

KAFCE NEWS

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Saluting with Sharon..... Your KAFCE President

I am **Saluting** all the Kansas members on the great work you have done this year. It does pay off. As I write this news column I am only a few days home from the National Conference in Fargo, North Dakota. It was great and I am so excited with the results on the projects and programs that Kansas sent. Kansas received second place on their Education Program Book and display board. The 4th Grade Essay and Artwork Contest on Citizenship expanded the program for schools and gave lessons to the community senior centers, high school history classes, church groups and the Boy Scouts. Kansas also received second place in Action on Citizenship by making their communities a better place to live by encouraging people to vote, making 115 pillow cases, sending 20 items each month for the community Health Ministries and 286 inspirational boxes were sent to the VA. Twenty-eight organizations and facilities were involved in this program. A total of 129,061 people were touched by this program. Kansas received \$500 in vouchers to purchase 2014 and 2015 lessons so it paid greatly.

Kansas had the second place National Essay and Artwork Contest Winner, Brooke Hammeke from Lewis, Kansas. She will receive a \$50 check at the State Conference in Colby on October 8.

Peggy Martens, Central Region Program Coordinator, wrote and presented the Hearth Fire Series # 53 "Someone's Asking...What is Chronic Pain?". Marcy Price wrote and along with her granddaughter Daisha and I, presented the program "Once Upon a Time...."

Daisha Price participated in the Future Stars Presentation on Sunday. It was all about your favorite color and what it shows of your personality. Four young women did a great job organizing the whole conference audience into this great activity.

Kansas had 12 members attending. North Dakota had 30 and the most first timers in attendance. North Dakota's members participated in the Spirit of North Dakota Luncheon, volunteered as hostess and provided many door prizes. Kansas thanked them for being gracious hostesses.

Look for all the pictures of the Kansas members accepting awards and participating in the programs, lessons and events of the conference on the www.kafce.org website.

Kansas will have our turn at the national conference in 2015 which will be held in Kansas City. The State Board is already making tentative plans for the success of this conference. But we will need the help of all members and areas to make it a complete success. There will be more discussion at this year's state conference in Colby.

Speaking of Colby....the state conference committee has a lot of great plans this year. This is a new experience for KAFCE with having it at a community college. The resources of education are plentiful and the local community benefits from institutions like this. State found a new site for taking recycled ink cartridges so ask all your members and their friends to donate their used ones to FCE. Any reasonable fund-raising activity will be welcomed by the state.

One more note from National.....Yes, there will be a \$.50 dues increase for 2014. Unfortunately it did not get into the FCE Today. But this does happen, according to the by-laws, once in a national president's term. It is really not enough to keep an important organization like this going but will help. They have added two new categories this year, Youth membership is for a young person who is not in a family membership and wants to join. Member at Large is for a person who lives in a state without any FCE's.

By the time you read this newsletter, your county council president will have sent you the copies you need from the August Mailing. Mary Jane Adams, in her treasurer column will explain all the 2014 Membership needs and contributions. Check out the new contact from the Franchise Insurance Agency.

Again I am **Saluting** all the wonderful work the Kansas FCE members do. See you in Colby!

KANSAS FCE ARE WINNERS!!!

by Faye Spencer, KAFCE Vice-President

How does the State of Kansas FCE manage to have national winning display boards and national winning project award books?

It all starts in the humble beginnings of the members, FCE Units and county councils. When the unit plans the program year: what lessons will be presented, who will be the leader, etc. Also during this planning time there would be a discussion for the end of the year reports (Accomplishment and/or Community Service Project): which lesson will be considered, what service does the community need, what will be the goals, how many members could be expected to participate, what other organizations or non-members could be reached and how. The unit would be leaders if the non-members or organizations use the lessons to present their own groups.

The end of the year comes and reports are completed and submitted for judging. Numbers are gathered and recorded. The reports are seen and reviewed by many until the best of the best are selected.

The results are that in 2012, 1389 members attended 3-4 lessons, each one member reached 11 non-members (total of 16,022) and 648 people through media, booth or display (total 907,430). On the average, each member volunteered 16 hours (total 22,318 volunteer hours).

From these reports, the State EPC compiled the best for the National FCE Conference competitions. They made display boards using news articles and pictures submitted with the FCE Accomplishment Report and Community Service Project Report. Also prepared was the Project Award Book. The boards and books will be on display at the State Conference

There are nineteen other states with just as active and dedicated membership as Kansas. There was stiff competition- only 3 points separated the first and third places.



And the WINNERS ARE: (drum roll -----)

Kansas Display board: Education category, lesson on Citizenship:
Won Second Place and a voucher

Kansas Display board: Action category, lesson on Citizenship

Kansas Display board: Community Service: Won recognition

Kansas Program book: Education category, lesson on Citizenship: Won Second Place and a voucher

Kansas Program book: Action category, lesson on Citizenship: Won Second Place and a voucher

The worth of the vouchers totaled \$500.00!!! The money has been well spent. National FCE lesson materials for

It's Time to Elect New Officers!!!!

Yes, Units and County Councils, it is time to elect new officers. Each year this is a challenge for a group to select the correct members to run for offices. It is important to choose members who are dedicated to FCE and will lead the group in the right direction. This year it will be important to have a president or any officer to have the internet. There will be a lot of important messages about what is going on with FCE sent to them. Even if you don't have the internet every person has a child or a grandchild who can help them with getting the right directions. What a great family activity to have them show you what is going on with FCE. The state board is going to have a lot of new things on the website. We are going to challenge each unit and county to send pictures of their ongoing project. This is an idea that is still in the planning stages but it will be great to see all the units, meetings, projects and program for the upcoming year. Yes, the computer age is now in FCE. See what members across the state are doing. Plan a meeting at a member's house that has internet and join in the fun by getting new ideas and ways to make your FCE more exciting. Election!!!!

Treasurer's Topics
Mary Jane Adams

Anyone have any idea where 2013 is going?? I seem to have lost a few months as here it is almost dues time again – it seems to come around rather quickly and quicker each year.

By the time you are reading this your County Council President should have received the 2013 August mailing from Sharon Giacometti, State President. This August mailing has several new items in it. Please make sure you have what you as treasurer should have and also make sure the forms are the current ones. Check the lower right corner for 8/1/13 – that is current.

Each member should have received a 2014 Membership Form – this you fill out, sign, and with a check for the appropriate amount of money, give to your FCE treasurer. Don't forget to sign the form AND include a little extra for KAFCE, NAFCE or ACWW projects. Also, you should have received a page, "The Gift" and at the bottom of that page is "The Gift" – Member Contribution form. (see below for more information)

As **FCE Treasurer** you should have received the following:

- 2014 Membership Form and "the Gift" page as listed above
- "FCE Dues and Contribution Report Form" – current form
- Instructions for Treasurers – top half of sheet
- "The Gift" FCE treasurer form for you to compile "the gift" contributions from each of your members.

The **County Treasurer** should have received the following:

- 2014 Membership Form and "the Gift" page as listed above
- "County Dues and Contribution form"
- Instructions for Treasurers – bottom half of sheet
- "The Gift" County Treasurer form for you to compile "the gift" contributions from each of your FCE's.

Just a reminder about "**the gift**" – it was exactly that, a gift from your former State President, but this gift had strings attached. The gift of one penny was the beginning of 365 you were to collect then divide as follows:

\$.50 to NAFCE and \$.50 to KAFCE

Contribute to at least 2 of the following:

Joann Newby Adult Education Grant - KAFCE Scholarship Fund
Clovia 4-H House, KSU - Smurthwaite House, KSU

Divided the remainder between your county, KAFCE, NAFCE or KAFCE projects – your choice

Thanks for being a part of "the gift"!!

Remember dues are due by November 1, 2013. Hand deliver to State Conference in Colby or
Mail to: Mary Jane Adams, 2135 Snowbird Drive, Manhattan, KS 66502

“FCE –Preserving Our Heritage”

FCE: “Basic Cooking and Home Preservation” By Tina Bailey, Mayette, KAFCE State EPC

► Cooking for One or Two usually happens to families when first getting started or when they become empty nesters. This lesson will focus on basic cooking, preserving meals and emergency substitutions for recipes.

FCE: “Eggs-From the Hen to the Plate” By Janie Williams, Parsons, KAFCE State EPC

► Which came first the chicken or the egg? Although we may not know this answer, we do know that eggs have good nutritional value and American’s love eating them. This lesson will inform us about egg production from the farm to the store, the parts and function of the egg, nutritional value, cooking methods and about egg products.

FCE: “Does Your Engine Purr?” By Edith McClain, Gaylord, KAFCE State EPC

► No one is too old or unable to exercise. Getting started is simple and easy. You just have to be willing to do it.

FCE: “What is Your Brain Age?” By Faye Spencer, Salina, KAFCE State Vice President

► Aging is a fact of life. As we age, our brain’s cognitive abilities are influenced by our lifestyle choices. Learn techniques to improve cognitive function and to be own advocate for your brain health.

FCE: “Respect” CHARACTER COUNTS! Essay and Artwork Contest-

► Respect booklets explain how people should care for and value others, accept individual differences, allow privacy.

K-STATE: Focus on the “Stars” Cooking Healthy for the Holidays - Barbara Ames, Extension Agent, Wildcat District

► “Healthy” and “Holidays” don’t usually find themselves in the same sentence, especially when it comes to food. But, that doesn’t have to be the case. We can learn to reduce the large amounts of fat and sugar we usually find in holiday recipes and focus more on the “Star” ingredients, fruits and vegetables. With a little planning and determination, we can enjoy wonderful holiday foods and still maintain a healthy lifestyle.

K-STATE: “Let’s Live A Little: Physical Activity for Fun and Fitness” - Barbara Ames, Extension Agent, Wildcat District

► Many grow up believing the myth that it is normal for people as they age to become weak, to slow down, and to stop doing most of the things they once enjoyed doing. The good news is that it is not difficult for most people to maintain or recover their functional ability and live an active, independent lifestyle. Quality of life can be significantly improved with a few minutes of physical activity each day. Learn where to begin and how to plan a physical activity program.

K-STATE Food Allergy Facts of Life - Amy Lorenzen, Extension Agent, Golden Prairie District

► Living with food allergies is challenging and difficult. For adults, it means learning how to identify food triggers and manage your health. As a parent of a child with a food allergy, it means learning to recognize symptoms and finding resources and professionals who can help your child. It also means finding ways to manage you or your child’s health and well-being without hardship, stress or illness. Learning how to recognize a food allergy or food sensitivity is important as well as learning how to live with it.

State WinnersFCE Accomplishment ReportsEducation Category

- 1st: Ideal FCE, Labette Co., SE Area, "Citizenship"
- 2nd: Sliferette FCE, Crawford Co., SE Area, "More Plants on the Plate"
- 3rd: Movers and Shakers FCE, Smith Co., NW Area, "Citizenship"
- HM: Happy Homemakers FCE, McPherson Co. SC Area, "Just Say Cheese"

Leadership Category

- 1st: No winner at state level.
- 2nd: Rock 'N Roll FCE, Neosho Co., SE Area, "Social Networking: Making the Connection to Generation Y"
- 3rd, HM: No winner at state level.

Action Category

- 1st: Holbert Homemakers FCE, Rooks Co., NW Area, "Citizenship"
- 2nd: Buckeye FCE, Ellis Co., NW Area, "Living Long Distance: Families Separated by Distance"
- 3rd: Jocoukans FCE, Johnson Co., NE Area, "Citizenship"
- HM: Sunny Sunflowers FCE, Hodgeman Co., SW Area, "Books the Other Channel"

Independent Accomplishment Report

None to report

County Council Project - Education Category

- 1st: Montgomery Co., SE Area, "More Plants on the Plate"
- 2nd: Douglas Co., NE Area, "More Plants on the Plate"
- 3rd: Neosho Co., SE Area, "Just Say Cheese"
- HM: Pottawatomie Co., NE Area, "Just Say Cheese"

County Council Project - Leadership Category

None to report

County Council Project-Action Category

- 1st Tie: Labette Co., SE Area, "Citizenship"
- 1st Tie: Shawnee Co., NE Area, "Citizenship"
- 2nd, 3rd, HM: No state winner

FCE COMMUNITY SERVICE WINNERS

- 1st: Spring Hill FCE, Johnson Co., NE Area, Making Alzheimer Activity Aprons
 - 2nd: Broderick FCE, Pottawatomie Co., NE Area, Give a Backpack.. Fill a Heart
 - 3rd: Ideal FCE, Labette Co., SE Area, Staying Connected to Community
- HM: Starlite FCE, Bourbon Co., SE Area. Tri-Valley Developmental Services

SOUTHWEST AREA

Dorene Reimer, Director

Time is hurrying along towards the August mailing! Council Presidents--be watchful for the August mailing packet you will receive from Sharon Giacometti, KAFCE State President. It contains the forms for every county's reporting for the upcoming year as well as applications for group and individual FCE awards and Heart of FCE Award. Begin thinking of that person in your county who has "...made a difference in their communities through their FCE work." I am sure at least one woman, and probably more than one, qualifies in each county.

The Southwest Area had our District Recognition Day and Spring Council Meeting on May 7, 2013, in Dodge City--too late to report on it for the June issue of KAFCE News. We had a well-attended meeting, with seventy present, an interesting program, great entertainment, and a delicious meal. One 25 year member and two fifty year members were recognized as well as one ninety year unit in the Southwest Area. Ellie Eissen, Ford County, was elected to represent the Southwest Area on the state nominating committee, and Shirley Trabert, Ford County, alternate. Lane County will host the Fall Workshop and Fall Council Meeting in Dighton on October 15, 2013. Save the date!

The June issue of KAFCE News contained all the materials pertaining to 2013 State Conference Colby, KS, October 7-9. The early bird deadline is a postmark of September 1. Save \$15 and register now as well as select tours and special interest sessions. REMINDER: Begin gathering items to bring and contribute for the KAFCE Scholarship Raffle. One contribution from each county as a minimum would be ideal! A \$25 to \$50 value for each item or basket is recommended.

I am looking forward to September 16-17, for Area EPC Training at Salina at Webster Conference Center. I have seen a list of the 2014 programs, and they look very timely and interesting.

From visiting with some who attended the NAFCE Conference in Fargo, ND, in July, it seems to have been worthwhile and fun.

Dates to Remember:

Oct 7-9 KAFCE Conference, Colby, KS
"FCE at Home on the Range"

Oct 13-19 National FCE Week

Oct 15 Southwest Area Fall Workshop and
Fall Council Meeting in Dighton, KS

Stay cool to a great summer's finish with strong energy to begin the fall!

NORTHWEST AREA

Edith McClain, Director

This has been an unusual summer. I can't remember a July with 80 degree weather and rain. Where is our summer?? Well, I'm one of those crazy people that enjoy the heat but the rain was GOD sent.

NW is gearing up for the State FCE Conference October 7-9. The Colby committee has everything ready, I'm sure. They are a great group of individuals. NW counties are assisting with the table center pieces. Everything for these baskets need to be to Colby by the last week of September so they will have time to get them put together. Leanna Larmer and I will be attending the EPC training in Salina on September 16 & 17, so if NW counties want to send their items back to Colby with Leanna, they can get them to either of us before September 16.

Each County is encouraged to donate at least two items (\$25-50 value) for the raffle. The raffle will replace the live auction. These items need to be turned in by 1:00 p.m. on Tuesday (Oct.8). Individuals are also encouraged to donate.

It's not too late to send in your reservations and book your room in Colby. All registration information was in the last newsletter.

Plans for the NW Area Fall Workshop is tentatively set for Tuesday, November 12 in Sheridan County. Exact information will be sent to the NW counties as soon as everything is finalized.

Enjoy the rest of the summer.

Hope to see you all at the State conference.

SOUTH CENTRAL AREA

Wilma Lill, Director

It has been a busy summer.

Mary Little, Marcia Young, and myself as members of the Highland FCE group from Butler County attended the National 2013 FCE conference in Fargo, North Dakota on July 18th – 21st, 2013.

We left Butler County on Monday, July 15th, 2013. We did some sight seeing on the way to Fargo. Larry, Marcia's husband was gracious enough to drive us to Fargo and back home. I think there were 11 or 12 people from Kansas.

There were presidents or delegates of FCE from 16 states. It is always enjoyable to meet the people from the different states. It was surprising how many first timers to attend the National Conference attending.

(Con't on page 7)

(Con't from page 6)

Those probably attending from the farthest distance were FCE members from Hawaii.

The different FCE lessons were:

- Group Process
- Teaching
- Volunteering
- Eat well—exercise to be well – nourish and exercise your muscles
- Know what is going on in your government
- Generation through family treasures
- Citizenship
- Vaccine for Rudeness
- Chronic pain
- Recycle plastic coin purse
- Talk about North Dakota pioneer women

As you see it was a packed and busy four days at conference.

Now we are back home and looking forward to EPC training at Webster Center in Salina on September 16th & 17th.

Our State conference is at Colby Community College in Colby on October 7th, 8th, and 9th, 2013. I am looking forward to the speaker at the Tuesday evening banquet. Larry Hatteberg, a news reporter for KAKE TV in Wichita is the speaker. He talks about different and unusual people he has interviewed in the last few years. He was honored this past summer for 50 years of reporting for KAKE TV. Your reservation for the State conference at Colby is due September 1st.

Our Fall FCE South Central meeting will be November 4th, 2013 at the Benton Church at Benton, Kansas east of Wichita on 254 highway. You will be receiving more information in my fall letter.

Until next time.....

NORTHEAST AREA

Diane Hanzlicek, Director

Congratulations to our own Valdimer Bairow from Wamego. She is both the NE area winner and the Kansas State Heart of FCE winner for 2013. Valdimer belongs to the Laclede FCE in Pottawatomie County.

We also want to thank our Northeast area members that serve as state officers. They are: state treasurer, Mary Jane Adams, Riley County; state educational program committee, Tine Bailey, Jackson County; state Registrar/Historian, Beverly Cunningham, Johnson County; state nominating committee chairman, Judy Emert, Nemaha County; and Editor of the KAFCE Newsletter, Fran Zerby, Riley County.

It is time to start thinking about the fall schedule for Northeast area FCE. September is the time for FCE local and county council elections. Please step forward and volunteer for offices on the local, county, area and state level.

Fall is also a time for many deadlines in FCE. October 1st is the deadline for the county council officer form and the Heart of FCE nomination form.....TO ME!

Do you remember when you joined FCE? If this is an anniversary year for you, or your group, please let your county council president know by October 1, 2013. We do not want anyone to miss out on an award. Please call or email me if you have questions. This form is due to me by November 1, 2013.

The NORTHEAST area Fall Council meeting and lesson training will be held November 7th, 2013 in Pot- torf Hall, Riley County Fairgrounds, at Manhattan, Kan- sas.

SOUTHEAST AREA

Janet Kirk, Director

September, the harvest month, summer is over and autumn has arrived. For eight months we're plowed and sowed the FCE lessons and related projects and activities. Now the harvest beckons us to share in the bounty and begin to reap the rich harvest.

The fall harvest for FCE translates into dead- lines for reporting our progress and renewing our membership commitment. Dues and contributions are due to county council treasurers October 1 and the state treasurer November 1. Additionally the "gift of a penny" campaign will be collected.

All reporting forms were included in the August County Council President's mailing as well as online @kafce.org. The first deadline is October 1 for county council officers for 2014 and nominations for Heart of FCE Award. November brings us to harvesting years of tenure for units and members alike. Accomplish- ment reports follows soon after being due to your county by December 1.

Our Southeast Area Fall Workshop Council Meeting previewing the 2014 lessons will be Thursday, November 7 at 9am in the Neosho County Courthouse building in Erie. We are blessed that two of the K- State lessons for 2014 were written by Barbara Ames, Wildcat District FACS Agent and another one by Janie Williams, KAFCE State EPC member. Bourbon County will provide morning goodies with Allen County in charge of paper goods and registration.

Savor the flavors of fall!

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. Submit articles for the "news" page to Marcy Price at marcyfce@yahoo.com.

2013 Calendar of Events

KAFCE State EPC Training - Salina
September 16 & 17

ACWW Triennial Chennai, India
September 26 - October 2

KAFCE Board of Director's meeting
Colby - Oct 7-8

KAFCE Conference ~ Colby - October 8-9

National FCE Week -- October 13-19

National Family Week -- November 17-23

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Marketing Table Treasurers

This year at the State Conference in Colby if you get there early you will find some past treasures you don't want to miss at the marketing table. It is first come first serve, so check out these great finds. This is a once in a lifetime deal so don't miss it---they won't last long.