

“Cherish Your Womanhood”

- HF#26 Woman to Woman... Celebrating You
- HF#33 Person to Person... Resolving Conflict
- HF #7 Woman to Woman... Searching For Chocolate

Workshop Development

- beginning overview- 5 minutes
- Hearth Fire sessions- 15-20 minutes each
- closing or “reflection” session- 10-15 minutes

Each session is about 15-20 minutes of material using the HF as background and as the only hand-out.

Overview:

This workshop is designed to show you how to use information from three Hearth Fires. Some of the information you may have heard before, or maybe you have used these Hearth Fires for lessons in your groups. You know the old saying the more you hear something, the more apt you are to remember it. A doctor once told me that you need to love yourself and who you are, and then others will love you. We, as Women, do tend to neglect ourselves, or put ourselves last in line to have time to just relax and enjoy our womanhood. Relaxing is difficult to accomplish in the hustle and bustle of today's world, but we will provide you with suggestions on how you can enjoy yourself more by becoming organized, eating food we all love, and handling stressful situations that arise in our lives. We'll see how to Cherish or love our Womanhood.

In this workshop you will see three different ways to use the Hearth Fires in a program. One as the only information, one as background information, and then one as a basis to write a longer program with the Hearth Fire as the only handout in each case.

HF#26 Woman to Woman... Celebrating You

Items for preparation: Obtain a large calendar and write something on each month's page from the Hearth Fire. Place them around the room on the walls where they are easily accessible to the class members.

Teach the Hearth Fire touching on a few things from every month.

At the end of the session, ask class members put some ideas of their own on the calendars.

HF#33 Person to Person...Resolving Conflict

Sometimes when we become over worked, or over stressed, conflict arises between us and others around us. Conflict in and of itself is neither good nor bad. When we begin to view conflict as a positive instead of a negative force and develop skills to manage and resolve it, we become more at ease with conflict, and can then use it to strengthen relationships, build a sense of community and better meet the group needs.

ASK class members: What is conflict?

Discussion: There are positives and negatives to conflict. Let's list some of the positive and negative aspects of conflict. (List class member's answers on a board)

The way we react to conflict is a learned behavior. We can thereby learn to manage or resolve conflict. To manage conflict is to keep it from getting out of hand or keep it in control. Resolving conflict requires more learned behaviors.

(List and talk about the six steps to follow in resolving conflicts from the Hearth Fire.)

Finish the discussion with a portion of the Hearth Fire you feel is appropriate.

HF #7 Woman to Woman...Searching For Chocolate

Introduction:

Chocolate, food of the Gods!

What are some of the words that come to mind when I say "Chocolate"? (Have group give the first word that comes to mind when they hear the word "Chocolate".)

Some of you described the taste of chocolate and some of you described how you feel before and after you have CHOCOLATE.

Today we are going to investigate Chocolate; its history and why it is so important in our lives.

History of Chocolate:

Did you know that chocolate was first cultivated and consumed by the Mayans and Aztecs? By the year 1000 A.D. the beans were being used as currency. The Aztecs believed that drinking chocolate, which was the undiluted, unsweetened liquor from the fermented cacao beans (pronounced "cocow"), would bring great wisdom, understanding and energy. Its use was reserved for the ruling and priestly classes. Montezuma always drank a goblet of chocolate before visiting his harem, and chocolate figured quite strongly in Aztec religious practices as a way of establishing a higher consciousness. Legend held that the Aztecs had persuaded the dread god

Quetzacoatl to leave them in peace by giving him gallons of chocolate, which was also known as Quetzacoatl.

In 1492 Columbus was given some of the cacao beans and took them back to Spain, but he didn't know how to process and ferment them. In 1519, Cortez descended upon the Aztecs and eventually destroyed Montezuma's armies and his capital. The Aztecs were convinced that Quetzacoatl had returned as prophesied and they tried to get him to leave by again plying him with chocolate.

It didn't work very well, as Cortez organized the area as a Spanish colony, but it did introduce Cortez to not only the consumption but also the processing of chocolate. He took the beans and the process back to Spain. The Spaniards added sugar and honey to the bitter liquid and then fell in love with it. As in the Americas, its use was reserved for members of the court. Chocolate was kept a secret by the Spanish court for almost a hundred years.

In 1615, a Spanish princess married Louis XIII of France and the secret got out. Chocolate spread from France to England, Italy, Germany, Austria and Switzerland.

In France, chocolate was met with skepticism and was considered a "barbarous product and noxious drug". The French court was doubtful and accepted it only after the Paris faculty of medicine gave its approval. A French queen finally saved the day. In 1615, Anne of Austria, wife of Louis XIII declared chocolate as *the* drink of the French court.

During the early seventeenth century, chocolate found its way to Italy and England, among other European countries. In 1650, chocolate became the rage in Oxford and in 1657, a shop called *The Coffee Mill and Tobacco Roll* opened in London. Although chocolate was not featured, the drink quickly became a best seller. As the popularity of chocolate grew, England imposed an excessive duty of 10-15 shillings per pound. By the way, the duty was comparable to approximately three-fourths its weight in gold. It took almost 200 years before the duty was dropped.

In 1753, Carolus Linnaeus named the tree *Theobroma cacao*, which meant "food of the gods, chocolate." How appropriate. In fact, the cacao tree's botanical name, *Theobroma cacao*, pays homage to its mythical origins. The Aztecs held that prophets had brought cocoa beans to their lands. Thus, the beans were a valued commodity, not only for use as a kingly drink but also as a medium of exchange. Four cocoa beans were the price of a turkey, for example.

In the United States, chocolate was first manufactured in 1765. It was introduced at Milton Lower Mills, near Dorchester, Massachusetts by John Hanau and James Baker who opened a processing house.

The Swiss began making chocolate in the mid 1800's. Switzerland, at the time, had cows but did not have abundant commodities of chocolate and sugar. In 1876, M. Daniel Peter attempted to add milk to chocolate to produce a smoother chocolate. However, adding water to chocolate made the chocolate shrink, separate and generally disintegrate. Milk has water in it, and it took Peter 8 years of experimenting

before taking his product to Henry Nestle, a maker of evaporated milk. Nestle had perfected the manufacture of condensed milk, and he and Peter hit upon the idea of mixing sweetened condensed milk with chocolate.

The invention of the cocoa press in 1828 by C. J. Van Houten, a Dutch chocolate master, helped reduce the price of chocolate and bring it to the masses. By squeezing out cocoa butter from the beans, Van Houten's "dutching" was an alkalizing process which removed the acidity and bitterness, which is why alkali processed cocoa is also called Dutch chocolate.

Chocolate was available only as cocoa or as a liquid until 1879. It was Rodolphe Lindt who thought to add cocoa butter back to the chocolate. Adding the additional cocoa butter helped the chocolate set up into a bar that "snaps" when broken as well as melting on the tongue.

World War I really brought attention to the chocolate candies. The U.S. Army Quartermaster Corps had commissioned various American chocolate manufacturers to provide 20 - 40 pound blocks of chocolate to be shipped to bases in the field. The blocks were chopped up into smaller pieces and distributed to doughboys in Europe. Eventually the task of making smaller pieces was turned back to the manufacturers.

By the end of the War when the doughboys arrived home, the American chocolate business was assured. Why? Because the returning doughboys had grown fond of chocolate candy and now as civilians wanted more of the same.

And those chocolate chip cookies!!!!!!!

How many chocolate chip cookies have you eaten or baked in your lifetime!? Can you believe that there were mothers that did not ever bake a chocolate chip cookie for their little boys????? George Washington, Abe Lincoln and Mark Twain (to name a few) have never tasted that delicious confection called chocolate ship cookies!!!!

Ruth Wakefield invented the Chocolate Chip cookie in the 1930's. She and her husband ran an inn in Massachusetts, called the Toll House Inn. The story says that she ran out of baker's chocolate, so she broke up some of the semi-sweet bars of chocolate that Andrew Nestle had given her. She thought it would mix in the dough and make an all chocolate cookie. It didn't and so Toll House Cookies were born. The Chocolate Chip cookie is one of the most popular cookies in America today.

Go to Hearth Fire Series. Touch on some of the statistics and the other information as you see the need. Close with the final statement in the Hearth Fire on page 5 top of the page and the hint at the bottom of page 5.

Distribute CHOCOLATE!!!! And the Hearth Fires.

CLOSING DISCUSSION:

Did you enjoy the presentations? What did you enjoy most?
(Talk a little about each presentation)

The Purpose of this session was to introduce you to ways to use the Hearth Fire series. We chose three Hearth Fires that were some what similar. We purposefully chose to use the Hearth Fires as background information and as the only handout in the session. The title was selected to reflect the National conference theme and the three programs selected.

As your National Board, we want to encourage you to use the Hearth Fire lessons in your clubs, units, or study groups. The Hearth Fires are a great way to add to programs. You can also develop a larger lesson or program using one or more Hearth Fire booklet.

We have had reports from units that have used several of the health related Hearth Fires in programs they have opened to the public. They invited some members of the health care field to participate, shared information from the Hearth Fire Series and had support groups there to share information also. What a great way to use good material and share it with non-FCE members. It is a great introduction to the organization.

This presentation is not meant to be given verbatim as it is written, but as a guide to encourage you to use the Hearth Fire Series in new ways in your study groups. I do have copies of it as I have given it, but really want you to use it only as a guide to selecting and preparing your own presentations using the Hearth Fire Series.

Q&A on the use of Hearth Fires>