

## August 20, 2020

Good Morning everyone. I hope this flash finds all of you staying safe and healthy. The morning in this part of the US is cloudy, but still on the cooler side of 70 degrees for a couple of hours and then it will be hot which is in the 90-degree area. The last 2 days it has been 97 which our farmers really like since their crops are starting to turn golden. The harvest has begun in some areas and others are just waiting and maybe not so patient! I will have to give them our local clubs latest challenge of taking 15 minutes to just let you mind rest and focus on nothing. That challenge was easier said than done, but after you do it a few times it does work. My challenge to you for these next few months will be to take those 15 minutes each day and focus on FCE. Think about what you have learned, how you can think outside of the box, maybe how you can be more giving to other FCE members or your neighbours, where you can volunteer and just how it has helped you in your daily life.

COVID19 is still hanging around. Every morning I wake up and wonder has it gone away, are we getting back to normal or our new normal. Many heartful prayers and hugs go out to all of you at this time with the coronavirus (COVID-19) affecting all us in one way or another. Maybe you know someone that has gotten sick, maybe there has been a loss of life, businesses have had to close or figure out a new way to do business or maybe you have even been laid off or furloughed due this strange virus causing havoc with all of us. All of these things are still happening so we need to mindful of the precautions that we can take. With all the hand washing, I think I have grown new skin!!!

If felt so strange not to have conference this year that I felt after the decision to cancel was made that my life went into time out and of course having the tax deadline extended to July 15<sup>th</sup> didn't help.

Since we didn't hold conference it was decided to send hard copies of 2 FCL lessons and 1 Hearth Fire to the state presidents with the instructions of how they can get these to all of their FCE members. So, contact your state president to get a copy of these great lessons that can be used right now. The state president needs to fill out a license agreement and then Judy Jones at headquarters will email the link to them for each of the lessons. The lessons that have been sent out are:

Hearth Fire #72 – Someone's in the Kitchen Saying – "Oh, it Aint' Your Grandmas Pressure Cooker – this lesson deals with cooking in an electronic pressure cooker. A leadership guide and charts are included in the lesson. In 2019 we had a Hearth Fire regarding Kitchen Gadgets and the electronic pressure cooker was talked about, but the 2020 lesson goes more into detail on how to cook with it and converting from your slow cooker to this appliance.

Can You Teach an Old Dog New Tricks? – is an FCL lesson involving teaching techniques – there are a variety of teaching techniques just as there are different forms of learning.

Time Management Where Does 24 Hours Go? – do you get to the end of the day and wonder what you did that day – this FCL lesson will help us live a productive, happy, life in a calm and efficient manner.

Since we were not able to have our 2020 National Conference your President's idea is to bring conference to you. We are reviewing the Essay and Artwork State winners, brochures that were sent in and the list of Heart of FCE winners. These will be shared with you by email when they become available. The winners of these categories will be honoured at the 2021 conference to be held in Cincinnati, Ohio area along with the 2021 winners. Other things that will be emailed are the officer's reports, and the minutes of the conference.

Also, since there was no conference to hold elections everyone currently on the board will just add another year on their term. Which means that if your term was to end in 2021 it will continue until 2022 and those whose terms were to end in 2020 will end 2021 with those position being elected at the 2021 conference.

More information will be coming, and things will be posted on our website. Schools are starting to open, and this may be a time to work on the 2021 Essay and Artwork contest. You will find it on our website under forms and 2021 Character Counts! Our thoughts are with the educators, staff, students, and parents as they prepare to go back to school,

Just a little trivia for August - it is the dog days of summer, the beginning of harvest, national smile month, and was named after Augustus Caesar.

I hope that all of you received the ACWW USA Area newsletter from Bonnie Teeples, the ACWW USA Area President that was emailed to you from headquarters. There is lots of information in this newsletter about things that have been going on and coming up. A notable item in her newsletter was about Women in Power and Decision Making and the piece that Denise Smith designed. If you have not read this newsletter than check it out. If you did not receive it then please contact Judy Jones at headquarters and she can get it to you.

The latest issue of The Countrywoman from ACWW is available on their website which also has a lot of information on how all corners of the world are handling the virus and Pandemic. Since you are all members of ACWW being affiliated through National FCE this information is available to you on their website. As I was reading the World President's message from, Magdie de Kock, the last part of her message which starts with "Encouragement I would like to offer you in these unprecedented times is" and then she continues on about "being Rural Women in Action we should do everything to be safe and healthy and ready to take action when opportunities present again – trust me, they will!" These words are great words of encouragement for us all.

**Everyone Stay Safe and Healthy!** 

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