

## Mary Jane's Musings. . . .

### Items to take note of:

- Did you receive your FCE Today. It is full of information about the National Conference, check it out
- Geneva is planning a bus trip to NAFCE – Check out the information inside this issue and make your plans now.
- Remember Red, Green, Yellow & Blue? Check out the final installment
- Do you need one more cookbook – don't miss out, they are almost gone
- Your State Board of Director's will meet Thursday, March 22  
For more information contact Mary Jane Adams.
- KAFCE State Conference – Hutchinson – October 1- 3, 2012
- Change for 2012 Roster –

### **Please make note of the following changes!!**

State President-elect: Sharon Giacometti

sharonfce@gmail.com

State Treasurer: Judy Emert

jdemert@rainbowtel.net

Northeast Area Director: Diane Hanzlicek

dianeflood@sbcglobal.net

South Central Area Director: Wilma Lill

Phone number: 316-323-2086

Twenty twelve – already!!  
Mary Jane Adams

As I ended my second year of a three year term, I began to reflect on “what have we done” and I wish I could list many things here, but the major “what we have done” is a Handbook revision, a major process, but a very interesting learning experience.

When my term began 2 years ago, I decided that I was going to retype the handbook so that I would go through each and every word that was printed. Each of us learn in our own way, and that is a good way for me to learn and retain – retype. I didn't realize at the time, the number of changes that needed to be made. The 2006 revision was great, but things change, even in that short amount of time.

By-laws were a high priority because they take time, must be sent out to the membership well in advance and then voted on at State Conference. At the 2011 State Conference we voted on many by-law changes which are included in the new handbook.

The most recent part of the handbook that I retyped was “the history”. Have you read it recently or at all?? It is very brief -- just the highlights can be printed, but it was a great way to reflect on my (or your) 35+ year history with FCE. It is amazing to me the number of women that took time to be so very involved then and those that are still involved today. What a personal commitment they give for us.

Part of the history is hard to read as we look at the changes that came along and so many felt that the organization was no longer important to them. Unfortunately, many of us still think that “change” shouldn't happen thus limiting what we as an organization can do, but the exciting side is that new members are joining each and every day so there is a great growth potential. It is out there, don't miss it!!

Each FCE will receive a copy of the New Handbook at the Spring Area Council meeting. Hopefully all counties will be represented at the Spring meetings so that the handbook can be delivered personally.

### From Our Vice President

In the last December 2011 issue, you could find my article under the heading of South Central Area. I had spent time in December getting all the materials I had collected and saved during my four year term and materials from prior area directors' in order so to pass on to the new South Central Area Director Wilma Lill. When all the notebooks were in chronological order, boxes packed and files downloaded, I had a sense of relief, that the door of Area Directorship was closed. Then it hit me. I may not have to write articles for the KAFCE NEWS anymore as area director, but must write as vice president. Literally, as the one door closes, another one opens. Notes and letters have been received as to possible improvements to the accomplishment report. Please forward your suggestions or ideas for programs, lessons, or other improvements.

It has been a long time since I have been in the classroom as a college student then as an educator. My husband and I raised three daughters who all were members of 4-H. While they were members, I served as project leader and club advisor. There is life after 4-H. It is called Family and Community Education. My favorite office is EPC. I find it invigorating to learn new ideas and truths. Then to give a gift of knowledge to a friend or relative is rewarding.

This is why I enjoy FCE and will do my best as vice president.

Faye Spencer  
520 Gail Drive, Salina, KS 67401  
785-825-2084  
spencerb@sbcglobal.net

## Treasurer's Topics

### Judy Emert

Thanks for bringing your spent ink cartridges to State Conference. We were paid \$150.00 for them. We are not able to use those which have been previously refilled. I look forward to receiving your collection this October in Hutchinson.

Your Contributions were distributed as follows:

Clovia 4-H House	\$366.25
Smrthwaite House	161.95
NAFCE	260.71
Leadership Training	163.96
Program Support	98.75
Peace Garden	25.00
ACWW	847.15
Pennies for Friendship	592.41
Water for All	54.74
Other Projects	200.00

ACWW responded promptly.

“Please pass our thanks to all who contributed. We are very grateful for the generous support of members of KAFCE for ACWW’s work to help women and their families in developing countries.” The \$200.00 will be used in India. “The long-term aim of the project is to prevent and control the outbreak of HIV/AIDS in rural areas with the main focus on protection of women.”

It would be very helpful if each county started the membership procedure early enough that only ONE accurate delivery will be needed for the dues AND contributions. Individual members are encouraged to make contributions when you pay your dues. Information and forms are sent to someone in each county in the August packet. Remember that the KAFCE conference is early – October 2 and 3, 2012.

It is exciting that we have 43 NEW members for 2012. Keep up the good work!

### SOMETHING TO THINK ABOUT

Ask Yourselves These Questions ?

*Why is it that whenever you attempt to catch something that's falling off the table you always manage to knock something else over?*

*Why do people keep running over a string a dozen times with their vacuum cleaner, then reach down, pick it up, examine it, then put it down to give their vacuum one more chance?*

*How come we never hear any father-in-law jokes?*

*If at first you don't succeed, shouldn't you try doing it like your wife told you to?*

## Red, Green, Yellow & Blue

Red, Green, Yellow & Blue was a workshop at the State Conference in Pittsburgh. Each person attending was asked to respond to: 1) 2 Pieces of advise for person in “your” office, 2) Goal for State FCE, 3) Goal for your FCE and 4) The best thing about FCE. Many of the responses have been in previous issues of “the NEWS”, but I wanted to include a few of the remaining cards – a reminder for all of us.

The Best Thing about FCE: The friendships I’ve made  
The sharing of information  
The People

What more can one ask for in an organization!

2 Pieces of advice: - Start the year with all the lessons listed in Excel and take to each meeting to keep track of what you do each month.  
- Fill out your goals at the beginning of the year  
- Always work from an agenda  
- Don’t take yourself or others too seriously, lighten up!  
Will the issue matter next week, next year, etc??  
- Don’t sweat the small stuff  
- Keep an open mind  
- Attend district, area & state meetings and national conference  
- Do not let the responsibilities over power you  
- One step at a time  
- Review the responsibilities of the job and don’t be afraid of taking a risk.

This is some of the best advice “for life” that I have seen in a while.

Goal for the State FCE: - Fiscal stability  
- Reorganize the conference and have an opening session and social time to get to know each other  
- Make it more professional at state meetings  
- Have a statewide membership outreach campaign  
- Continue the good work done by various officers and committees

These are opinions from just some of the members that attended that past State Conferences.

## SOUTH CENTRAL AREA

Wilma Lill, Director

I'd like to introduce myself. I am Wilma Lill, the new South Central FCE Director. I was elected at the fall meeting in Salina on October 24, 2011. I've been an FCE member of the Highland unit in Butler County for about 2 years.

I was a member of an Extension Homemakers unit from 1956 to 1991 - 35 years. I always enjoyed being an EHU member. I learned a lot during the 35 years I was a member. We sometimes had a repeat of a previous lesson, but I always learned something new.

I am proud that my daughter lived at Smurthwaite House for 3 years as she attended Kansas State University. She became a Cooperative Extension Home Economist in Southwest Kansas.

My home is in El Dorado, Kansas and I have 3 sons and 1 daughter.

I'm am looking forward to being the South Central Director of FCE.

Remember the South Central meeting on Monday, April 2, 2012, at Bethel College Mennonite Church in North Newton.

In the President's letter my phone number was wrong. It is 316-323-2086.

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## SOUTHWEST AREA

Dorene Reimer, Director

As I begin this article, I find my head spinning! I have been very quickly "dipped" into my responsibilities as your new Area Director. I was involved in FCE in the 70's, had to go to work and have returned to it in the last few years. I would say I am a bit "rusty!" I am, however, excited and enthusiastic to make new friends, tune into a bit of my life's occupation of teaching, and learn lots myself. Since FCE is partly about relationships, I want to share about myself. I was born and raised near Chicago on a farm. I attended college near St. Louis and there met and married a farmer, would you believe it, and came with him to western Kansas. We have five children, all grown and married with families of their own. We have nine grandchildren. I retired from twenty-seven years of high school teaching--math, French and psychology--four years ago, and my husband retired a year ago from the USDA and from farming. I want to have a picture in my mind of the people I talk to on the phone or by e-mail, so it is my goal to visit each office personally in my area and some FCE meetings. I visited the Ford County Extension Office in January and have met Ethel Schneweis and her secretary, Cassie. We had a great Fall Workshop and feel privileged to have the present

NAFCE president, Judy Fullmer, in our midst. Rush County women were present, sharing their plans for hosting the Spring Area Council meeting and District Recognition Day. It will take place April 10, 2012, at the Community Hall in Rush Center. Registration will begin at 9:30 am and the business meeting will be at 2:00 pm. Make plans now to attend and encourage unit members to come for an educational and fun time. I have already been contacted for some details needed from me, so I know the invitations will be coming soon. Our Southwest area awards have been judged, and the membership recognition and FCE group recognition award applications have been forwarded.

Hopefully, everyone remembered to cut out the FCE Membership Card from the back of the November, 2011, NAFCE Newsletter. Don't forget to invite someone to join FCE! I am looking forward to meeting you and communicating with you in the future months.

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## SOUTHEAST AREA

Janet Kirk, Director

Mmmmmm good! As we taste and see a new FCE year, I hope each of you savors the fellowship and nourishment it can supply. May we always be hungry... Mmmmmm good!

As your new director, I look forward to working with you. I welcome all questions and comments, your emails or calls to cokelady46@yahoo.com or 620-421-4970...Mmmmmm good!

Kudos goes out to Elsie Vail from Labette County for her recent induction into the Hall of Fame sponsored by the Kansas Fairs and Festivals Association during its annual convention in January. She has become a fixture at the Labette County Fair, always involved and present for every day's activities... Mmmmmm good!

Mmmmmm good! FACS Agent, Barbara Ames, Montgomery/Wildcat District was awarded 3rd place from the National Agents for Communication Award. Her program for Aging Exercise, "Let's Live a Little" along with her caring and informative presence garished this honor.

Our Spring SE Area Council meeting will be held on April 5<sup>th</sup>, at the Neosho County Courthouse in Erie starting at 9:30 am. Montgomery County is responsible for refreshments (Mmmmmm good!) and Crawford County registration.

Aging with Attitude: a Regional Expo will be held once again at the First Baptist Church Good News Center, Chanute on April 27<sup>th</sup> from 9am -3:30 pm. The registration fee (\$15) includes break-out sessions, lunch, snacks, vendor booths and door prizes. The keynote speaker will be Sally Bailey from K-State Drama and Theatre Department.

(con't on next page)

Neosho County will host the SE Area Recognition Day, May 1<sup>st</sup>, Chanute First Baptist Good News Center. They are encouraging animal print garments be worn as registration includes a visit to the Safari Museum... Mmmmmm good!

## NORTHEAST AREA

Diane Hanzlicek, Director

A new year, a new record high temperature (68 degrees predicted for today), and new activities in FCE.

Congratulations to our area Heart of FCE Award winner Charlotte Noland of Topeka, a member of Sunnyside Avondale FCE unit in Shawnee County.

Our spring meeting will be held April 5, 2012 in Manhattan at Pottoff Hall.

ALERT! ALERT! I have a new email address. It is [dianeflood@sbcglobal.net](mailto:dianeflood@sbcglobal.net) my home phone is the same- 785-284-2776.

District Recognition Days are scheduled in Riley County on April 24, 2012; in Belleville on April 25, 2012; in Hiawatha on May 1, 2012; and in Lawrence on May 11, 2012. I look forward to attending these events and seeing all of you again. Awards will be presented at all of our District Recognition Days and I encourage all to attend one of the meetings to celebrate accomplishments, strengthen relationships and stay abreast of new developments.

## Kentucky here we come!!

Make plans to attend the 2012 National Association of FCE in Cincinnati, Ohio, July 20-22. There will be a KAFCE bus tour for those wanting to travel and tour. The cost will be \$650.00 which does not include conference hotel or registration. Plans are to pick-up people along I-70 and eastern Kansas on the way to Carthage, MO to Precious Moments. Other stops will be in Springfield, MO. For Glass Works and Honey Haven Bees; Route 66 Museum and Root Beer in Lebanon, MO; with Cape Girardeau to see Flood Wall murals; Paducah, KY for American Quilters Museum and Louisville, KY for Sluggers Museum. The Underground Railroad Freedom Center for slaves in Cincinnati will be seen. After the conference the trip will continue thru Indiana, Turtle Run Winery and Dr Teds Musical Marvels. The Cahokia Mounds in Collinsville, Illinois and Alton Entertainment will be seen before traveling through Missouri and Kansas to return. All meals included in this trip. To ask questions or make reservations contact: Geneva Wedel at 620-628-4958

## More recipes from KAFCE Cookbook

### Corn Meal Cookies

Mary Little

1 c. Shortening	3 c. sifted white flour
1 1/2 c. sugar	1 c. yellow corn meal
3 eggs	1 1/2 tsp baking powder
1 tsp lemon extract	1/2 tsp. salt
1/2 tsp. vanilla	

Cream shortening and sugar, add eggs (one at a time); beating until light and fluffy. Add lemon and vanilla extract. Sift together flour, corn meal, baking powder and salt; then add to creamed shortening, sugar, eggs and extracts. Roll dough 1/8 in. thick on floured surface. Use cookie cutters. Place on greased baking sheet, sprinkle with sugar on top. Bake at 400 degrees for 10 min. Makes about 6 doz. cookies.

### Apple Rolls

Diana Kaiser

1/2 c. Milk	3 T. shortening
1 1/2 tsp. salt	butter
2 c. flour	cinnamon
2 T. sugar	3 c. chopped apples
4 tsp. baking powder	

Mix milk, salt, flour, sugar, baking powder and shortening to make a soft dough. Roll out and spread with butter, cinnamon and chopped apples. Roll up like a jelly roll, sealing edges. Slice into 1/2. slices and place in 13" X 9" baking pan, sliced sides up. Bake in 375 degree oven for 20 min. Then cover with syrup and continue baking until finished. Test apples with fork for doneness.

#### Syrup:

1 T. Flour	1 c. water
1/2 tsp salt	1 T. butter
1 1/2 c. sugar	

Mix all ingredients together in saucepan and boil one min. before pouring on apples. Serve with ice cream or Cool Whip on top.

### 4 Ingredients Cookie

Valdimer M Bairow

1 c. Smooth peanut butter	1 egg
1 c. white sugar	1 tsp vanilla

Mix all ingredient together. Drop by tes. Or make small balls. Makes about 25. Bake at 350 degrees for 10 minutes or until done. (Note: no flour)

**MEMERIAL LIST**

Nadine Wilson  
*Cherokee County*

Marie Butler  
*Greeley County*

Marquerity Stutz  
*Hodgeman County*

Barbara Waugh  
Elizabeth Hoffman  
*Johnson County*

Velma Wancura  
*Lane County*

Barbara Tajchman  
Marcia Hole  
*McPherson County*

Lillian Dooley  
Louise Nelson  
*Mitchell County*

Cora Terry  
Hester Peck  
*Russell County*

Frances Skinner  
Phyllis Snodgrass  
*Sedgwick County*

Della Dove  
*Sumner County*

Ila Lowe  
*Wallace County*

Margaret Hanson  
*Wyandotte County*

**Share a recipe  
from the KAFCE  
Cookbook with  
a friend and in-  
vite them to join  
your FCE.**

More recipes from the KAFCE Cookbook It's not too late to buy another copy of the cookbook for a gift for a graduate, wedding or birthday as spring is just around the corner.

**Breakfast Bacon Quiche**

Judy Fullmer

3 eggs	1/4 c. oleo, melted
1 1/2 c. milk	8 strips bacon, cooked
1/2 c. baking mix	1 c. shredded cheese

Combine eggs, milk, baking mix, pepper and oleo in blender. Cover and blend 15 seconds. Pour into 9" square baking dish. Crumple bacon. Sprinkle bacon and cheese over egg mixture. Gently press and cheese below the surface using the back of a spoon. Bake at 350 degrees for 30 min. Let stand 10 mins. before serving.

**Cowboy beans**

Diane Hanzlicek

1/2 lb bacon	2 (16oz.) cans Pork n' beans
1/2 lb ham	1 (16oz.) can red bean
1 lb hamburger	1 can Rotel tomatoes and chilies
1 med. onion, chopped	chilies
1/2 c. brown sugar	1 (16 oz.) can butter beans, drained
1/4 c. ketchup	1 (16 oz.) can navy or pinto beans, drained
3/4 c. barbecue sauce	
1/2 tsp. pepper	

Brown hamburger and onion. Add other ingredients. Mix and bake 2 hrs. at 350 degrees.

**Polish Sausage Lentil Soup**

Judy Emert

1 lb. Lentils	1 1/2 lbs Polish sausage/Kielbasa
9 c. water	8 slices bacon, cut up
2 (16 oz) cans tomatoes	1 c. carrots, chopped
2 bay leaves	1 c. celery, chopped
2 tsp. salt	1 med. onion, sliced
1/2 tsp. pepper	

About 2 hours before serving, wash lentils and put in large pan. Add water, tomatoes, bay leaves, salt and pepper. Bring to a boil. Reduce heat and add sausage. Cover and simmer 15 min. Meanwhile, in large skillet over med-high heat, fry bacon pieces until limp. Discard all but 1 T. fat from skillet. Add carrots, celery and onion; cook over med. Heat stirring occasionally. Add mixture to lentils and continue cooking 30 min. Slice sausage and peel if you want. Makes 10 generous servings.

**Homemade Cream of Tartar**

Alice Wyssman

2 T. baking powder	1 T. soda
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Sift together several times. Store in a tight jar.

KANSAS ASSOCIATION OF FAMILY AND  
COMMUNITY EDUCATION

## **KAFCE NEWS**

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Did you know Kansas FCE has a website? Check it out at [www.kafce.org](http://www.kafce.org). Submit articles for the "news" page to Marcy Price at [marcyfce@yahoo.com](mailto:marcyfce@yahoo.com).

### **Dates to Remember:**

KAFCE Board of Director's meeting  
Wichita - March 22, 2012  
KAFCE Executive Committee meeting – June 2012  
National FCE Annual Conference  
Florence, Kentucky – July 19 – 22, 2012  
KAFCE Board of Director's meeting  
Hutchinson – October 1 & 2, 2012  
KAFCE State Conference – Hutchinson  
October 2 & 3, 2012  
National FCE Week – October 14 – 20, 2012

### **2013 Dates to Remember**

KAFCE Board of Director's meeting – TBD  
KAFCE Executive Committee meeting – Summer - TBD  
NAFCE Conference – July 18 – 21, 2013  
Fargo, North Dakota  
ACWW Triennial – September 26 – October 2, 2013 –  
Chennai, India  
KAFCE Board of Director's meeting – October – TBD  
KAFCE State Conference – October – TBD  
– Northwest Area

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### **.Kentucky here we come!!**

Don't miss out on the 2012 bus trip to the NAFCE Conference in Kentucky.

Geneva Wedel once again has prepared a great trip to the NAFCE Conference and would like for you to sign up now and plan to take the bus.

Mark July 16 – 25, 2012 on your calendar, but send your reservation to her.

The cost will be \$675 with 4 breakfasts and 10 meals included in this price. Price for the National Conference will be in the next issue of the "FCE Today".

For more details see Geneva's article in this issue of the KAFCE NEWS.