

South Carolina Family and Community Leaders



“News and Views”

“Dedication, Education and Service”

Fall

Central Coastal Foothills

2009

89th Annual SCFCL Conference

“Tie a Green Ribbon around the White Oak Tree”



Fun &
Educational
Workshops

Fabulous Food

Green
“Trashion” Show

Great Entertainment

Meetings
and
More

SCFCL Website: www.scfcl.com

A copy of the 2009 Conference Registration and “Fall News and Views” is on the SCFCL Website.

Central District

Aiken, Allendale, Bamberg, Barnwell, Calhoun, Chesterfield*, Darlington*, Fairfield, Kershaw, Lancaster*, Lee, Lexington, Marlboro, Orangeburg, Richland and Sumter

Lexington County

Lexington FCL members were very busy finishing up our goals for 2008. Our major goal for 2008 was to find out the needs that the children in Foster Care in our county had and how we could help with these needs. We contacted DSS and got a list of items that we collected and brought to our Fall Meeting in October.

At our Fall Meeting in October we had M.J. Maurer, an Adoption Specialist, to speak on adopting children in Foster Care. She had adopted a child in Foster Care after her children were grown. She told us that it was very rewarding and gave us information about this that our members were not aware of regarding this type of adoption.

Lexington County's total donations to Foster Care for 2008 were the following: \$445.00 in checks and Gift Cards to McDonald's and Walmart, personal care kits and clothes valued at \$757.25. Some Clubs donated items and took them to Foster Care such as various school supplies.

We contributed \$109.90 to Pennies for Friendship and \$108.95 to Nickles for S.C. Youth.

Lexington County FCL always supports our 4-H & Youth by volunteering and helping when they need donations for projects. One of our FCL members, Dot Tunstall, is going to be helping with the H2O Pontoon Program at Lake Murray in June.

We had 11 members and guests to attend the State Conference at Clemson in October. At this meeting we received the State Silver Award for our Education Book, Handbook and Publicity Book. We also received a Gold President's Award.

The P.M. Homemaker's FCL Club sponsors a "Relay for Life" event each February. In 2009 they donated \$8,000.00 to the local American Cancer Society's "Relay for Life".

Lexington County had 7 members to attend the Spring District Meeting in Aiken County.

The LCFCL had our Spring Meeting on March 28, 2009. For our speaker we had Bill Blackston, Area Watershed and Water Quality Agent, to speak to us on "FCL Yards and Neighborhoods" and about the problems we have with storm water drainage and natural water conservation. Our members really enjoyed this program and received a lot of good information.

Also at this meeting FCL members collected and brought items that Foster Care needed. We collected the following items: Walmart Gift Cards - \$160.00, McDonald's Gift Cards - \$70.00, check and cash donations - \$210.00, 15 Board Games, 22 pair of socks, 18 packages



Bill Blackston, Lexington Area Watershed and Water Quality Agent spoke at our 2009 Spring Council Meeting on "FCL Yards & Neighborhoods", 2008-2009 State Project.

– Disposable Diapers, 16 packages – Baby Wipes and several boxes of baby & children clothes.

Lexington County FCL sponsors an educational tour each spring which is for members and non-members in hopes of getting some new members. On April 18th we took a tour of the upstate called "Grits, Goats & General Stores". We had 32 to go on the tour and a good number were not FCL members. Willie Wingard always does a great job on our tours.

On April 30th we had a craft class taught by Cindy Hamiter of the Fountain Estates FCL Club on "China Dish Birdfeeder" and all that attended enjoyed the craft and fellowship.

What is a Trashion Show?

Trash-chic! Trashion fashions are outfits made of recycled, refound and repurposed materials that are exhibited in a runway show of dumpster coutures. Making garbage glamorous (a rescue from the landfill dress) is no longer wierd but a sylish and creative way to bring attention to our overfilled solid waste landfills. Take part in the Trashion Show at the Annual Conference by doing your part to reduce, reuse and recycle.



Contact Lois Anderson at: lhanderson32@aol.com or 210 Saddlebrook Lane, Hopkins, SC 29061 (803) 776-0926 with your name and description of your dumpster couture you will be modeling on Friday after lunch. **DEADLINE** for entries is October 15, 2009 in order to be in the Trashion Show.

Kershaw County



Pictured are Kershaw County FCL members cutting out placemats during a meeting at the Extension Office.

Kershaw County Family and Community Leaders were excited to receive the Bronze District Certificate of Achievement Award for their 2008 handbook at the Fall District Meeting in September at Sandhills REC Lake House hosted by Sumter County FCL.

On April 16, 2009 we had our Spring Central Council Meeting. Our speaker was Mrs. Donna Outen, Director of Council on Aging in Kershaw County. She shared many interesting things that are available for senior citizens through these programs. Also Deon Legette, County Extension Agent for 4-H spoke on the projects the 4-H is doing in Kershaw county and some of the things the FCL members can do to help.

The Mt. Pisgah FCL Club has been learning how to make placemats under the direction of Mrs. Ellie Lowery who is a member of a quilting guild. Several members of the club cut and made beautiful placemats. Mrs. Lowery displayed several beautiful quilts she had made.

Fairfield County



Fairfield County FCL partners with 4-H to **M**ake **A** **D**ifference by making "Care Bags" that were presented to local Foster Care Homes.

Orangeburg County



(L to R) Orangeburg County FCL members: Susie Jefferson, Mary Pritcher, Gussie Williams, Sue Shuler, Betty Shuler, Hazel Tilley and Lucia Shuler-Hill attended the Spring Council meeting.

Orangeburg County FCL members have been busy in 2009. Each of our seven clubs has carried out the goals set for our county. Each club has been assigned a time to contribute to the NVON National Project MAD and clubs have given generously for this cause. A fund-raiser project has been selling Barbecue tickets for a local Barbecue business and we have earned enough to give a donation to several nursing homes, Orangeburg County Library Children's Program, Hospice of TRMC, CASA, Mabry Cancer Center, TRMC Diabetes Program, Samaritan House, and Hebron Grace of Santee.

On March 2, we had seven members to attend our Spring Central District Meeting in Aiken. We were briefed on all the upcoming events for the year.

Our County Spring Council meeting was well attended and we began with a covered dish luncheon. Club Leaders of the Year were presented a certificate for their outstanding work. County Club of the Year, Hillcrest Club, was recognized with a check and certificate.

Our clubs enjoyed and learned from our programs this year. Many points were given to help us recognize medical conditions that we need to follow on and we were told how to get rid of the Blahs and Blues.

We feel we have had a productive year and each member feels proud that she or he is a FCL member.

Officers to be elected for 2010:

Vice President for Public Relations (3 year term)

Historian (3 year term)

Central District Director and Coastal Program Coordinator (both 3 year terms - to be elected at the upcoming 2009 Fall District Meetings)

If you are interested in serving this organization, contact Nomination Committee Chair, Debbie Calcutt (803) 481-2208 to receive a SCFCL Nomination Form or download from SCFCL website. Forms must be submitted to the committee 120 days prior to the Annual Business Meeting.

Coastal District

Beaufort, Berkeley*, Charleston, Clarendon, Colleton, Dillon, Dorchester, Florence*, Gerogetown*, Hampton, Horry, Jasper*, Marion*, and Williamsburg

Hampton County

In March, we held a plant exchange, which helped our members with the Yard and Garden Project.

In June and November, we held our fund-raisers to help fund our projects. The fund-raisers consisted of a yard sale and a bake sale.

In July, we held our annual picnic. The food brought by our members was very good.

Each month, we collect staple goods for donation to a needy family.

Each month, we collect pennies and nickels to help the Hampton County 4H. This year the 4H Healthy Lifestyle Club had a "Learning to Cook for the Holidays" program. The youth learned how to make peanut butter and how to prepare a granola snack. The 4H Club was appreciative of the sponsorship.

We participated in the project "Making A Difference for Children in Foster Care". We made 35 bags of useful things and gave to Department of Social Services in Hampton County and the report was sent to Willie Mae Lewis.

Each month, we honor our members that are celebrating a birthday. Each year, we have an annual donation of personal care items for the two Nursing Homes in Hampton County. We gave \$75.00 to Heritage Health Care of the Low Country and J&L Nursing Home. We also donated \$50.00 each Palmetto Hospice and Friends of Hospice.

We had a member to attend the Spring and Fall Coastal meeting. We had two members attend the 88th State convention in Clemson. The members enjoyed the meeting.

We ended our 2008 year with a Christmas Party, gift and donation of staple goods which we gave to needy families. We are looking forward to a great year in 2009.



Garrett FCL Club prepares bags to give to foster children in Charleston County.

Williamsburg County



(L to R) Ethel Brown, Williamsburg County FCL President; Mitizie Tisdale, Social Service Director; Libby Ganes, Vice Chairman of Vital Aging, FCL Treasurer Ruth McKnight and members of Williamsburg County Family and Community Leaders along with agency staff and board members assisted with the planning of a "Garden of Wisdom" at Vital Aging's Kingstree Wellness Center then prepared a flower bed for the garden which is made especially for senior adults at the center.

Funding for the project was provided by a Wal-Mart Community grant.

Charleston County

Charleston County FCL clubs have had very good discussions of each of the 2009 Education Lessons. Thanks to every one who prepared these lessons.

Charleston County FCL clubs were the hosts for the fall District Meeting. We express our appreciation to Betty Reed, Janet Gray, Doris Faust, Elma Harris, Betty Osgood and Helen Rollins for the responsibilities they assumed during this meeting.

Each club works in many capacities in the county. The Ladson Club, Ruth Hubner, President, maintains their club building and grounds, plans and furnishes goodie bags for the people who live in an assisted living facility during Easter and Christmas. The church group made lap robes for the FCL members to give to each person in the home.

The West Ashley Club, Patty Meeks, President, meets almost every week to make pillows, lap robes, wheel chair and walker bags, MooMoo garments, prayer quilts, newborn baby gowns and blankets, nap pad covers for the Johns Island Head-Start group and YoYo pillow shams and spreads to share with people who need them. Mrs. Betty Osgood works with several 4-H Clubs with their projects. Their programs are

Charleston (continued)

project books, fair entries and participation in fair contests. She prepares the wildlife group for contest.

The Garrett FCL Club surveyed the U. S. Vegetable Lab. facility as part of the May program. Many very interesting situations about improving vegetable production were explained to the Club.

For the October Program, a volunteer with the Foster Children's Program told about the many needs of Foster Children that are being met. The club donated blankets, bags, bears and \$100.00 to help meet the needs of foster children in Charleston County.

The Garrett Club sponsored three members to the

Wetlands Summee Day Camp in June in Charleston County. The youths were delighted to be able to attend the camp. They learned a lot.

All clubs look forward to working at the Coastal Carolina Fair. They prepare 4-H and Citizen's entries for display, Senior Citizens Day, the tables are prepared for the vendors and for refreshments.

Pat Bryant, Amanda Robinson and Doris Faust were judges for the Costume Fashion Show on Seniors' Day. On Saturday, eight FCL members received the King Arthur Flour Cooking Contest entries for Adults and Youths. They supervised the judging awards process.

Foothills District

Abbeville, Anderson, Cherokee*, Chester, Edgefield*, Greenville, Greenwood, Laurens, McCormick*, Newberry, Oconee, Pickens, Saluda, Spartanburg, Union and York

Chester County

The Chester County FCL clubs are busy with Heritage Skills classes, trips, Board meetings and luncheons.

Our Spring Council Luncheon was hosted by the Ladies Friendship Club. They did a beautiful job decorating and preparing for the luncheon. Our speaker for the event was a Master Gardener, Mr. Gene Driver, who gave a very informative talk on container gardening. He was very gracious in answering all our questions.

Several of our members made a trip to Bishopville to visit Mr. Pearl Fryar's Topiary Garden. This was truly an interesting and informative adventure. Mr. Fryar is an artist and an inspiration to all who visit his garden. He told us about how he tries to help students by giving scholarships to deserving students interested in gardening.

After lunch, the group visited the Cotton Museum. This is a must see for all South Carolinians and especially for us in Chester County because so much of our history centers around the growing and production of cotton and the manufacturing of textile products in our state and communities. It was a fun day and enjoyed by all who attended. Our county was also represented by several of our ladies who ventured over to Oconee County to attend the Foothills District Meeting. We had a good meeting and were pleased to hear District 2 Senator from Pickens County, Larry Martin. He was very pleasant and helpful in answering lots of our questions.

In addition to taking trips, our ladies stay busy with many other projects. This summer several of our clubs will be carrying out Heritage Skills classes. These include sewing, cooking, and craft classes. We also have two bake sales a year--one on the Friday before Easter and one on the Tuesday before Thanksgiving. The proceeds from these



(L to R) Mrs. Arla Carter, Vice President for Programs; Mr. Pearle Fryar, homeowner and gardener; and Linda Kohr, Chester County Presidet are visiting Mr. Fryar's Topiary Garden in Bishopville, SC several miles off I-20.

two sales go toward our scholarship fund.

Our clubs also found many ways to help in the community. At Christmas we have a toy drive to provide toys to the Salvation Army. Several of our members crochet afghans for the Red Cross and the Dialysis Center. Comfort caps are also crocheted for cancer patients.

The fellowship and goodwill expressed by the FCL members in Chester County is very heart warming and we believe it radiates out into our communities.

We ladies in Chester County FCL love to work together, play together and help our communities to be better places in which to live.

Laurens County

The members of the Laurens County FCL Clubs have been very busy. Laurens County FCL presented an Outstanding Resident of Laurens County Award to La Delle Weekes at Spotlight in March of 2008 and to Sara Byers in March of 2009. The Laurens County Club hosted the Foothills Spring District Meeting on March 17, 2008. In October of 2008 the three FCL clubs of Laurens County: Heirloom Needle Arts, Oak Grove, and Gray Court-Owings Young sponsored a tea party in an effort to recruit new members to FCL. We were successful in adding new members to our clubs.

The Heirloom Needle Arts Club made candy boxes, bookmarks, name tags, and designed and printed the programs for the Foothills District Meeting in March of 2008. Each year members make tray favors for the Laurens County Hospital. They also make tray favors for residents of the Laurens Memorial Home for the Aged. They also made chair cushions for the residents of Laurens Memorial Home. In May of 2008 the club presented a \$500 scholarship to a deserving Laurens District 55 High School graduate. In June of 2008 the club donated money to supply care boxes for foster children in Laurens County. Club members made teddy bears for their loved ones from pajamas worn by the patient of a Hospice of Laurens County. These teddy bears will be given to the loved ones for a remembrance of the one they have lost. In November of 2008 the club voted to support the "Make a Wish" Foundation. The club continues to support financially needy people in the Laurens area.

Crafts have included a magnolia flower using balloons for petals, flower baskets made by recycling metal cans, bead necklaces, lapel pins, a depression doll made from cloth, hand bags, a brooch made with buttons, and Christmas ornaments.

The club is very proud of Linda Finley, 2007 State Leadership of the Year Award Winner and Doris Taylor, 2008 Laurens County Leadership of the Year Award Winner. Doris Taylor also received the Volunteer of the Year Award for Laurens County in 2008. Also Heirloom Needle Arts is proud to have five members as officers or board members for the state SCFCL: Judy Ramsay (former State Treasurer), Bobbie Earle (former Foothills District Director & current State Treasurer), Jean Davis (Foothills Program Coordinator), Doris Taylor (FCL Yards and Neighborhoods Chairman), and Linda Finley (Vice President for Public Relations).

Members were saddened by the loss of two members. Irene Nabors died in December 2007 and Ruth Armstrong in March 2008. Irene was a faithful member for more than fifty years. Ruth was truly and inspiration to the club. She loved the club and all of its activities.

The Oak Grove FCL Club continues to do a variety of good deeds through the year. In addition to collecting aluminum tabs for the Ronald McDonald House, members recycle the aluminum cans.

Each month members design and assemble a bulletin board for the hallway near the dining room at the Laurens

Memorial Home for the Aged. The club members designate a "product of the month" that members collect and deliver to the Memorial Home. Items have included such things as paper towels, soap, Tylenol, toilet paper, Clorox, cups, etc. In November each member donates money for the Director of the Memorial Home to buy whatever gifts are needed to make the resident's Christmas a more pleasant one. Also, in late November, club members decorate a Christmas tree in the dining room of the Memorial Home. The ornaments are made with the residents in mind. Each plastic ornament contains either lotion, shampoo, or soap which the folks receive as a New Year's Day gift when the tree was taken down.

The Safe Home in Laurens County was the recipient of underwear as a result of another collection the club had. Sometimes the women and children who are taken to the Safe Home come with little to nothing, so clean underwear can mean so much for these people.

Club members filled "goodie bags" for children at a local Farm Fun Day.

With the Foothills District Meeting being held in Laurens County in the spring of 2008, the club made shamrock magnets of recycled cardboard, brown paper bags, magnets, and bits of fabric as table favors. The club made and furnished muffins for all to enjoy.

The Oak Grove FCL Club is very proud of member Betsi Dinger for designing and making our new FCL flag for Laurens County. It is a work of art depicting our county and showcasing her talents. Her efforts are very much appreciated.

Oak Grove FCL Club sadly lost three members over the last year, one for health reasons, one because of economy, and one beloved member, Bobbie Chandler, died. On the positive side the club has three energetic eager new club members join who are ready and willing to do whatever they can.



Laurens County FCL members enjoy their annual Tea Party in an effort to recruit new members to their FCL Clubs

Oconee County

As President, Barbara Rhoads, of Oconee County Family and Community Leaders, I am continually inspired by the willingness of our club members (eight clubs) to donate their time, talent and sometimes their wallet to our community.

One of the outstanding projects carried out by our Stitchin' Friends Club was an Old Fashioned Quilting Bee, held at the Clemson Extension Office in Walhalla and the resulting quilt was given to the "Save our Church Committee" for a fund raiser to help move and set up the 1889 Historic St. John's Episcopal Church at the Walhalla Depot Park. The following ladies attended the Quilting Bee: Nell Cantrell, President of the Stitchin' Friends Club, Ellen Babbitt, Cathy Link, Jenny Grobusky, Beatriz Ruinen, Dedra French, Margie Green, Delores Tolley, Bernie Giannotti, Betty Phinney and Debbie Taylor. (See picture)

Salem Club continues to make Christmas for special children. They make quilts for fund raising for our community organizations such as Safe Harbor, home for abused women.

In April we held our Spring Council meeting. We promoted "Pennies for Friends" and "Nickels for Youth" by asking members to "fill the jars" we had placed in the center of each table.

Every June we plan and carry out a four-day session teaching children from 8-12 years how to sew. They learn the important parts of a sewing machine, how to control the machine, cut out patterns and end up with a variety of items. Handbags, shorts, P J's and skirts are just a few of their favorite things. So many children in Oconee County have gotten their start in sewing in our June sessions.

Tamassee DAR School is in Oconee County. At our Fall Council meeting we had Debbie Williams, Associate Director of Development and Community Relations for Tamassee, speak to us. She gave us a brief history of the Tamassee DAR School and told us several ways we can help. Some volunteers read to the children, some help them learn to sew and all of us give them items for their Thrift Store.

In August, we like to gather at Chau Ram Park, one of our county parks, and have our annual "Tea by the Waterfalls", drink tea, eat scones, visit with each other



(L to R) Nell Cantrell, President of the Stitchin' Friends Club, Ellen Babbitt, Cathy Link, Jenny Grobusky, Beatriz Ruinen, Dedra French, Margie Green, Delores Tolley, Bernie Giannotti, Betty Phinney and Debbie Taylor attended the Quilting Bee

and listen to the water rushing over the rocks. This past August we concentrated on informing and talking about our State Education Lessons for the year. The lesson on Nutrition and Food Safety was the one we enjoyed the most. We did the handout quiz on safe produce. We went over all the lessons for the year and clubs decided which ones they will use.

I just want to mention a few more community projects: stuffed dolls to orphans, baby quilts to "First Steps Program", quilts to "Warm a Child for Winter" and muffs for Alzheimer's patients. Some members take those who cannot drive to the doctor and grocery shopping. They visit in the local nursing homes.

The State FCL Meeting was held in Clemson in October. We had a lot of fun putting together an entertaining style show. Two craft workshops were given by Oconee members--one workshop on making Christmas ornaments and the second workshop was mini quilt wreaths.

I am sure you will agree with me that in every county, FCL does make a difference in our community and in the state of South Carolina. We're needed and I hope we can continue the good work we have been doing for years. About 10% of our members have been members for 25 to 50+ years. Now that speaks for itself.

Each county may submit only three items for entry in Heritage Skills at the SCFCL Conference. The county may exhibit items all in one category or place each in different categories. Times and places for delivery and pickup will be displayed in the conference program book. Counties may submit items in the following categories:

1. Hand Needlework
2. Machine Sewing
3. Ceramics
4. Quilts
5. Miscellaneous

Counties should label each item with category, county name & contact person prior to submitting their entry.

Descriptions of 2009 SCFCL Conference Workshops

THURSDAY, OCTOBER 29, 11:00 – 11:50 am



“Use it up, Wear it out, Make it do or Do Without”

You will learn how to use articles without throwing away anything. Make a necklace from the church bulletin. Make a pot scrubber from an onion bag, and on and on. Don't throw away anything.

No limit

Louise Aull

Cost: No Charge



“Upstate Forever”

What does it mean to “go green”? This presentation will discuss some of the ways we can reduce our impact on the earth by reducing our use of precious natural resources, by adopting simple (and some not-so-simple) practices in our homes and our communities, and by changing some daily habits to address climate change, resource depletion and water and energy consumption.

No limit

Ned Barrett

Cost: No Charge



“Nature on the Move”

Join Patrick for a look at how dynamic nature really is and how the choices that we make in our everyday lives have had and will continue to mold the natural world that we all enjoy. From the Piedmont forests and streams of South Carolina to the Native American shell rings of our coast, the world never forgets the choices that we make in our everyday lives.

No limit

Patrick McMillan

Cost: No Charge



“Green Graveyards”

A fantastic workshop on back-to-nature burials. A natural way to go. We put death in its rightful place as part of the cycle of life. Our burials honor the idea of dust to dust. Hear Dr. Billy Campbell tell the story of Ramsey Creek Preserve and a celebrity cemetery in Hollywood where Rudolph Valentino and Cecil B. DeMille are buried. This is a growing trend to save the earth.

No limit

Dr. Billy Campbell

Cost: No Charge

THURSDAY, OCTOBER 29, 2:45 – 3:45

“Seafood for the Holidays”

At “Seafood for the Holidays”, you'll learn how to make a Seafood Seasoning Mix that's a great holiday gift, a special stuffing for your holiday bird, and an edible centerpiece. Come to taste and take home the recipes!

Limit 25

Marilyn Peters

Cost: \$5.00

“Needle Pin Cushion”

Come join us to make a cute Needle Pin Cushion out of calico fabric. You will enjoy using this cushion for years to come and it is easy to move and travel around. (Materials included)

Limit 25

Barbara Rhodes & Ethelin Stancil

Cost: \$5.00



“Can Critters”

The class will paint “critters” made from smashed soda cans. We have a variety to choose from - cat, dog, pig, cow, bird, etc. They are adorable when we add eyes, button noses and hats or ribbons.

Limit 25

Bobbie Earle & Linda Finley

(Materials included)

Cost \$4.00

“Iris Folding Card”

Iris folding is an easy folding technique started in the Netherlands used inside envelopes with placement of folded paper strips of 3 or more designs or colors into a spiral pattern creating unique designs. (Materials included for one card)

Limit 25

Dr. Nancy Porter & Pat Breznay

Cost: \$4.00

THURSDAY, OCTOBER 29, 7:45 pm – 8:30 pm



“What a Wonderful World”

Jim and Ceille Welch will share some “green” stories as well as poems and songs from their family and world travel experiences. For 40 years Jim has been in television as a reporter, anchor, producer and program executive. He also worked as host of NatureScene with Rudy Mancke visiting all 50 states, Canadian provinces, Latin America, Chernobyl, Lake Baikal in Siberia and St Petersburg, Russia. Ceille, Jim's wife, is describes as an artist in “playwriting and spoken word” having written many plays, songs, short fiction stories and even a little poetry. Her dark comedy “Dayporch at East Jesus” premiered in New York then toured with the Actors Theatre of South Carolina. Come enjoy their special visit with us.

Workshop descriptions (continued)

FRIDAY, OCTOBER 30, 2:15 – 3:15

“Pine Straw Baskets”

Participants will make a fist size pine needle basket sewn with raffia using all natural materials. (Materials included)
Limit 20

Mary Boggins

Cost: \$4.00

“Twisted Leaf Tea Company”

I will talk about the different styles of tea (black, green, etc.), correct brewing methods for each type, and tea customs and history from around the world and much, much more.
No limit

Mitch Knight

Cost: No Charge

“4-H Communicates with FCL”

SCFCL members will be trained to become county and regional judges for the 4-H Communications Program (public speaking, record books, etc.) and will provide youth with a fresh perspective on how they can improve their written and oral presentation skills. SCFCL members will gain a better understanding of youth and the 4-H Communication program and discover how to help their clubs support 4-H youth communication skills.
No limit

Amy McCure

Cost: No charge

“Mother of the South Carolina Woman Who Saved Mt Vernon”

Louisa Bird came to Laurens County as the bride of Captain Robert Cunningham in 1814. The Rosemont Plantation began long before in 1769 by Patrick Cunningham, Robert’s father. Ann Pamela Cunningham was born August 15, 1816. Louisa’s trip down the Potomac River and seeing the ruins of Mt Vernon in the moonlight as the ship’s bell tolled in memory of our first President was the reason for the letter to her invalid daughter, Ann Pamela. Louisa urged her daughter to start a campaign to raise money to save Mt Vernon. Attend the workshop and hear the rest of the story.
No limit

Doris Taylor

Cost: No Charge

FRIDAY, OCTOBER 30, 3:30 – 4:30

“Santa Claus Necklace”

Participants will make a Santa face necklace out of beads and cording. (Materials included)
Limit 25

Debbie Calcutt & Theresa Glass

Cost: \$2.00

“Beat Stress, Throw a Fit”

Are you aggravated, frustrated, or angry? Don’t be stressed!! Come and prepare yourself to “throw a fit” and get away with it!! (Materials included)
Limit 25

Betty Shuler

Cost: \$2.00

“Healthy Cooking for the Holidays”

Learn to prepare quick and easy dishes for entertaining friends and family. This workshop will equip you with ideas for serving food during the holiday season. Simple and tasty recipes will be demonstrated and audience members will leave ready to prepare food for any gathering. Samples provided during workshop, recipes available to audience members.
Limit 25

Rhonda Matthews

Cost: \$2.00

“Healthy Food for Older Adults”

This program will cover the nutritional needs of older adults, from looking at specific nutrient needs to portion sizes and approximate calorie needs. We will then apply this information to cooking for older adults. We will talk about grocery shopping and budgeting, proper choice of foods to meet your nutritional needs, keeping your food safe and cooking. Recipes will be provided and there will be a cooking demonstration with samples for each participant of one of the recipes. Limit 40

Kimberly Baker

Cost: \$3.00

FRIDAY, OCTOBER 30, 7:00 pm - 8:30 pm

“America”

The new Lifetime Original Movie based on E.R. Frank’s book of the same name, “America” is about a teenaged boy named America who has spent his entire life shuffled through the foster care system. Emotionally vacant and suicidal, he’s teamed up with Rosie as therapist, who helps him understand his troubled past in order to find the courage to live. Johnson, an amateur actor and “real kid” plucked from obscurity by Rosie O’Donnell herself, plays the title role.
No limit

For all conference attendees

Cost: No Charge

2009 CONFERENCE REGISTRATION FORM

Please keep a copy of this form for you records.



89th Annual SCFCL Conference

October 29, 30, 31, 2009

White Oak Conference Center, Winnsboro, SC

****Please fill out a separate form for each family member.****

Name _____ Phone () _____

Address _____ County _____

City _____ State _____ Zipcode _____

e-mail _____ Dietary Restrictions _____

(if you want a registration confirmation)

New Member: Yes ___ First time at Conference: Yes ___ State Officer: Yes ___ Advisor: Yes ___ Voting Delegate: Yes ___

Registration Deadline - October 1, 2009

_____	Conference Registration fee	\$20.00	\$ _____
_____	One Day Conference Registration fee	\$10.00	\$ _____
_____	Family Registration fee	\$22.00	\$ _____
Family members must be residing at the same address as above.			
<i>i.e.: one FCL member and three family members equals four forms</i>			
_____	Late fee (postmarked after 10-1-09)	\$10.00	\$ _____
TOTAL REGISTRATION FEES			\$ _____

NO ADMITTANCE TO MEALS OR WORKSHOPS WITHOUT A TICKET.

WORKSHOPS

Please mark the workshops you would like to attend by numbering 1, 2 or 3. (First come, first served.)

Thursday, October 29

11:00 - 11:50	_____	Use it up, Wear it out, Make it do or ... (No limit)	No cost	_____
	_____	Upstate Forever (No limit)	No cost	_____
	_____	Nature on the Move (No limit)	No cost	_____
	_____	Green Graveyard (No limit)	No cost	_____
2:45 - 3:45	_____	Seafood for the Holidays (Limit 25)	\$ 5.00	\$ _____
	_____	Needle Pin Cushion (Limit 25)	\$ 5.00	\$ _____
	_____	Can Critters (Limit 25)	\$ 4.00	\$ _____
	_____	Iris Folding Card (Limit 25)	\$ 4.00	\$ _____

Friday, October 30

2:15 - 3:15	_____	Pine Straw Basket (Limit 20)	\$ 4.00	\$ _____
	_____	Twisted Leaf Tea Company (No limit)	No cost	_____
	_____	4-H Communicates with FCL (No limit)	No cost	_____
	_____	Mother of SC Woman Who Saved Mt Vernon (No Limit)	No cost	_____
3:30 - 4:30	_____	Santa Claus Necklace (Limit 25)	\$ 2.00	\$ _____
	_____	Beat Stress, Throw a Fit (Limit 25)	\$ 2.00	\$ _____
	_____	Healthy Cooking for the Holidays (Limit 25)	\$ 2.00	\$ _____
	_____	Healthy Food for Older Adults	\$ 3.00	\$ _____

TOTAL WORKSHOP FEES \$ _____

All fees are tranferable - NOT REFUNDABLE

2009 MEAL AND ROOM CONFERENCE REGISTRATION FORM

89th Annual SCFCL Conference

October 29, 30, 31, 2009

(the \$8.00 fee to White Oak is required for ALL ATTENDEES)



ALL ROOM RESERVATIONS MUST BE MADE THROUGH THE SCFCL Conference Registrar, Alice Williams, 309 Harmon Road, Hopkins, SC 29061 (White Oak will NOT accept your individual registration)

PLEASE PRINT

Name _____ Home Phone _____ Work Phone _____
Address _____ County _____
City _____ State _____ Zip _____ e-mail address: _____

MEAL FEES:

If you are staying on site you must pay for ALL MEALS for those days. Please mark the days you will attend and the meals you will be paying.

Note: If you are staying overnight you are required to pay for breakfast.

Table with columns for Day, Meal, Price, and Total. Includes rows for Wednesday, Thursday, Friday, Saturday, and White Oak Conference Center Fee (required). Total Meal Fees: \$8.00

Arrival Date: October ____, 2009 Departure Date: October ____, 2009

ROOM FEES: No more than two (2) people per room will be allowed

Single: Number of Nights _____ at \$55.00 per person per night \$ _____
Double: Number of Nights _____ at \$39.00 per person per night \$ _____
TOTAL ROOM FEES \$ _____

For a room on the FIRST LEVEL check here [] Handicap accessible room, check here []

The following people will share the same room:

1) _____ 2) _____

Add the following to determine amount to send to SCFCL

Table with columns for From FORM, Fee Type, and Amount. Includes rows for FORM 1 (Registration, Workshop) and FORM 2 (Meal, Room) fees.

TOTAL AMOUNT OF CHECK \$ _____ (send this amount)
(Keep a copy of all forms for your records)

You may send one check (postmarked by October 1, 2009)

Payable to: SCFCL

Mail to: Alice Williams, Registration Chair, 309 Harmon Road, Hopkins, SC 293061

For confirmation of your Registration information, send e-mail address to: wgwilliams@bellsouth.net

Check In time is 4:00 pm Check Out is 11:00 am There will be a \$3.00 fee for lost keys.

NOTE: There are no telephones, radios or televisions in the rooms. There are several pay telephones on the grounds. You may bring a small radio or TV if you would like to do so. Please bring an alarm clock.

For emergencies call: White Oak Conference Center at (803) 635-4685



89th Annual SCFCL Conference (tentative schedule)
“Tie a Green Ribbon around the White Oak Tree”
White Oak Conference Center, Winnsboro, SC
October 29-31, 2009



WEDNESDAY, OCTOBER 28

3:30-4:30	Board Meeting	Josie Gaston
5:30-6:15	Dinner at White Oak (must have 26 to eat in dining hall)	

THURSDAY, OCTOBER 29

7:30-8:15	Breakfast	
8:30-8:45	Inspirational Words	Margaret Nations
9:15-12:00	Registration	
9:00-12:00	Set-up for Heritage Skills	Lotey Smith
	Set-up County Showcase	
11:00-11:50	Education Workshops: “Use it up, Wear it out, Make it do or do Without” “Upstate Forever” “Nature on the Move” “Green Graveyards”	Louise Aull Ned Barrett Patrick McMillan Dr. Billy Campbell
11:00-12:45	Lunch	Holly Scott - tickets
1:00 – 2:00	Registration	
	President’s Workshop	Josie Gaston
1:00 - 1:45	Advisor Workshop	Dr. Nancy Porter
1:45-2:30	VP for Program and VP for PR Workshops	Helen Spiller and Linda Finley
	Secretary and Treasurer Workshops	Betty Shuler and Bobbie Earle
2:45-3:45	Heritage Skills Workshops: “Seafood for the Holidays” “Needle Pin Cushion” “Can Critters” “Iris Folding Card”	Marilyn Peters Barbara and Ethelin Bobbie and Linda Nancy and Pat
4:15-4:45	Flag Presentation Practice	Margaret Nations
5:00-6:30	Opening Session	Josie Gaston
	Flag Procession	Margaret Nations
	Missing Member Ceremony	Debbie Calcutt
	Leadership Presentations	Dr. Nancy Porter
	Leadership Awards	Linda Finley
	Blessing	Dale Morrow
7:00-8:30	Banquet	
	Preside	Jean Westbrook
	Welcome	Margaret Sanders
	Devotion	Willie Mae Lewis
	Introduce Entertainers	Lois Anderson
	Jim and Ceille Welch-Motivator/Entertainers	
	Collection of Pennies	Bobbie Earle
	Door Prizes	Holly Scott
8:30-10:00	Lecture Hall Activities	
	Heritage Skills open	
	County Showcase open	
	View Award Books	Linda Finley
	Set-up County Sales tables	

FRIDAY, OCTOBER 30

7:30-8:15	Breakfast	
8:30-8:45	Inspirational Words	Bobbie Earle
9:15-12:00	Registration	
9:00-9:30	Delegate Seating	
9:30-11:45	Annual Business Meeting	
	Presiding	Josie Gaston
	Devotion	Ethel Brown
	Pledge to US & SC Flags	Ann Hanks
	SCFCL Creed	Dot Bradley
	SCFCL Song	JoAnn McCaskill
	County Roll Call	Betty Shuler
	Secretary’s Report	Betty Shuller
	Treasurer’s Report	Bobbie Earle
	2010 Budget	Bobbie Earle
	MAD Project	Willie Mae Lewis
	FCL Yards & Neighborhoods Project	Doris Taylor
	ACWW, NVON, CWC Report	Josie Gaston

2008 Tentative Conference Agenda (continued)

	County President's Awards	Josie Gaston
	Introduction of Nominees for Office	Debbie Calcutt
	Teller's Report	Eloise Robertson
	Election of Officers	Josie Gaston
	2010 Education Lessons	Helen Spiller
	Introduce SCMFHG Inductees	Marilyn Easter
	Announcements	Josie Gaston
	Door Prizes	Holly Scott
12:00-12:45	Lunch	
1:00 – 2:00	Registration	
1:00 – 1:30	Fashion Show Practice	Lois Anderson
1:30-2:00	Recycle Fashion Show	Lois Anderson
2:15-3:15	SCMFHG Annual Meeting	
2:15-3:15	Education Workshops:	
	“Pine Straw Baskets”	Mary Bogins
	“Twisted Leaf Tea Company”	Mitch Knight
	“4-H Communicates with FCL”	Amy McCune
	“Mother of SC Women Who Saved Mt Vernon”	Doris Taylor
3:30-4:30	Heritage Skills Workshops:	
	“Santa Claus Necklace”	Debbie and Theresa
	“Beat Stress, Throw a Fit”	Betty Shuler
	“Healthy Cooking for the Holidays”	Rhonda Matthews
	“Healthy Food for Older Adults”	Kimberly Baker
4:45-5:45	NVON	Ruth Ann Anderson
	Blessing	Evelyn Griner
6:00-7:00	Dinner	
7:00-8:30	Movie night “America”	Nancy & Pat
8:30-10:00	Lecture Hall Activities	
	County Sales	
	Heritage Skills	
	*SCFCL Sales	
	Award Books displayed	Linda Finley
	County Showcase	
	*setup after dinner & takedown	

SATURDAY, OCTOBER 31

7:30-8:15	Breakfast	
8:30-8:45	Inspirational Words	Betty Shuler
9:00-11:30	Closing Session	Josie Gaston
	Devotion	Sue Shuler
	President's Report	Josie Gaston
	Officer's Reports	Executive Board Members
	Introduction of Newly elected officers	Debbie Calcutt
	Installation of Officers	Dr. Nancy Porter
	Recognition of Outgoing Officers	Josie Gaston
	Blessing	Bernice McFadden
12:00-12:45	Lunch	
1:00-2:00	Awards Ceremony	
	Preside	Miriam White
	Pennies Report	Bobbie Earle
	Handbook and Publicity Awards	Linda Finley
	Education Awards	Helen Spiller
	4-H Scholarship Award Recipient	Amy McCune
	Heritage Skills Award Winners	Lotey Smith
	Invitation for 2010 Conference	Sallie Stevens
	Words from Clemson University	Dr. Nancy Porter
	Announcements	Miriam White
	Door Prizes	Holly Scott
2:00-3:00	Post Conference Board Meeting	Josie Gaston

What to **BRING** to the 2009 Conference

DISTRICT DIRECTORS: **Bring** a basket to hold items for Gift Basket fund-raiser

COUNTY PRESIDENTS: **Bring** small county flag

Bring one item for District Gift Basket **and** two door prizes (no cheap dollar store items please)

Bring three Heritage Skills items (labeled with category, contact person and county)

To reserve a table for your county to sell items or bring a county showcase (Call 803-736-6535 by 10-1-09)



South Carolina Master Farm Homemakers Guild

The annual meeting of the South Carolina Master Farm Homemaker's Guild met March 19, 2009 in Saluda County with President Marilyn Easter presiding. In addition to the business portion of the meeting, four new members were inducted. Dr. Nancy Porter, assisted by Marilyn Easter and National MFHG President Loy Walker, inducted Jane Acevedo of Central, Karen Day of Anderson, Elizabeth Ledford of Marietta, and Blanche Weathers of Bowman.

Four members, Harriet Ducworth, Annie May Henry, Mittie Parr, and Roselyn Sease, were honored in a beautiful memorial service by Clara Riley and Dr. Porter.

The program on "Obesity in America" was presented by our National President, Loy Walker from Iowa.

The committees continue to work on the 2011 National MFHG Meeting plans which will be held in South Carolina.

We also congratulate our state's secretary, Betty McGregor, for not only be selected South Carolina's Mother of the Year, but was also selected National Mother of the Year.



Cheryl Ettinger, SCMFHG President-Elect, left and Marilyn Easter, SCMFHG President, right, is joined by Loy Walker, National MFHG President, center, for a quick snapshot.



(L to R) Elizabeth Ledford, Jane Acevedo, and Blanche Weathers being inducted by Dr. Nancy Porter into the SC Master Farm Homemaker's Guild at the Annual Meeting in Saluda County.

In loving Memory

*Bamberg
Wilhelmena Abel*

*Allendale
Fay Blackeney
Deanna Cohen*

*Lexington
Fran Moeller*

*Marion
Mrs. Dayton Swinton SCEHC President 1978 - 1980*



WORDS FROM THE SCFCL PRESIDENT

Greetings:

I hope that you have had an enjoyable summer. Fall is approaching and it is time for us to make or complete the plans for the events we have planned for the fall.

I hope all of you are making plans to attend the fall events in store for us around the state.

We are all eager to hear what the counties are doing and their future plans.

Thanks to all of you for the work you do. Please call me if I can be of any assistance to you.

Again, thanks for all the things you do to keep FCL in the fore front.

Nancy's Notes

If this is the fall issue of News and Views, the annual SCFCL Conference will soon be here. After the conference is over, the holiday season begins almost immediately. However, I am writing this in July and the concept of effective leadership is being discussed daily in the South Carolina media. I thought it would be appropriate to share some ideas I have gleaned from a book, The Leadership Secrets of Santa Claus, in relationship to SCFCL.

The book gives eight hints for success:

1. *Build a wonderful workshop* – SCFCL conference planners and the Board work very hard for the entire year to create *wonderful workshops* that keep the mission of the organization in mind while focusing on the needs and interests of members. Support them by attending.
2. *Choose your reindeer wisely* – Annual conference is the time that new *reindeer* are selected to lead the organization. Fill out county delegate forms and share your vote with your representatives.
3. *Make a list and check it twice* – Review the *list* of education programs and projects for 2010 that were distributed at the fall district meetings.
4. *Listen to the elves* – Complete your conference evaluation forms and turn them in. Planners and board members read them very carefully.
5. *Get beyond the red wagons* – In these days of reduced funding for Cooperative Extension and fewer agents to serve as FCL contacts, everyone struggles to accept the reality of these changes. SCFCL must find new ways to be independent and successful.
6. *Share the milk and cookies* – You can cross this one off the list. I know of no other organization whose members are so willing to *share* and help others.
7. *Find out who's naughty and nice* – Everyone associated with SCFCL has unique talents and expertise. The organization needs to tap into all of those talents. Everyone needs to think about walking in someone else's shoes and then volunteer to help when another is struggling with her/his responsibilities.
8. *Be good for goodness sake* – Every member of SCFCL sets an example for others. What can you do in 2010 to make SCFCL more viable and successful in its motto of dedication, education, and service?

Of course, the next holiday is New Year's. Make a resolution to increase the success of SCFCL in 2010!

2009 SCFCL OFFICERS

President
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jobdmem1@aol.com

Vice President for Program
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(864) 223-2806
mohelspil@embarqmail.com

Vice President for Public Relations
Linda Finley
(864) 682-2374
lfinley@prtcnet.com

Secretary
Betty Shuler
(803) 496-3852
geobet@ntinet.com

Treasurer
Bobbie Earle
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bearle@prtcnet.com

2009 Board Members

Historian
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(843) 562-2536
eloiselrobertson@yahoo.com

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Central Program Coordinator
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(no e-mail)

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zekemoma@lowcountry.com

Coastal Program Coordinator
Sallie Stephens
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sallieb@lowcountry.com

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Foothills Program Coordinator
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State FCL Advisor
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“News and Views” is a publication of the South Carolina Family and Community Leaders and is published semi-annually. For questions contact Editor, Pat Breznay, 6 Valhalla Court, Columbia, SC 29229-3311 (803) 736-6535, pbreznay@sc.rr.com

Spring News and Views

Those counties wishing to contribute articles to the spring “News and Views” must have their articles to your District Director by January 15

Central
Holly Scott
2230 Chappell Street
Columbia, SC 29203
(no e-mail)

Coastal
Willie Mae Lewis
403 Fraser Drive
Beaufort, SC 29902
minlick@islc.net

Foothills
Margaret Nations
231 Sunrise Road
Central, SC 29630
(no e-mail)

Aiken
Allendale
Barnwell
Chesterfield*
Fairfield
Lancaster*
Lee
Sumter

Berkeley*
Charleston
Clarendon
Dillon
Dorchester
Georgetown*
Hampton
Jasper*

Abbeville
Cherokee*
Greenwood
McCormick*
Pickens
Saluda
Union

* Counties who are not active



SCFCL is affiliated with Associated Country Women of the World (ACWW), Country Women’s Council USA (CWC) and National Volunteer Outreach Network (NVON) and in partnership with Clemson University Cooperative Extension Service



**Associated Country Women of The World
26th Triennial Conference
"Women Worldwide - The Voice of Today"**

The Associated Country Women of the World is our international organization that has a membership of nine million members through its 365 Member Societies in over 70 countries. The United States has had the honor of hosting the Triennial Conference in 1936 in Washington, DC, 1968 in East Lansing, Michigan and 1989 in Kansas City, Missouri. In 2010 the USA will have the opportunity and honor to host the 2010 ACWW Triennial Conference April 21-28, 2010 in Hot Springs, Arkansas.

Hot Springs National Park, Arkansas is the only American city nestled within a national park. That is because the United States government recognized its uniqueness and gave it protected status in 1832 as the first Federal Reservation. It became a National Park in 1921, and the City of Hot Springs was officially incorporated in 1876.

Hot Springs' legacy springs from the thermal waters that are its namesake. There are 47 hot springs which, for thousands of years, have issued forth from the southwestern slope of Hot Springs Mountain at a temperature of 143 degrees Fahrenheit and a rate of nearly a million gallons a day. The waters, having traveled through many layers of filtering rock on their way to the earth's surface, have been found to be nearly 100% pure.

The Triennial Planning Committee has suggested USA Member Societies consider making a \$1 donation per member to the Triennial Fund to help offset the enormous expense of hosting this historic conference. Essentially, for less than the cost of a cup of coffee, each of us can make a small, yet significant contribution to the success of this conference. We urge each member to add a \$1 to your upcoming dues. We invite you to the 26th Triennial Conference, which is held in Hot Springs, Arkansas, April 21-28, 2010.

Come and experience Hot Springs, one of our beautiful cities. We look forward to seeing you in Hot Springs.

**Your \$1.00 donation (which is less than the cost of one cup of coffee)
included with your 2010 SCFCL dues can help with expenses to make
the 26th ACWW Triennial Conference in Hot Springs, Arkansas a success.**



For information about the 2010 Triennial Conference, visit ACWW's Website: www.acww.org/uk or contact Josie Gaston (803) 635-9196 for a copy of the ACWW Countrywoman Magazine (April-June 2009) which has the Full 7-Day Conference Registration Form (with early-bird details - deadline November 18, 2009), How to Register, What to do as a Voting Delegate, Conference Accommodation Guide, Accommodation Reservation Form and Conference Timetable.

If you plan to attend for only 1-day or 3-days, the Registration Form (For USA Residents only) can be copied from: www.cwcusa.org or contact Josie Gaston (803) 635-9196 for a copy of CWC News Sheet (June 2009) which has the USA Residents Only Registration Form, Conference Timetable and letter of explanation from Louise Nichols, ACWW-USA Area President with information about how to register.



USA Residents ONLY



ACWW/USA Registration Form

ACWW 26th Triennial Conference 2010

21-28 April 2010 – Hot Springs, Arkansas, USA

This form is for Non-voting, 1-day, or 3-day Registrations ONLY

For the Full 7-day Registration Form, you must obtain a copy from:

ACWW The Countrywoman Magazine (April-June 2009)

Name: _____

Address: _____

State: _____ Zip: _____

Phone: _____ Email: _____

*Hotel reservations can **only** be made with your Conference Registration Number*.*

See Accommodation Reservation Form for more details at: www.acwwusa2010.com

ACWW Membership Number: _____		(if applicable)
<input type="checkbox"/> 1 (one) Day Conference Registration Fee:	\$135.00	\$ _____
Date: _____		
<input type="checkbox"/> 3 (three) Day Conference Registration Fee:	\$390.00	\$ _____
Dates: _____		
(Must be 3 consecutive days)		
<input type="checkbox"/> Gala Dinner (not included in 1-day or 3-day Registration Fee)	\$ 50.00	\$ _____
<input type="checkbox"/> Tour/Excursion (not included in 1-day or 3-day Registration Fee)	\$ 60.00	\$ _____
	Total:	\$ _____

Personal check, cashier checks or money orders will be accepted. Please make checks payable to **CWC Triennial Fund**. Confirmation will be by email or mail. Please included self addressed, stamped envelope.

Send to: USA Reservations
Judy Bender – USA Triennial Treasurer
N 1440 Spring Lake Drive
Dalton, WI 53926

ACWW/USA 2010 Triennial Conference Accommodations

Country Women’s Council USA Triennial Conference Committee has negotiated favorable room prices and reserved rooms for conference participants at 3 hotels (hotels web address listed below) in Hot Springs. In order to book accommodations, you need to quote your Conference Registration Number* which you will receive back from ACWW on receipt of your Conference Registration Form and Fee. All bookings of accommodations must be made through Hot Springs Conventions and Visitors Bureaus, 134 Convention Blvd, Hot Springs, Arkansas, USA 71901, ATTN: 2010 ACWW Triennial Conference, (501) 321-2835 or dweatherford@hotsprings.org or FAX: (501) 620-5009.

All bookings of accommodation are the participant’s own responsibility. Accommodation reservations should be made by March 20, 2010. Booking for the hotels are “first come-first served” basis. NOTE: Hotel fees are payable directly to the hotel on departure. Breakfast is included in the room rate. Reservations can only be made through Hot Springs Conventions and Visitors Bureau. Price listed is per night with approximate taxes included. Notification of reservation will come directly from hotel chosen either by email or USPS. Hotel website are:

- <http://www.embassysuiteshotsprings.com>
- <http://arlingtonhotel.com/>
- <http://theaustinhotel.com>