

43rd Annual TAFCE Conference

November 9-12, 2025
Embassy Suites
1200 Conference Center Blvd
Murfreesboro, TN 37219



This is a digital image of your 2025 Conference pin

Table of Contents

Hotel Information	3
Conference Registration Form	4
Conference Creative Craft Class Registration Form	5
Conference Educational Class Registration Form	6
Registration for Tour	7
Conference Consent Form	8
General Information	9-11
Conference Agenda	12-13
Creative Craft Class Descriptions	14-16
Creative Craft Walk-in Classes	17
Educational Class Descriptions	18-20
Hotel Map	21

REGISTRATION DUE DATE October 1, 2025

Please read the registration papers carefully. The Conference Registration Form/check, Consent Form and Tour Form go to: Peggy Richmond, TAFCE STATE Treasurer, 949 Bells Mill Road, Pelham, TN 37366. Email: prichmond09@aol.com

Make sure you sign the consent form, please!!!

The Registration Forms/check for Creative Craft and Educational Classes go to Tiffany Goldhammer 530 Carver Ln. Mt. Juliet TN 37122.

Hotel Information
Embassy Suites Murfreesboro
1200 Conference Center Blvd
(615)890-4464

Reservation:

Confirmation Number _____

Check in time: 4:00 pm

Check out: 11:00am

Group Code: 90Y

Room Rate: \$174.00 plus tax per night + **\$5.00** per day parking
Parking charges will be charged upon check in and not on your hotel registration form.

For hotel reservations call: Rooms (615) 890-4464

<https://www.hilton.com/en/attend-my-event/tn-association-family-and-community-education-2025/> If using this link, and you plan to arrive on Sunday, change the dates to include 11/9/25.

*Deadline for making reservations at the group rate is October 18, 2025
(Make your room reservations prior to mailing in your conference registration so that you can include your confirmation number on the registration form. Handicapped rooms are limited, so call early)*

Accommodations include: free made to order breakfast, (6:30–9:30 am), complimentary drinks and snacks at nightly hotel evening reception, (5:30–7:00pm), indoor pool, fitness center, pet-friendly rooms, business center, mini-fridge, microwave, cable television, coffee/tea maker, hairdryer, iron/ironing board.



43rd ANNUAL TAFCE STATE CONFERENCE REGISTRATION FORM
Embassy Suites Murfreesboro TN
November 9-12, 2025

Name _____ County _____
Address _____ Region _____
City, State, Zip _____ Phone w/area code _____
Email _____ Hotel Confirmation # _____
Emergency Contact & Number _____

*Please check all that apply: This is important for name tag ribbons

____ TAFCE Member ____ Executive Alumnus ____ Guest ____ US Veteran
____ Voting Delegate ____ First Conference ____ Non-Member ____ CVU Recipient
____ New 50-year Member ____ Past 50-year Member ____ TAFCE State Board ____ NAFCE Member
____ Extension Staff

REGISTRATION: Check the appropriate blank (only one)

____ TAFCE Member, staying at the host hotel \$50.00 _____
____ TAFCE Member, not staying at the hotel \$90.00 _____
____ TAFCE Member, ONE DAY ONLY ____ Mon. ____ Tues. \$40.00 _____
____ Non-Member \$80.00 _____
____ Extension Staff \$40.00 _____

BANQUET: Tuesday Evening Member attending Conference \$60.00 _____
 Member/Non-Member attending banquet only \$70.00 _____
Vegan ____ Vegetarian ____ Gluten Free ____
List Food Allergies _____

REGION MEETING (Wednesday Morning) (Circle One)

Eastern Central Western

CONFERENCE SOUVENIR PIN \$8.00 _____

LATE REGISTRATION FEE: (If Postmarked Oct. 2-15, 2025) \$50.00 _____

TOTAL _____

Please mail one check for conference registration (**pavable to TAFCE**) and this form postmarked by October 1, 2025 to: **TAFCE Treasurer, Peggy Richmond 949 Bells Mill Road Pelham, TN 37366**. Be sure to sign the Consent Form. Late Registrations will only be accepted if postmarked by **Oct 15, 2025**. Registration, banquet, and pin fees are NON-refundable, but are transferable for this conference only. All transfers are the responsibility of the members, and NOT the responsibility of the State Treasurer, or any State Board Officer.



TAFCE, Conference Creative Craft Class Registration

Name of Participant _____

Street Address _____

City, State, Zip Code _____

County _____ Phone _____

Email (Required)—May use agent's _____

Please fill it out carefully! Most class costs will include materials—check class descriptions. Select the classes you want to take. Check the class schedule for starting times (some classes are one, two, or more hours long). Make certain to select the correct day and time that you want to take the class. Remember, early registration secures your preferred class! Return class registration and check made payable to “**TAFCE Central Region,**” postmarked by October 1, 2025. Send to, **Tiffany Goldhammer 530 Carver Ln. Mt. Juliet TN 37122** Email: tifgol@hotmail.com No Refunds on classes.

Creative Craft Class Schedule

Select Here	Date/Time	Class #	Craft	Instructor	Room	Class Limit	Price
	Mon. 9-9:30	2	Alcohol Ink planter	Jeanie Such	H	10	\$15
	Mon. 9:30-10	2B	Alcohol Ink planter	Jeanie Such	H	10	\$15
	Mon. 9-11	3	Mosaic	Toni Randall	G	10	\$12
	Mon. 10-11	10	Embellished Accessory	Tammy Patterson	H	15	\$10
	Mon. 1-2	4	Say it with a Card	Mary Beth Henley & Barbara Brackett	G	10	\$6
	Mon 1-3	8	Beaded Basket	Kay Kass	H	20	\$25
	Mon. 2-4	9	Acrylic Painting	Penny West	G	15	\$10
	Mon. 3-5	7	Basket around Oui Jar	Kay Kass	H	20	\$20
	Tues. 1-1:30	6	Bezel Necklace Jewelry	Vee Wills	H	25	\$15
	Tues. 1:30-2	6B	Bezel Necklace Jewelry	Vee Wills	H	25	\$15
	Tues. 1-3	5	Busted Canvas	Joy McLerran	B	25	\$10
	Tues. 2-3	11	Calendar Card	Rhonda Corkin	G	20	\$5
	Tues. 2-4	12	Foundation Paper Piecing	Carolyn Binkley	H	10	\$5
	Tues. 2-4	13	Woven Snowflake	Kay Kass	H	20	\$12
	Tues. 3-4	11B	Calendar Card	Rhonda Corkin	G	20	\$5

Total of number of Classes Selected _____

Total amount Enclosed: \$ _____



TAFCE, Conference Educational Class Registration

Name of Participant _____

Street Address _____

City, State, Zip Code _____

County _____ Phone _____

Email (Required)—May use agent's _____

Please fill it out carefully! Select the classes you want to take. Check the class schedule for starting times (some classes are one, two, or more hours long). Make certain to select the correct day and time that you want to take the class. Remember, early registration secures your preferred class! Return class registration form, postmarked by October 1, 2025; send to, **Tiffany Goldhammer 530 Carver Ln. Mt. Juliet TN**

37122 Email: tifgol@hotmail.com

Educational Classes No Charge

Select Here	Date/Time	Class #	Class Title	Instructor	Room #	Class Limit
	Monday 9-9:45	33	Scams	Terri Orr	F	30
	Monday 9-9:45	21	Sewing Hacks	Deborah Foster & Linda Prince	I	
	Monday 9-9:45	23	History	Bill Wilson	J	40
	Monday 10-10:45	26	Parliamentary Procedures	Sarah Sharp & Sandra Poston	I	20
	Monday 10-10:45	32	Genealogy	Shirley Arnell	J	
	Monday 10-11:30	35	How Big is Your Heart?	Pennye Mays	F	
	Monday 1-1:45	31	AI	Dr. Ketih Gamble	I	
	Monday 1-1:45	25	Dementia	Dale McDaniel	J	20
	Monday 2-2:45	28	Reiki	Dana Evans	F	
	Monday 2-2:45	22	Tiered Tray	Evelyn Hilton	J	30
	Monday 2-2:45	34	Music Genres	Jonathan Skinner	I	20
	Monday 3-3:45	22B	Tiered Tray	Evelyn Hilton	J	30
	Monday 3-3:45	27	Clash to Cohesion	Dave Close	I	20
	Tuesday 1-1:45	23B	History	Bill Wilson	J	40
	Tuesday 1-1:45	30	Self Defense	Murfreesboro PD	F	15
	Tuesday 2-2:45	24	Suicide Prevention	Regina Peery	J	
	Tuesday 2-2:45	29	Meditation	Dana Evans	F	
	Tuesday 3-3:45	24B	Suicide Prevention	Regina Peery	J	
	Tuesday 3-3:45	25B	Dementia	Dale McDaniel	I	20

Total of number of Classes Selected _____



43rd Annual TAFCE State Conference

Registration for Tour

The tour to be held Monday, 10:00 am

_____ Cannonsburgh Self guided Tour Monday 10am

*This tour will be self guided at your own pace. Transportation will be provided from the hotel to Cannonsburgh and back to hotel. Historic Cannonsburgh Village represents approximately 100 years of early Tennessee life from the 1830s to the 1930s. Within the village is a gristmill, school house, a telephone operator's house, the University House, the Leeman House, a museum, a caboose, the Wedding Chapel, a doctor's office, a general store, a blacksmith's shop, and the [World's Largest Cedar Bucket](#).

Registration must be postmarked by **October 1, 2025**.

Send this form to **SEND TO: Peggy Richmond 949 Bells Mill Road Pelham, TN 37366** By **October 1, 2025**.

Please remember the October 1, 2025 postmark deadline.

Name _____

County _____

Address _____

Phone _____ Region _____

Email _____



CONSENT RELEASE FORM

I, (print name) _____ hereby give my consent for photographing, filming, audio/videotaping, and/or transmission via broadcast/cable television of my image and voice, and release to Tennessee Association for Family and Community Education (TAFCE) and the University of Tennessee all rights of any kind to the materials in which I appear. This is a full release of all claims whatsoever I or my heirs, executors, administrators or assigns now or hereafter have against TAFCE or the University of Tennessee, or its employees, as regards to any use that may be made by them of said photographic reproductions, films, audio/videotape, social media and/or web, or transmission via broadcast/cable television.

Further, I acknowledge that my name and biographical material, portrait, picture, likeness, or voice may be used for purposes consistent with TAFCE or the University of Tennessee's mission of teaching, research and service, including the promotion and publicizing of the materials in which my image/voice appear. Such uses as may be made will not constitute a direct endorsement by me of any product or service. I have read this entire document, understand the contents, and I have willingly agreed to the above conditions.

Date: _____

Name (print): _____

Address: _____

Region: _____

Signature: _____

Signature of Parent/Guardian (if under 18): _____

IMPORTANT!!
CONFERENCE INFORMATION

Registration for Classes: Be sure to complete your class registration forms for the Creative Craft and Educational Classes. There are no charges for the Educational Classes. A check for the Creative Craft classes is to be written SEPARATELY from conference registration and payable to **TAFCE** and sent with the class registration forms to **Tiffany Goldhammer 530 Carver Ln. Mt. Juliet TN 37122** by October 1, 2025. The class registration forms and payment are separate from the conference registration, **PLEASE DO NOT SEND WITH THE CONFERENCE REGISTRATION.**

Conference Pins: The conference souvenir pins can be ordered on the registration form. (page 3) These can be worn on your lanyards.

Lanyards: Please bring a lanyard for your name badge.

First Timers: If this is your first time attending State Conference, Welcome!! We are happy to have an exciting new and exciting way to answer your questions and make you more comfortable when you get to the conference in November. For the first time we will have a zoom meeting on October 21, 2025 @ 10:00am for any questions and concerns for all first timers. You will be sent a zoom link to the email listed on your conference registration form around October 15, 2025. Also, we will have a First Timers meet and greet at conference Monday (see program for time and location). Please make sure that you indicate that you are a First Timer on the registration form. This will register you for the chance of receiving one of the scholarships for First Timers, sponsored by Executive Alumni, which covers the cost of registration and banquet.

Parade of Flags: All counties are recognized at the opening sessions with a Power Point Presentation of their county FCE flag. The representative from each county should prepare a small index card with information about your county to be read when your county is announced. Please send this information to Crystal Holt at crystalHoltfce@gmail.com by October 1, 2025. ***Each county will be announced as the slide of their flag is shown. Please stand and be recognized as the announcer introduces the county and reads their county information.***

Alumni Silent Auction: The TAFCE Alumni Silent Auction helps raise money for the Tuesday morning speaker, First-Timer Scholarships, and the TAFCE Book/Supplies Scholarship. Items in the auction are provided by past TAFCE State Officers. Make sure to recheck your bid so that you are not outbid on your items of interest. Winners are announced at the end of the banquet and items will need to be paid for and picked up immediately following the banquet. **cash or check only.**

Fashion Revue: The Fashion Revue Parade will be during the Monday evening Opening Session. Winners will be announced at that time.

Cultural Arts: During the banquet a slide show will be on display showing the various entries in Cultural Arts. The winners will be announced during the banquet. You can view the various items entered several times throughout the conference. Please refer to your schedule that is provided to you when you check in at conference.

Executive Alumni Dinner: Join us for a wonderful dinner and a meeting of the Executive TAFCE Alumni.

Banquet Information: Join us this evening and dance the night away at our Homecoming Banquet/Dance. Dress in your favorite formal wear and cast your vote for our first ever homecoming King and Queen.

Service Project: Feed America First, 2025 TAFCE Conference Service Project: Food and monetary donations, either personal check or cash, will be accepted. Shelf-stable, protein-heavy foods are best (let's try to donate healthier versions) such as: peanut butter, canned tuna/chicken, canned vegetables and fruits, canned soups and chili, microwave rice packs, meal kits such as Hamburger Helper, pasta salads, and mac and cheese. Snacks such as pretzels, peanuts, Pop-Tarts, cereal, etc. are great for kids as well! Cases would be appreciated, and often easier/cheaper per item to purchase, but not required. Over 70% of what they distribute is fresh, perishable foods such as dairy, fruit, and veggies, so having additional shelf-stable food donations is a blessing!

With some of their food manufacturing/logistics connections, Feed America First can often stretch a dollar further than it would go buying direct from a grocery store, such as using monetary donations to purchase food in bulk for a fraction of its retail value. They can provide enough food for 10-15 meals for every \$1 donated. Therefore, cash and checks are welcome. Please make checks out to Feed America First.

National Association for Family and Community Education:

Host will be Pamela McIntyre-Albaro and Pat Woods. This meeting will be on Monday for all members to learn what is happening on the National level and why it is important for you to join.

The Team Shop: Central Region FCE will be supplying you with a wonderful selection of hand-crafted gifts and other items. You never know what these crafty ladies have been up to, but you can be sure that you will want to come in and browse as often as possible.

AGENDA 2025

Sunday, November 09

3:00-8:00 pm	Registration
6:00-8:00 pm	Enter Cultural Arts
6:00-8:00 pm	Enter Fashion Revue
8:00-9:30 pm	Hospitality Room OPEN
8:00 pm	Bingo and Games
8:00-10 pm	Open Craft Classes
	Dinner on your own

Monday, November 10

6:30-9:30 am	Continental Breakfast
8:00-11:00 am	Registration
8:00-11:00 am	Pre-Board Meeting
9:00-11:00 am	Alumni Auction Set-up
9:00- 11:00 am	Creative Craft and Educational Sessions
10:00 am	Tour
10:45-1:00 pm	Enter Cultural Arts
10:45-1:00 pm	Enter Fashion Revue
	<i>Lunch on your own</i>
12:00-5:30 pm	Alumni Auction Open
12:30-5:30 pm	The Team Shop Open
1:00-1:30 pm	First Timers Meet and Greet
1:00-4:30 pm	Hospitality Room Open
1:00-4:00 pm	Creative Craft and Educational Sessions
2:00-4:00 pm	Judging for Fashion Revue
2:00-4:00 pm	Judging for Cultural Arts
4:00-4:30 pm	NAFCE Meeting
5:00-6:30 pm	Alumni Dinner
5:30-7:00 pm	Complimentary Hotel Evening Reception
	<i>Dinner on your own</i>

7:00 pm **OPENING SESSION**

FCL Graduation, County Flag Parade, Fashion Revue Parade, Recognize CVU, Recognize Creative Writing
After Opening Session until 10:30 pm the following will be open: Games, The Team Shop, Hospitality Room, Open Crafting and Alumni Auction.

Tuesday, November 11

6:30-9:30 am	Continental Breakfast
8:00-9:30 am	Registration
8:15 am	Voting Delegates Seated
8:30-10:00 am	Business Meeting
10:00 am	General Session

Speaker: Dave Close Volunteer Specialist University of Tennessee

Lunch on your own

1:00-3:30 pm	<i>Hospitality Room and The Team Shop Open</i>
1:00-4:00 pm	Creative Craft and Educational Sessions
3:00-3:30 pm	Cultural Arts Pick-up Eastern Region
3:30-4:00 pm	Cultural Arts Pick-up Western Region
4:00-4:30 pm	Cultural Arts Pick-up Central Region
5:30-7:00 pm	Complimentary Hotel Evening Reception
6:30 pm	<i>Banquet, Closing Session & Entertainment</i>
	<i>UT Homecoming Dance</i>
After Banquet	Post-Board Meeting

After Banquet until 10:30 pm the following will be open: Games, The Team Shop, Bingo, Hospitality Room, Open Crafting

Wednesday, November 12

7:00-10:00 am	Continental Breakfast
---------------	-----------------------

(Please eat before your Region Meeting)

8:00 am	Eastern Region Meeting
8:15 am	Western Region Meeting
8:30 am	Central Region Meeting
11:00 am	Check out must be completed

Creative Craft Classes 2025

(Some classes are offered more than once; please insure you choose the correct times)

Class Descriptions

2 and 2B. Alcohol ink planter: Jeanie Such

Learn how to make a stunning alcohol ink creation on a 6” ceramic pot. This will be a fun and fast class! You will also receive an instruction sheet on how to seal your pot before using it. Sealer is not included. No kits available.



3. Mosaic Toni Randall

This will be a 2-hour workshop limited to 15 participants. It will cover a brief overview of the history of mosaic art and the opportunity to make a small glass mosaic trivet. Supplies provided are a 5” glass trivet, design, glue, glass for the mosaic, and grout.



4. Say it With a Card: Mary Beth Henley and Barbara Brackett

Create 3 beautiful cards with a variety of sentiments. Cards and techniques will vary each class. All supplies will be provided. No kits.



5. Busted Canvas: Joy McLerran

Busted canvas is made with a board canvas and a regular canvas. On the regular canvas, a napkin or tissue paper is mod podged to the inside and outside. On the board canvas, a designer napkin is mod podged and then the canvases are hot glued together. The regular canvas is cut to uncover the design on the board canvas and decorated with different flowers and ribbons.



6. and 6B. Bezel Necklace: Vee Wills

This beautiful pendant is made with a bezel and scrapbook paper.



7. Basket Woven around Qui jar.: Kay Kass

This class repurposes a Qui yogurt jar into a cute little basket. Assorted colors to choose from. This basket has a wood base and is good for beginners and experienced weavers.



8. Beaded Basket: Kay Kass

Class will offer the opportunity to weave a beginner basket, there will be several colors to choose from. This is great beginner basket but also for all levels. 6" diameter x 4" tall



9. Acrylic Painting: Penny West

Come practice acrylic shading techniques while painting a cute snowman on an 8x10 pre-stretched canvas.



10. Embellished Accessory: Tammy Patterson

Bring a T-shirt, apron, or accessory to embellish with vinyl or rhinestones. Leave with an entry for fashion revue! Make sure your item can be ironed.



11. and 11B. Calendar Card: Rhonda Corkin

Sign up to make Next Years Calendar that turns into an easel fold Post-it note holder. Great for your desk or as a gift for friends, family, teachers, co-workers or just because. Everything will be included. Just sign up and show up. I will walk you through all the steps to create a perfect gift.



12. Foundation Paper Piecing: Carolyn Binkley

First Hour: Traditional paper piecing. You sew on lines in number order. We will be making the tree. You can be put in a quilted project or make an ornament.

Second Hour: We will use the freezer paper technique. This one we don't sew on the paper. You can put in a quilted project or make an ornament. Patterns and instruction will be provided.

Supply list: Tree – 2 to 3 green prints, ground print, sky print and the trunk fabric. I will have some of the wood looking fabric with me to use.

Supply list: Santa - Red fabric (suit & arm; hat), white fabric (beard & arm; hat trim), skin color looking fabric for face.



13. Woven Snowflake: Kay Kass

This class will offer a variety of colors to choose from. This is all level of weaving, participants will weave two pieces then glue each side together to create the 3D Snowflake. 9.5" x 9.5" x 2"



Walk In Classes – Round Robin

Monday, November 10, 2025

You DO NOT preregister for the Walkin/Round Robin classes. Pay money directly to the instructor at the conference. Please have exact change if possible.

“We’ve got Spirit!” Round Robin: Carolyn Binkley and others

Four fun filled classes sure to bring out the team spirit in all of us!

Date/Time	Class	Instructor	Time	Price
------------------	--------------	-------------------	-------------	--------------

__ Sunday WI	Open Crafting	Carolyn Binkley		
--------------	---------------	-----------------	--	--

Open Crafting: Craft’n’Chat – come craft with your friends! Bring a craft already in progress or find one from the craft collection for a small donation.

__ Monday WI	Scarf	Carolyn Binkley	9:00-11:00am	\$2
__ Monday WI	Sit-Upon	Carolyn Binkley	9:00-11:00am	\$5
__ Monday WI	Pom-Pom Pen	Carolyn Binkley	9:00-11:00am	\$3
__ Monday WI	No-Sew Koozie	Carolyn Binkley	9:00-11:00am	\$3

1. Make a scarf from fleece with a single straight stitch and cut fringe.
2. Add a little flair to your pen or pencil with a pom-pom topper.
3. Always have a comfy seat with a repurposed sit-upon (please bring your own reusable grocery bag).
4. Keep your drink warm and your hands protected with a no sew cup sleeve.

Tuesday, November 11, 2025

“Yes we do!” Round Robin: Robin George, Penny West and Wanda Briddelle

__ Tuesday WI	Ornament	Robin George	1:00-3:00pm	\$5
__ Tuesday WI	Card	Penny West	1:00-3:00pm	\$2
__ Tuesday WI	Shrinky dink keychain/Genevieve Kilga		1:00-3:00pm	\$4
__ Tuesday WI	Tassel Earrings	Wanda Briddelle	1:00-3:00pm	\$3

1. Stop in to make an all-natural ornament
2. Pom-tastic congratulations card
3. Shrinky dink keychain
4. Team color tassel earrings

Educational Class Information

Monday & Tuesday, November 10 & 11, 2025

21.Sewing Hacks and Hints: Deborah Foster and Linda Prince

In this presentation, we will show helpful ways of using common household items to simplify your sewing, quilting, and craft projects. We will also share products and tools that we find useful in our sewing/craft rooms.

Deborah Foster is a retired middle school math teacher; She presently serves as secretary of her local FCE and the Marshall County Council Education Chair.

Linda Prince is a retired Family and Consumer Science Teacher and FCCLA Adviser. She presently serves as President of her local FCE Club and President Advisor of the Marshall County Council. Both ladies enjoy sewing and crafting. They also set up at several craft fairs throughout the year.

22. and 22B. Tiered Tray Demonstration: Evelyn Hilton (limit 30)

This is a demonstration showing used items that can be repurposed as tiered trays. Methods and materials for securing them will be explained. Styling with items emphasizing one's individuality and personality, will be shown.

Evelyn Hilton graduated as a home economics major at UT, retired as a food services director for state institutions, and has served as county vice-president for programs in Williamson County.

23. And 23B. Murfreesboro History: Bill Wilson, Mr. Murfreesboro (Limit 40)

Come listen to sixth generation Murfreesboro resident, Bill Wilson, teach local history with a flare. Having lived in Murfreesboro all his life, Wilson has made a visible connection with the community through his 'Mr. Murfreesboro' social media pages. Delight in his knowledge and presentation.

24.and 24B. Suicide Prevention: Regina Peery (Limit 40)

Team up with "Cowboy Up", a suicide awareness, prevention, and education program. Suicide is the leading cause of death in college students. Suicide affects all ethnicities, economic classes, social groups and age ranges. The Cowboy Up program offers hope and support. Regina's book **HUGHISMS** is a collection of life lessons shared through the wit and wisdom of her father with proceeds helping the Cowboy Up program. Regina has been in education, and she is the founder, presenter, and facilitator of the "Cowboy Up" Suicide Prevention program.

25. and 25B Dementia: Dale McDaniel (limit 20)

Learn the eight most diagnosed types of Dementia and how to recognize the risks and signs. Instruction will also educate listeners in proactive behaviors. Dale McDaniel is a retired educator and a national pickle ball competitor. When she isn't volunteering, she and her husband are building their home together in Rock Island.

26.FCL Parliamentary Procedure: Sarah Sharp and Sandra Poston

"Ready or Not Ready". Understanding and Using Robert's Rules of Order for Better Meetings. This is an FCL Class, 1.5 hours credit can be earned, certificates will be awarded. No charge.

Sarah Sharp has been an FCE member for over 10 years after retiring from the Tennessee Department of Education. Currently she is TAFCE Secretary, Central Region Fashion Revue Chairman, and Wilson County FCE Secretary.

Sandra Poston has been an FCE member for over 16 years after retiring from teaching in Private Schools. Currently, she is Wilson County's FCE Treasurer and Secretary for the Tuckers Crossroad Club.

27.From Clash to Cohesion: Navigating Chaos through Collaboration: Dave Close

Together, we will explore how to unlock practical strategies to transform team conflicts into cohesive collaboration, turning chaos into opportunities for unity and success!

Mr. Dave Close, a Volunteer Engagement Specialist at The University of Tennessee Extension, brings over 20 years of experience in working with volunteers and is dedicated to deepening his expertise in volunteerism and leadership.

28.Holistic Healing: Reiki: Dana Evans (limit 20)

Learn how Reiki can heal the mind, body, and soul in a safe and natural healing modality. Reiki can help you relax, find emotional balance, clarity, and self-awareness to alleviate stress, pain, and a host of other medical issues.

Dana is a retired nurse that worked predominantly with restorative rehab of the geriatric population. She's a massage therapist and Reiki energy practitioner. I absolutely love being in FCE!

29.Holistic Healing: Meditation: Dana Evans (limit 20)

Learn how to calm stress and anxiety with a lesson on meditation. This class will include a 30 minute self-care session. Retired nurse, Dana Evans, is now a massage therapist and a Reiki energy practitioner. Come experience her enthusiasm and relax in the process!

30. Women's Self Defense

Contact person, Murfreesboro Police Department. Get an overview of R.A.D., a program of realistic self-defense tactics and techniques for women. The leader will address awareness, prevention, risk reduction and risk avoidance all aimed to help women be more aware of their surroundings.

31. AI What Does All it Mean to You? Dr. Keith Gamble

Come and learn what MTSU Professor, Dr. Gamble, says we all need to know and understand about AI and how it is already interwoven into your lives. Learn the good and the bad and how to navigate AI in our changing world.

32. Genealogy: Shirley Arnell

Learn ways to make sure our descendants know what happened in not only our lives, but the memories of the generations before us.

Shirley and her husband raised six children on a military schedule. New in the area to be near three of those children, she is active delivering Meals on Wheels, DAR, and volunteers with the FamilySearch Association taking calls from their Help Desk to answer questions people have when they are searching for ways to connect with their ancestors and loves her FCE.

33. Tech Talk about Scams: Terri Orr

Do you often find yourself asking questions like “Should I click on this?” or “Is this a real person, AI, or a scammer?” We’ll discuss current common scams, threats, and tactics and learn the best practices to stay a step ahead to be better protected online and over the phone. Terri Orr serves as the Family and Consumer Sciences Agent and Director for UT Extension Marshall County.

34. Genres of Music: Jonathan Skinner

Come listen to a short discussion of various musical genres. Enjoy rock to jazz to soul from both local and global influences. Jonathan’s main instrument is the trumpet but he’s also skilled at trombone, guitar, and piano. He has a Bachelor of Arts in Music and a minor in Recording Industry. He plays trumpet for Afrokokoroot, a Nashville based afrobeat band. He has also performed with Admiral Phunk: a New Orleans style brass band, and Nashville based Christmas rock band: Super Jolly.

35. How Big is your Heart: Pennye Mays and Betty Bequette

Find your Volunteer Hour in this FCL lesson. Lasting 90 minutes, participants will earn credit and a certificate. Both Pennye and Betty, Western Region, love FCE having served in several capacities. Come and enjoy their great, outgoing personalities.

