

## SCENES FROM THIS YEAR'S 2ND GRADE EXPERIENCE



### Fulford Center Advisory Board

Dr. Alan Brasher  
 Ada Lee Correll  
 Claire Collins  
 Darlene Dickens  
 Kenny Griffin  
 Courtney Joiner  
 Elizabeth Kraus  
 Jean Schwabe  
 Toni Terwilliger  
 Sharon Weatherford  
 Syvetta Young



### LEAVE A LEGACY

When you are honoring or memorializing family and friends, please consider making a donation to the Sudie A. Fulford Community Learning Center through the East Georgia State College Foundation. The Foundation is a 501(c)3 non-profit organization. All gifts are tax deductible to the extent approved by law. Contact Elizabeth Gilmer at 289-2037 for more information.



FULFORD CENTER STAFF  
 Jean Schwabe, Director  
 Erin Youmans, Magnolia Midlands  
 GYSTC Coordinator

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 Fax: 478.289.2465  
 Email: [jdschwabe@ega.edu](mailto:jdschwabe@ega.edu)  
 Normal Hours of Operation  
 Monday - Friday, 8 a.m. - 5 p.m.  
 Other times by appointment



JUNE/JULY  
 2017



### OUR MISSION

By providing an environment where learning opportunities take place and community relationships are enriched, the Sudie A. Fulford Community Learning Center will develop individual capacity and improve the quality of life for Swainsboro and Emanuel County.

### OUR GOALS

Education  
 Civic Engagement  
 Hospitality



JEAN D. SCHWABE,  
 DIRECTOR



### Message From The Director

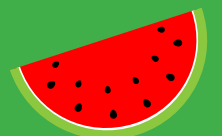
The summer season is upon us, and we've got a wonderful and fun-filled summer planned! A wide variety of camps are scheduled through the end of July. We also have many other events planned...everything that makes summer a very special time at the Fulford Center. I hope you'll include the Center in your summer activities, and I hope to see you soon.

*Have a great summer!*



### UPCOMING EVENTS

- June 5-8---Camp Adventure VI
- June 8---Fulford Advisory Board Meeting
- June 9---Certified Teen Leader Training
- GSU Partnership for Rural Health Meeting
- June 15-16---Ooey Goey Science Mini-Camp
- June 19-22---GYSTC STEM Discovery Camp
- June 20 & 22---UGA Extension Cooking for a Lifetime Workshops
- June 21---4-H State Congress Workshop
- June 26-28---Travel Through Time Art Camp
- July 10-13---Intermediate/Advanced Chess Camp
- July 13---Magnolia Midlands GYSTC Board of Directors Meeting
- July 14---GSU Partnership for Rural Health Meeting
- July 17-21---Camp Invention
- July 25---State Garden Club Meeting
- July 26 & 27---ServSafe Training



## ANNUAL PINE TREE FESTIVAL FLOWER SHOW A SUCCESS!

The Fulford Center was made even more beautiful with all the lovely entries at the recent Pine Tree Festival Flower Show. Co-sponsored by the Seedling Garden Club and the Swainsboro Kiwanis Club, the show had over 160 entries.

This year's theme was "Leap into Action". Lucille Braswell served as Flower Show Chairperson, and Cheryl Goodman was the Co-Chair.



## CHILDREN'S BOOK DONATED TO CORRELL READING ROOM

Many thanks to Kay Peacock, Seedling Garden Club President, for donating *The Frightened Frog* to the Ada Lee Correll Reading Room. An early reader book written to educate elementary children about the environmental issues affecting amphibians, it includes Fun Frog Facts and ways children can "Leap Into Action" to help protect, preserve and support frog and amphibian habitats in their own backyards.

## PART 2 OF TOTAL WELLNESS SERIES PROVIDES UNIQUE NUTRITION GUIDELINES

At our recent Total Wellness session, Pam Thompson, Registered and Licensed Dietitian, provided a most informative presentation regarding the Healthy Food Spiral. While there are many nutrition guidelines available today, Healthy Food Spiral is not just a guideline or a new diet, it is a tool. Ms Thompson developed the program to be unlike anything else that is available. It gives people of any age or health concern the ability to make the right food choices and does so while taking into account dietary challenges such as diabetes or hypertension that people may face on a daily basis. This easy tool allows individuals to incorporate healthy eating patterns into their daily life by using the three simple colors of a traffic light. If you weren't able to join us for the session, you can learn more about Healthy Food Spiral by visiting [www.foodfitnessu.com](http://www.foodfitnessu.com).



## COOKING FOR A LIFETIME SESSION PLANNED FOR JUNE 22

We hope you will join us for **Cooking for a Lifetime**, a cancer prevention cooking school, which is scheduled for Thursday, June 22, from 11:30 a.m. until 1:30 p.m. There is **NO CHARGE** for the session. Participants will learn how to reduce their risk of developing cancer by acquiring good eating habits and making healthier food choices. Information regarding breast, cervical, and colorectal cancer prevention will also be provided, along with the latest screening guidelines. Those attending will receive free cookbooks, taste samples from live food demonstrations and be entered into a drawing for one of two fitness kits valued at \$30 each.

A free, catered lunch will be provided, and registration is **REQUIRED** as seating is limited. Please call (478)237-1226 to register.

# 2017 FULFORD CENTER SUMMER CAMPS

We have lots of fun activities planned for the summer. If you have questions or want to register for one of our camps, please call the Center at (478)289-2464.

### JUNE 5-8---CAMP ADVENTURE VI

RISING Grades 3-5  
8:30 a.m. - NOON  
COST: \$25  
Maximum: 22



### JUNE 15 & 16---OOEY, GOOEY SCIENCE MINI CAMP

RISING Grade 1 & 2  
8:30 a.m. - NOON  
COST: \$20  
Maximum: 18



### JUNE 19-22---STEM DISCOVERY CAMP

RISING Grades 3-5  
8:30 a.m. - 12:30 p.m.  
COST: \$125  
Maximum: 18

### JUNE 26-29---TRAVEL THROUGH TIME ART CAMP

RISING Grades 3-5  
9:00 a.m. - NOON  
Cost: \$50  
Maximum: 36



### JULY 10-13---INTERMEDIATE/ADVANCED CHESS CAMP

8:30 a.m. - NOON  
Cost: \$25  
Maximum: 20

### JULY 17-21---CAMP INVENTION

For RISING Grades 3-6  
9:00 a.m. - 3:30 p.m.  
REGISTRATION FOR THIS CAMP IS CONDUCTED THROUGH THE LOCAL SCHOOLS.  
Contact the Fulford Center for details.  
Maximum: 50

