (ages 13 - 18)
6. Sewing for an adult (over 18)
7. Recycled garment (utilizing used materials)
8. Wardrobe accessory (belt, tote bag, handbag, scarf, vest, hat, etc.)
9. Decorative Sweat wear (sweatshirt, sweatshirt jacket, etc.)
10. T-shirts Embellished
11. Embellished Accessories
12. Embellished Aprons
13. Aprons - constructed
14. Tie Dye- any
15. Costumes

Purchased Items

16. My Best Fashion Purchase: Casual Wear
17. My Best Fashion Purchase: Better Dress

Wilson County Only Categories

18. Apron - Vintage or Purchased
19. Formal Wear - Purchased
20. Pajamas - Constructed

GUIDELINES

Sewing Skills

1. The participant **MUST** be a TAFCE member in good standing.
2. The garment must have been made within the last year.
3. Garments can be worn or displayed on a hanger.
4. All work must be entirely by the TAFCE member.
5. The judges are encouraged to use these criteria for judging:
 - a. Construction
 - b. Suitability of fabrics

Buying Skills

1. The participant **MUST** be a TAFCE member in good standing.
2. The garment must have been purchased within the last year.
3. The judges are encouraged to use the TAFCE score card as the criteria for judging.
 - a. Construction
 - b. Suitability of fabric
 - c. Quality of fabric

TAFCE FASHION REVUE PERSONAL DATA SHEET

The information on this form is used to assist with preplanning the Fashion Revue. It is important to **complete all sections.** **PLEASE PRINT YOUR INFORMATION.**

Name: _____ County: _____ Region: _____

Address: _____ Phone: _____

City: _____ State: _____ Zip: _____

Category: _____ Club: _____

Sewn Outfit or Accessories

Pattern Number: _____

Cost of fabric, pattern, etc.: _____

Estimated cost if purchased ready-made: \$ _____

Estimated Savings: \$ _____

Purchased outfit/accessories (new/used):

Cost: \$ _____

Estimated "original" cost: \$ _____

Estimated Savings: \$ _____

Write a suggested script for your outfit. Include what you learned while making this outfit and Interesting, humorous, or educational experiences you had in creating, wearing, or finding this outfit or accessory. Describe the fashion details of your outfit. Refer to the description on the pattern envelope. Be informative, but keep the description lively and fun by using active words:

Attach a photograph of the outfit you will enter (pattern envelope illustration or sketch is acceptable).

September 2026						
S	M	T	W	T	F	S
		1	2	3	4	5
6	7 Labor Day Extension Office Closed	8	9	10 Central Region Annual Meeting	11	12
13	14	15 FCE Fall PICNIC	16	17	18	19
20	21	22	23	24 Service Project	25	26
27	28	29	30			

September Events:

- 10 – Central Region Annual Meeting, Lane Agri-Park, Murfreesboro
- 15 – FCE Fall Picnic, East Building, 4pm
- 24 – Service Project, *Fidget Mats*, East Building, 9am

Rose of the Month: Blue
 Blue roses are not found in nature, making them a symbol of uniqueness and mystery. They also represent unattainable desire and can be given to either express an unrequited love, or a wish for big dreams to come true.





September Club Meeting Notes



Date: _____

“September is Healthy Aging Month. Physical activity can help you stay healthy and independent as you age. Try activities such as Tai Chi that have an aerobic and balance component.”

Call to Order – FCE Creed

Roll Call: Which sport have you always wanted to try?

Important Meeting Notes:

Treasure’s Report:

Unfinished Business:

New Business:

Announcements:

Educational Program: Care for the Caregiver

One thing I learned was...

How will I use this knowledge in the future?

Household Hint: Mopping works out your upper body and burns nearly 90 calories in 30 minutes. Switch arms halfway through for an even workout, and blast your favorite music to burn extra calories while having fun!



2027 Character Counts

National Essay and Artwork Contest

National FCE members nationwide present an annual contest for anyone eligible as a 4th grade student, i.e. in public, private, home schools, 4-H, scouts, youth or church groups, etc. National FCE's Essay and Artwork Contest promotes FCE's literacy programs, CHARACTER COUNTS!® and community involvement. The purpose of the 2027 contest is to encourage students to understand and practice RESPONSIBILITY, one of the Six Pillars of Character!® The contest encourages students to strive for excellence and creativity in reading, writing, and drawing skills.

This contest begins September 1, 2026. All entries are due to the Wilson County Vice President by February 1, 2027.

Criteria:

1. Any 4th grade student, i.e. in public, private, home schools, 4-H, scouts, youth or church groups, etc. is eligible.
2. Entries are to include an essay and a hand drawn artwork. Use #2 pencil, or computer type for essay. Use #2 pencil or colored pencils for artwork.
 - a. You may color the artwork with colored pencils. **No crayons or markers.** Do not fold the artwork. Essay and artwork should reflect the characteristic **RESPONSIBILITY**. For artwork, use unlined, white paper approximately 8 ½ by 11.
 - b. For essays, use lined, white paper approximately 8 ½ by 11. Use plain white paper if computer written. The essay shall be a minimum of 50 words.
3. Students should write their name, date, teacher/leader's name on the back of the artwork and the bottom of the essay.

It is the club or county's responsibility to notify schools, libraries, or other networks with 4th grade students of the contest. Parent/Leader permission is required for student to participate and for their essay and artwork to be posted to the NafCE website.

It is the Wilson County Vice President's responsibility to find and instruct judges using the provided judging criteria. The 1st, 2nd, and 3rd place winners will be honored at the 2027 Spring Awards Luncheon, and the 1st place entry will be sent to compete in the state contest. Winners of the state contest will compete at the national level.

If you are interested in promoting this program in your community, all information and paperwork can be found by going to www.nafce.org/resourcelibrary and scrolling to find "2027 Essay and Artwork – Responsibility – All forms rev. 8-14-25" in a green box.

You may also follow this QR Code to download all forms:

For questions, please contact the 2026 Wilson County VP, Trudy Papuchis.



October 2026						
S	M	T	W	T	F	S
				1 DUE Today Don't Forget! Sewing Expo 	2 Sewing Expo 	3 Sewing Expo 
4	5	6	7 Craft Day 	8	9	10
11	12 Board MEETING	13	14	15	16	17
18	19	20	21	22	23	24
25	26 DUE Today Don't Forget! County Council MEETING	27	28	29	30	31 Halloween

October Events:

- 1 – DUE: TAFCE State Conference Registration
 - 1-3 – Quilt and Sewing Expo, Expo Center, Lebanon
 - 7 – Craft Day, Veteran’s Building, 9am
 - 11-17 - National FCE Week
 - 12 – FCE Board of Directors Meeting, Extension Community Center, 9am
 - 26 – FCE County Council Meeting, Extension Community Center, 9am
- DUE: 2027 Club Officer List, pg. 49, to Debbie Jennings



Rose of the Month: Black

Black roses are seen most commonly as Halloween decorations because they represent death, mourning, and loss. On a deeper level, these flowers represent introspection, and spiritual transformations and awakenings.



October Club Meeting Notes



Date: _____

“Not only does exercise improve our bodies, it also helps mental function. Exercise increases serotonin in the brain, which leads to improved mental clarity.”

Call to Order – FCE Creed

Roll Call: Now that the weather is cooler, what outdoor activities are you looking forward to doing to get some exercise?

Important Meeting Notes:

Treasurer’s Report:

Unfinished Business:

New Business:

Announcements:

Educational Program: Sweet Without the Sugar - Artificial Sweeteners and Sugar Substitutes

One thing I learned was...

How will I use this knowledge in the future?

Household Hint: Numerous household items can replace dumbbells or weights. Cans of food or bags of rice are a great example! They are easy to hold and provide the right amount of weight for simple exercises like biceps curls or triceps presses.

Club Officer List

Secretaries of each club are responsible for filling out this form to be turned in at the October County Council meeting each year to the Membership Chairperson.

Please print clearly.

Club: _____

<p><u>President</u> Name: _____ Phone #: _____ Email: _____</p>	<p><u>Vice President</u> Name: _____ Phone #: _____ Email: _____</p>
<p><u>Secretary</u> Name: _____ Phone #: _____ Email: _____</p>	<p><u>Treasurer</u> Name: _____ Phone #: _____ Email: _____</p>
<p><u>Committee Chair:</u> _____ Name: _____ Phone #: _____ Email: _____</p>	<p><u>Committee Chair:</u> _____ Name: _____ Phone #: _____ Email: _____</p>
<p><u>Committee Chair:</u> _____ Name: _____ Phone #: _____ Email: _____</p>	<p><u>Committee Chair:</u> _____ Name: _____ Phone #: _____ Email: _____</p>

November 2026						
S	M	T	W	T	F	S
1 Daylight Savings Ends	2	3	4 	5	6	7
8	9	10	11 Veteran's Day	12 	13 	14 
15	16	17	18	19	20	21
TAFCE State Conference						
22	23	24	25	26 Thanksgiving Extension Office Closed	27 Black Friday Extension Office Closed	28
29	30					

November Events:

- 4 – Craft Day, East Building, 9am
- 12 – Service Project, *Pillow Cases for Kids*, Education Building, 9am
- 13-14 - Christmas Craft Bazaar, East/West/Edu Buildings, (Set-up 13th)
- 15-18 – TAFCE State Conference, Gatlinburg, TN
- 22-28 - National Family Week

Rose of the Month: Peach
 Peach roses are the ultimate symbol of gratitude and sincerity. November is a time to give thanks and count blessings, remembering all the things we're thankful for. This Thanksgiving, express your gratitude with a dozen peach roses!





November Club Meeting Notes



Date: _____

“If you don’t make time for exercise, you’ll probably have to make time for illness.”

- *Robin Sharma*

Call to Order – FCE Creed

Roll Call: What is one benefit of exercising that surprised you to learn this year?

<p>Important Meeting Notes:</p> <p>Treasurer’s Report:</p> <p>Unfinished Business:</p> <p>New Business:</p> <p>Announcements:</p>

Educational Program: Staying Steady - Everyday Strategies to Maintain Balance as We Age

One thing I learned was...

How will I use this in the future?

<p>Household Hint: Daily exercises should include a mix of cardio, muscle building, and balance and flexibility work. Aim for at least 150 minutes (2.5 hours) of moderate-intensity cardio per week, muscle strengthening exercise 2-3 times per week, and balance and flexibility exercise every day. For more information and guidelines, ask Sami!</p>

Wilson County Heart of FCE Nomination Form

Pay special tribute to the unsung grassroots member who has made a difference in your community!



Wilson County Due Date: December 10th, 2026

Criteria:

- Must be a grassroots member nominated by a peer. Grassroots means that they are not currently serving on the National, State, or Regional Board.
- Must be a verified National FCE member.
- You must provide a 2x2 head photograph of the nominee with this nomination form.
- If chosen, you will be asked to complete the National Heart of FCE application for submission to the Regional President.

Name of nominee: _____

Nominee Address: _____

Nominee Phone Number: _____ Nominee Club: _____

Reason for nomination *in 100 words or less*. Please include individual effort, any projects and their results, and any other noteworthy contributions to the community made by the nominee:

Name of nominator: _____ Office/Title: _____

Nominator Address: _____

Nominator Phone Number: _____

Wilson County President Signature: _____

December 2026						
S	M	T	W	T	F	S
		1	2 Craft Day	3	4	5 Southwest FCE Club Christmas Banquet
6	7	8	9	10 Board MEETING <small>DUE Today Don't Forget!</small>	11	12
13	14	15	16	17	18	19
20	21 Extension Office Closed	22 Extension Office Closed	23 Extension Office Closed	24 Christmas Eve Extension Office Closed	25 Christmas Day Extension Office Closed	26
27	28	29	30	31 New Year's Eve		

December Events:

- 2 – Craft Day, East Building, 9am
- 5 – Southwest FCE Club Christmas Banquet
- 10 – FCE Board of Directors Transition Meeting, Extension Community Center, 9am

DUE: Heart of FCE Nominations to Penny West, pg. 52

Rose of the Month: White
 White roses symbolize remembrance and new beginnings. As we close out the year, let's remember our accomplishments, friends, and good times. Happy New Year!





December Club Meeting Notes



Date: _____

“Life is like dancing. It’s not about getting from one place to another, it’s about enjoying each step along the way. Sometimes the greatest joy is in the journey itself.” – *Wayne Dyer*

Call to Order – FCE Creed

Roll Call: Share one little thing that brings you joy.

Important Meeting Notes:
Treasurer’s Report:
Unfinished Business:
New Business:
Announcements:

Educational Program: Free Month

One thing I learned was...

How will I use this knowledge in the future?

Household Hint: Line dancing helps build coordination and reduces self-reported mobility limitations. Dancing can reduce blood pressure, strengthen muscles and bones, and even lower your risk of dementia by improving alertness and memory!
Wilson County Hint: The Lebanon Senior Citizen’s Center offers several line dancing classes through the week!

Wilson County FCE
 Summary of Financial Activities for Clubs
 January 1, 2026 through December 31, 2026

Club Name _____

Completed By _____

Date Completed _____

Income		Expenses	
<i>List Total from January - December</i>		<i>List Total from January - December</i>	
Dues	\$	Dues	\$
Donations	\$	Donations	\$
Fundraising	\$	Fundraising	\$
Grants Total (see below for more detailed information)	\$	Grants Total (see below for more detailed information)	\$
Building Rent	\$	Utilities	\$
Assets (at Fair Market Value)	\$	Building Maintenance	\$
Other:		Insurance	\$
		Special/Service Projects	\$
		Scholarships	\$
		Property Taxes Paid	\$
		Other	\$
Total Income	\$	Total Expenses	\$

Detailed Grant Information

Please attach separate pages for Dates/Items purchased (if needed)

Income		Expenses	
Grant #1			
Received From			
Amount Received	\$	Total Amount Spent	\$
Dates Received		Date Purchased	
List project description below		List items/date purchased/amount below	

Grant #2			
Received From			
Amount Received	\$	Total Amount Spent	\$
Date Received		Dates Purchased	
List project description below		List items/date purchased/amount below	

Project Reports and Awards Information

Project Report Forms:

It is very important that FCE members report their projects. The projects reported help the county, region, and state show the impact of their work, attributing to FCE's purpose as a non-profit organization. These projects, and the volunteer hours associated with them, can boost grant applications and other external funding sources, and give non-FCE members an idea of what FCE is and ways that they could get involved with FCE.

A "project" is any educational, leadership, or community action work completed by an individual or group. Examples of Educational projects include donating books to Head Start, reading to children at schools or libraries, donating backpacks or school supplies, teaching classes to youth or adults, or sponsoring a child to go to camp or other scholarships. Examples of Leadership projects include teaching at FCL Training, volunteering as a 4-H Program Leader, teaching classes to youth or adults, taking a leadership role within FCE (organize a club level or county wide service project, serving as an educational chair at any level, serving as an officer at any level), or taking a leadership role outside of FCE (Kiwanis Club, government organizations, etc.). Examples of Community Action projects include: any club or county service project; making or donating items or money to nursing homes, cancer patients, military and/or veterans, women's and men's homes or shelters, etc.; collecting food to be donated to food pantries or food banks; volunteering for the Red Cross, Salvation Army, emergency weather shelters, or other community organizations.

How to fill out the Project Report form:

To fill out the form, you must know, or have a good idea, of how many people you've impacted with your project, and how many hours all FCE members involved contributed to the project. All contact information at the top of the page needs to be filled out. In the far-left column, you'll indicate if the project was Educational (E), Leadership (L), or Community Action (CA). *You can indicate more than one project category if they overlap.* For example, if you organized a service project, you could indicate "L, CA." In the next column, you'll provide a title for the project that describes what the project was (Fidget Mats for school children or Blankets for First Responders). The next columns you'll fill in as best you can about that project, but do not leave any column blank. If no money was spent on the project, write "0."

Project Award Form:

You'll choose at least one project from your project report form to write a summary that addresses the questions listed on the Award Form. You may list multiple projects if you wish. You'll choose a category that best fits the project(s) and fill out the information at the bottom of the page for each project. Please provide a separate Project Summary for each project you submit for award. Both of these forms are due to the Extension Office by February 1st each year.

TAFCE STATE PROJECTS REPORT

Complete this form for the State Projects completed by your club or individual.

Use a "L" for Leadership, "E" for Education and "CA" for Community Action in the first column.

Year Work completed: _____ Due Date to Wilson County Extension: January County Council, or Feb. 1st

Person Submitting Report: _____

Club: _____

Phone Number: _____ Email: _____

Please complete each column. If you do not know the exact figures, record an estimate.

Use additional sheets if necessary

Do not leave columns blank

Brief Description of each Education Project		FCE MEMBERS		PEOPLE REACHED		Money Spent
		Number Participating	Hours Volunteered	FCE Members	Non-FCE Members	
L, E CA						
	TOTALS					

TAFCE STATE PROJECT AWARD FORM

Due to Extension Office by February 1 each year.

CATEGORY: Community Action Education Leadership (Check one)

PURPOSE: Recognize FCE groups or individual members who through their service projects are changing the lives of others for the better. This award encompasses and honors those projects. There is no monetary award. The award comes from helping others.

Name of Project: _____

Please answer the following questions:

Why did you select this project?

What were your goals and objectives?

What did members do to carry out the project?

Dollar amount spent on the project and how did you raise the money for the project?

How many FCE members were involved in carrying out the project?

How many non-FCE members did you reach?

Number of volunteer hours extended.

Were there other organizations involved? If so, how?

What was the impact and scope of the project?

Was the project a success?

Did you reach your goal and objectives? Explain?

Would you change the plan of action? If so, how?

Write a summary of your work (100 words or less).

Each Program/Project must include the following information:

Program	# of FCE Presenters	FCE Hours Volunteered	# of FCE Members Reached	FCE \$ Spent	# Additional People Reached

Year Work is completed: _____ County: _____

Name of Person submitting: _____

Address: _____

City: _____ State: TN Zip Code: _____

Phone Number: _____ E-Mail: _____

January 2027

S	M	T	W	T	F	S
					1 New Year's Day	2
3	4	5	6 Craft Day	7	8	9
10	11 Board MEETING	12	13	14	15	16
17	18 MLK Jr Day Extension Office Closed	19	20	21 Central Region* Information Day	22	23
24	25 DUE Today County Council MEETING	26	27	28 Central Region* Information Day SNOW DATE	29	30
31						

January Events:

6 – Craft Day, TBA, 9am

11 – FCE Board of Directors Meeting, Extension Community Center, 9am

21 – Central Region Information Day, Lane Agri-Park, Murfreesboro (*date subject to change)

25 – FCE County Council Meeting, Extension Community Center, 9am

See pg. 8 for a list of DUE forms.

Rose of the Month: Coral

This unique, vibrant color also symbolizes new beginnings, but with excitement! Allow your excitement for a new year build! 2027 is sure to be a great one!





January 2027 Club Meeting Notes



Date: _____

“Exercise is like telling your body, ‘You’re going to hate me for one hour, but love me for years!’”

Call to Order – FCE Creed

Roll Call: What is your favorite way to exercise?

Important Meeting Notes:

Treasurer’s Report:

Unfinished Business:

New Business:

Announcements:

Educational Program: Arts and Healing

One thing I learned was...

How will I use this knowledge in the future?

Household Hint: Keep a set of dumbbells or resistance bands in your living room – every time you’re waiting for coffee to brew, laundry to finish, the microwave to beep, or a commercial to end, sneak in some reps! By the end of the day, you’ve completed a “hidden” workout without carving out extra time.