

FCE – HEARTH FIRE SERIES

revised January 2, 2021

H = HEALTH	HCE = HOME and COMMUNITY ENVIRONMENT	
L = LEADERSHIP	I = INTERNATIONAL	YE = YOUTH EDUCATION

HCE	1. Someone’s in the Kitchen ... cooking for One or Two -- Learn how to shop smaller and smarter; how to modify a recipe, and what to do with those leftovers. Course includes two wonderful recipes.
HCE	2. Someone’s in the Kitchen ... Basic Cooking Techniques -- This lesson is for a real beginner in the kitchen. It includes basic measuring techniques, how to set the table, and basic instructions for washing dishes. There is a substitution chart for those days when you don’t have the ingredients needed for a recipe. This lesson is particularly good for someone who did not take cooking in school, or you might consider donating several of these to a good pantry. RECIPES are included.
HCE	3. Someone’s in the Parlor ... Minding Their Manners -- Learn what to do in those “sticky” situations when you’re not sure what to do. Instruction included how to introduce people, restaurant etiquette, table manners and much more. More RECIPES are included.
HCE	4. Someone’s in the Super Market ... Buying Safe Food -- This lesson addresses foods that have been irradiated and electronically pasteurized. Learn more about this process, how long it has been used, and non-food uses. More RECIPES are included.
L/HCE/ YE	5. Someone’s in the Family Room ... Asking “Mommy, What Can I Watch?” -- Learn about the TV Rating System and the symbols used on the screen to describe what you are about to see. Included are recipes for healthy snacks that kids will love.
L	6. Someone’s in a Meeting ... Serving As A Delegate --This lesson on a parliamentary procedure deals with a member who has been chosen to serve as a delegate to a convention. Learn how to serve with confidence and grace. Instruction includes some of the motions you will have to deal with, what percentage of the vote it takes to approve decisions, and a few other beneficial tips. RECIPES are included for busy meeting days.
HCE	7. Woman to Woman ... Searching For Chocolate! -- If you have ever had a craving for CHOCOLATE, you will want to take the chocolate test. Experience the exquisite pleasure of the food of the gods. Read this pamphlet and learn just why satisfying that craving may be “good for you”.
H	8. Woman to Woman Learning about Mammograms and Pap Tests. Are you at risk for breast and cervical cancer? What can you do? What are the benefits and limitations of mammograms? Be a survivor! ke
H	8a. Person to Person ... Does Your Engine Purr? -- We need to keep our bodies tuned up, cleaned up, and fueled up, just like we do our car. We don’t want run a risk of a disease that can ruin our health, our lifestyle, and even end our lives.
H	9. Someone’s in the Living Room ... With an Eye for Redecorating -- Is your carpet worn? Do your walls need a new look? Would you like to replace your windows? Learn practical ideas to make your decorating tasks more manageable. Includes a quick and easy ways to prepare main dish recipes for your busiest decorating days.
L	10. Someone’s in a Meeting ... Making Good Decisions -- When a group decision has to be made, how do you include the entire group in that decision? Different people view a question or problem in different ways. Learn to make good choices and keep the entire group motivated while building decisions.
L/HCE	11. Someone’s in the USA ... Showing Respect for the Flag -- Did you ever wonder .. how the flag came to be? Who designed or made the American Flag and how the stars were added? Learn what the US flag represent, who makes the rules, and how your flag should really be flown?
L/HCE	12. Someone’s K.I.S.S.ing in Public ... Eye-Catching Displays -- What’s the best format for displays so people will “get” the message? Learn the basics of color principles and how to use the K.I.S.S. rule when creating your displays. Remember to Keep It Short and Simple!
H	13. Woman to Woman ... Bone Breaking Facts -- Learn what causes Osteoporosis and that women are not the only one at risk for this disease. Learn what you can do to prevent osteoporosis?

	Calcium source and recipe included.
H	13a. Person to Person ... Here's to your Health! -- Lower the risk of osteoporosis by adding milk to your diet. sy
L	14. Someone's Saying ... Don't Do It! Delegate! -- If you hold an office in a club, county, state, national, or civic organization you will want to read this pamphlet on how to delegate. Take the quiz and see how you rate as a delegate. Bake some "Blond Brownies" for your meeting or better yet – Delegate It!
HCE	15. Someone's saying ... Moving the "WRITE" Way -- Tips on moving and the importance of writing legibly when changing address. sy
H	16. Woman to woman ... Body Talk -- When was the last time you had an appointment with your gynecologist? It takes only 2-3 minutes of an unpleasant exam to know if you are in good health or to discover a problem early enough to take care of it.
L/HCE	17. Someone's saying ... Electronic Manners Count: Too -- This tele-communications is a review of basic technology etiquette; manners and consideration of others are still polite and acceptable modes of behavior?
H	18. Woman to Woman ... Do I have Diabetes? -- Educate yourself; anyone of us can become diabetic. Know the signs for yourself and your family.
HCE	19. Someone's in the USA ... Prepared For a Natural Disaster -- No one wants to think about a disaster coming, but they are a reality being prepare can save time and help protect what you value most.
I/HCE	20. Someone's in the USA ... Making Plans to Travel -- Proper preparation and knowledge of what to expect can help make your next trip more enjoyable. sy
L	21. Someone's in a Meeting ... Practicing Proper Protocol -- Protocol provides order and a sense of direction for meetings and activities. sy
H	22. Woman to Woman ... Forgetfulness or Alzheimer's? -- What causes Alzheimer? How can it be detected? What are the stages? Can we prevent it? sy
H	23. Person to Person ... More Than Skin Deep -- Skin is a miracle and this series contains 10 rules for healthy skin, definitions of common skin conditions, causes of, and step the prevent sun damage, and signs of skin cancer.
HCE	24. Person to Person ... Minding Your Social P's and Q's -- Explanation of funeral etiquette, how to respond to invitations, how to give or receive compliments or criticism, proper formal wear and much more.
HCE	25. Someone's Asking ... What Records Should I keep -- How many years do you need to keep all those cancelled checks? Where should you store your will or property mortgages? Why own a paper shredder? This series answers these questions and many more.
H/HCE	26. Woman to Woman... Celebrating YOU – offers month-by-month suggestions to help you focus on yourself . sy
H	27. Someone's in the USA saying ... Show Me the Power of Healing Foods -- Why is healthy eating important? How a balanced diet helps meet your nutritional needs and how it may help you prevent and manage certain diseases. sy
L	28. Someone's in the USA asking ... Can I be a lobbyist? -- Are you a lobbyist if you make decisions for your family? Communication is a way you can be an effective citizen. sy
HCE	29. Woman to Woman ... Why Should Love Hurt? -- Domestic violence comes in different forms. Learn the different types of abuse and what you can do about it. sy
L/HCE	30. Woman to Woman ... Resisting the Deadly Triangle of Violence -- Violence is everywhere. Recognizing violence and what can we do about it? sy
L	31. Person to Person... Serving on a Board – what you learn before you make a commitment to serve on a Board. sy
L	32. Person to Person... "Can We Talk" – good communication requires at least 2 basic skills. Listening and giving feedback. sy
L	33. Person to Person... Resolving Conflict – conflicts happens when people care or become threatened. sy
L/HCE	34. Organization to Organization... Recruiting and Keeping Members – learn to market your organization. sy

H	35. Person to Person... Here's to a Healthy Heart – women are prone to Heart Disease. Learn the who, what, when, where, why, and how. sy
L	36. Person to Person... Guidelines for Developing a Dynamic Group. Appreciate one another. Who is on your Team? Understand the importance of having different opinions. Encourage all to participate/share ideas and information. Be Prepared (on time) with an agenda. Plan effective discussion strategies. Select a Recorder. Understand the stages of group development, Group Evaluation, Self-Evaluation, Group Building Activities, Building Listening Skills. ke
L/HCE/ YE	37. Someone's in the USA... Court(ing) the Judicial System: Information on the judicial system of laws and courts, review the Preamble to the Constitution, the Bill of Rights, and the additional amendments, Statue Law, Administrative Law, Common Law, and Case Law which covers civil and criminal law. The Hearth Fire issues make us more comfortable when we are called for jury duty. ke
L/HCE/ YE	38. "Video Games! Coming to a Screen Near You", General Tips for Children, Guides for Parents, How to Evaluate Video Game Content, Tips to Manage Media Consumption, Entertainment Software Rating Board, and Effects of Video Games. ke
L/HCE/ YE	39. Someone's Asking –is the Cyber highway friend or foe? Internet Dangers, Good Things for Kids on the Internet, What Should Parents Know? Family Promises for Internet Usage. ke
HCE/ YE	40. Books, the Other Channel, How to Tune In to Books, Building family bonds, Tuning in to positive influences, opening the doors for positive future opportunities. ke
YE/ HCE	41. Someone's in the Kitchen – Making Concoctions. Enjoy creating laughter, memories, and something to eat or keep. Recipes for play and snack time, recipes to create magic fun with other children. ke
YE	42. "Kids Gone Wild???" It's Our Own Fault" ... Clyde Otis 111 from Music Talking tells about the music our kids listen to and the importance of parents talking to them about. ke
HCE	43. Someone's in the World ... Being Green ... Help the environment stay green and healthy. Let's look at some ideas that enhance and promise being green for ourselves, our babies and children, our homes, our garden and our communities. ke
HCE/ YE	44. A Child is Asking ... Take me to the Movies ... Teaching children to become a film critic in their own right. Movies, TV, and DVD's can be a positive influence on your children. ke
H	45. Someone's Looking in the Mirror...and sees the Face of Arthritis. The most common forms and what you can do. Exercise is the single most effective tool. ke
YE/ HCE	46. Someone's Asking...what is sexting and cyberbullying? How can young people respond to cyberbullying? How do I report cyberbullying? ke
HCE/H	47. Woman to Woman...Look fit and fabulous at any age....It's time for a makeover. Discusses image, skin care, makeup, hair, and keeping your brain active. ke
HCE	48. Someone's Singing ... Money, Money, Mon neey – Financial issues affect everyone. This series will help make you more informed, confident and ready to deal with your finances. It will give you insight into how to begin to plan for your future and to handle current finances. pk
HCE	49. Someone's Asking ... Paper, Plastic or Neither? The goal is to point out the pros and cons on this topic. Both plastic and paper are hard on the environment. pk
H	50. How Do We Talk about Autism? "My sensory perceptions are disordered." Learn ten things every child with Autism wishes you knew. my
H	51. Loving the Men in Your Life...Understanding How to Keep Them Healthy. Learn why men don't take better care of their health and how you can help. My
HCE/ YE	52. Take it to the street...The Media Street. Facebook, Twitter, YouTube, blogs and new ones appearing all the time. Learn about internet safety, etiquette, abusive messages and what you can do. my
H	53. What is Chronic Pain? Hurting that doesn't go away...Learn about ways to control chronic pain, tips and tools for living with pain. my

H/YE	54. Is There a Vaccine to Cure Rudeness? Tool box for cultivating civility.
L/YE /HCE	55. Dress for Success. Learn How to dress, good hygiene, manners for that important interview. How to make that first impression count. my
HCE/L/ H/YE/I	56. Strut your Stuff Developing Great Brochures. Learn to make professional looking brochures. my
HCE/H/ YE	57. How can we Stretch our Food Budget? Create your food budget, plan, purchase, prepare, and stretch your dollars. my
HCE/ YE	58. What are Your Fingers Saying, when you're typing on Electronic Devices? What is Phishing? Technology is exciting and fun but it's important to learn about internet safety. my
H/L	59. Advance Directive – Do I want or need it? Learn about Durable Power of Attorney, Living Will, Do Not Resuscitate and Where to keep these forms. my
H/YE/ HCE	60. What is Maternal Health? Learn about pregnancy related problems and steps to help a woman through her pregnancy. my
L/HCE	61. Hope on the Horizon..Finding, Recruiting and Retaining new FCE members. Share your story, get them involved, ideas to retain new members. my
I/L/HCE /YE/H	62. Human Trafficking. Learn about the modern day slavery...how to recognize it and what you can do to help. my
H/HCE/ YE/L	63. Grandparents Raising Grandchildren. Hawaii is the highest state with percentage of grandchildren living with grandparents. Why? Learn how to support grandparents. my
H/HCE/ YE	64. How do I manage my Obesity? Learn nutritional, and activity tips and the importance of managing emotions. my
L/HCE/H	65. How is technology affecting my family? Is too much a bad thing? What are the negative effects of technology? rh
H/E/YE	66. Are you a sugar addict? How does sugar affect our health and where do we find "added" sugar? What should we know and is sugar an addictive drug? rh
H/HCE/E	67. Aging in Place . . . Aging Well - Embracing Aging - Age Adapting to life's changes. What we do mentally and physically - will it affect the way one ages? rh
H	68. Someone's in the Home . . . Eating Healthy Food - Do you really know what they are? What are Pulse Grains? Why eat them and what does it taste like? What is gluten – how to cook and follow the diet? What is a GMO and its benefits? rh
H	69. Asking for a Friend . . . How Does Aging Affect My Senses? - What is the effects of aging do to our five senses – hearing, sight, smell, taste and touch? rh
H/HCE	70. Someone's in the Kitchen . . . Using Their New Gadget – Cooking at home regularly, are you looking for tools to make cooking better, faster, easier, more delicious? What are some of the newest appliances – Air Fryers, VitaClay Pots, Instant Pot (IP)? Recipes included.
E/HCE	71. Someone's asking . . . What is ACWW and how does FCE fit in? What is ACWW, Who supports ACWW, Membership supports Pennies for Friendship, Women Empowered Fund (WE Fund), Zero Hunger Challenge. What are the Sustainable Development Goals?

H/HCE	72. Someone's in the Kitchen Saying ...”Oh, it Ain't Your Grandmas Pressure Cooker!” Use of using the electronic pressure cooker – description of parts of cooker and using beans, rice, grains, dehydrated foods and fruits. Get out your pressure cooker and begin to feel comfortable with it.
H/HCE	73. Developing an Immune System for the Soul. Our body is incredible. All kinds of germs attack whether we know it or not. Immune System works 24/7. Germs are everywhere. How do we take care of our body against germs? Does a sense of humor ease troubles? Are you willing to step into the unknown because it is a Good Thing to do? How does Patience, Gratefulness, Forgiveness come into play? Are we teachable and have determination?
H/HCE	74. Someone's in the Garden-Checking on benefits and Types. What are the benefits for Gardening? What types of gardens are there? Container, Raised-Bed, Types of Raised Beds, Terrarium? Get tips on Gardening and see what it will become.
H/HCE	75. Passing Family History to the Next Generation. Who will benefit from family history? Why would it be important to pass family history to the next generation? Everyone has a story. How to get the information? Put your family history together and let the generations after you learn of what was happening during your history.
H/HCE	76. Someone is Saying HAH! Health and Humor. We don't laugh because we're happy – we're happy because we laugh. Humor and Health have a long, world-wide History and go hand in hand. What are the benefits of laughter? Does humor have emotional benefits?