

KAFCE NEWS

Dec 20
vol. 54
no. 3

OFFICIAL PUBLICATION of the KANSAS ASSOCIATION FOR FAMILY AND COMMUNITY EDUCATION

**KAFCE BOARD MEETING REPORT –
OCTOBER 19, 2020 – VIA ZOOM –
We continue “Networking” with Vision in the
Future for 2020.....
PRESIDENT - NANCY KERNICK’S REPORT -
“NETWORKING WITH NANCY”**



Just a few days after our March 6, 2020 Board Meeting, everything was put to a STOP! With the direction of K-State Research and Extension about close contact and no meetings, we immediately sent word out to our membership and the 2020 Coronavirus pandemic was upon us and has brought many unexpected changes at that moment and for our future. We have all adapted to the change with the cancellation of our June Board Meeting and KAFCE State Conference in Liberal and Local, County, and Area Meetings.

KAFCE NEWS- has been a challenge, from getting articles on time, printing, postage, and with many hurdles. We had to have our own bulk mailing permit and with the many hours that Edith McClain spent talking with the Post Office, we finally received the permit! Only then to have it denied. I spoke with the U.S. Postal Service many times to verify that Kansas FCE was part of National FCE. I contacted Judy Fullmer who contacted NAFCE President to get the requirements to do it correctly, since it had not been updated with our name changes through the years. We did not have a Summer Issue, but will have a Winter Issue, when compiled and to the Editor.

August Mailing- packets of information were sent via emails to County Council Presidents, KSTATE Agents and each Independent Member. Information was sent to Webmaster Marcy Price, to be added to our website. August Mailing Recipients are obtained from the County FCE Council Officers Form. This form is very important for accuracy of County FCE Council Presidents, and local K-State Agents.)

Membership reports are received and certificates are signed for years of service and FCE years of organization. The treasurer reports confirmed throughout the year with updates and budget.

Lesson material- With Leader Training not being held, lesson material was picked up and distributed around the State for all Area's to have for their meetings, so traveled to Burlington and met DeLores Walden, who had met Faye Spencer to get the SE and NE packets.

ZOOM- Observed a training with Donna Krug, Agent, members of the EPC and Faye Spencer to learn this new adventure for our Board Meeting to be combined with EPC training.

Board of Directors- Prepared and emailed the Board of Directors the notice for the October 19 meeting via ZOOM in connection with the State EPC Leadership Training. Prior to the ZOOM meeting, Board Members were requested to provide written reports emailed to me.

Proclamation for KAFCE Week, signed by Governor Laura Kelly, Thanks, Dorene Reimer.

NAFCE Conference scheduled for July in Portland, Oregon was cancelled. The Board decided that the current officers will be held over another year. As State President, I downloaded and signed the License through Headquarters for access to the Lessons that would have been handed out at Conference. With “Vision for the Future” everyone is looking forward to 2021.

Essay & Art Contest and **Heart of FCE** were judged for the State Winner and mailed to NAFCE.

Thanks to everyone - Have had many conversations by phone calls, e-mails, and personal visits from the members during this COVID-19 time, in our life, and keeping them encouraged to continue on.

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As we continue the challenge to look ahead for opportunities and to encourage others, to bring out the best to be all they were created to be. The challenge we face for each tomorrow and be a part of the solution as we continue "Networking" with Vision in the Future.

Nancy Kernick

KAFCE President

VICE-PRESIDENT-Faye Spencer - Although the NAFCE Annual Conference, KAFCE Annual Conference and the KAFCE Board of Directors June meeting had been cancelled due to health concerns with COVID-19, plans for the 2021 KAFCE Education continued on. Tina Bailey agreed to serve on State EPC for 3 years starting January 1, 2021. Materials from NAFCE, KAFCE and K-State and were written, ordered, printed, and compiled into folders. Arrangements were made for the distribution of the Area boxes. 2019 State Award winners received their certifications with their 2021 folders. Obtained fee-based Zoom license; Invitations and agenda were sent and confirmed presenters, both KAFCE and K-State; implemented new technology to proceed with the State Board of Director's Meeting and State EPC Leadership Training and start plans for 2022 year, via Zoom on October 19, 2020.

TREASURER-DeLores Walden - 2021 Budget; Breakout of income and expenses; Treasurer's Bonding paid; Website -Hubris (maintains) the site paid; and other expense paid.

KEAFCS-FCE REPRESENTATIVE REPORT- Denise Dias, FCS Agent, Johnson County. Greetings from KEAFCS! Extension Agents across the state have modified many of their usual meetings and programs to a virtual format. There have many new and creative ideas implemented to still provide education during COVID-19. Many agents continue to work remotely or in a hybrid model. Some of our extension staff have taken furloughs to help the university meet their fiscal obligations. In spite of all of the challenges we have faced, we still value our connection to the Family Education units and members and look forward to continuing our work together in the future. ADVISOR TO KAFCE, Rick Peterson replaced Paula Peters September 2020.

William Allen White Committee-Anita Felzke, Harmony FCE, NE Area, Johnson County-

My review from sitting in on the Zoom review of William Allen White:

First-I'm thrilled to be a part of such an outstanding literary group! Thank you for allowing me to join. Second-I am not an official member until January. There were about five or six of us that were just there to observe. That morning they were reporting in after having read many (maybe all) from a long list of nominated books. There was a designated leader to open the discussion of each book. Everyone that had read that book contributed to the discussion. After the discussion, voting took place. We, as observers, could leave the Zoom meeting as we needed to sign off. I left after about an hour and a half. It was very worthwhile for the committee to let me observe and greatly appreciated it.

Marketing-Dorene Reimer- Greetings to all! It has been such a long time, and I have missed all of you. There have been no market sales since last fall due to COVID. I have ordered no new merchandise this year. I believe I collected all marketing materials from each of the five Areas. If anyone has any merchandising materials please let me know, and I will arrange to pick them up. I have merchandise on hand—pens, clothing (sweatshirts, polo shirts, and vests) in very limited sizes, but can order any desired. I also have KAFCE tumblers, fans, shopping bags, hand held lights, and FCE stationery. Please let me know if you should want things for FCE Christmas presents, please get in touch with me by calling, emailing, or texting. After COVID we can evaluate how to proceed with marketing. Have a great meeting. I am praying for and counting on a more usual year in 2021!! Health, blessings, and peace to all as we serve in FCE.

KAFCE News-Sherry Linneman - Edith McClain is working with Sherry Linneman (Editor) on the newsletter. There was not enough information for the Spring newsletter, due to cancellations.

Webmaster-Marcy Price -Received my packet of materials and jump drive; started putting new information on the website. Will be looking into some ideas how we can update our website and making it more attractive. I will report to the board what I hope to do.

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Education Program Committee-Linda Leonard- Committee judged EPC reports at Butler County Extension Office, El Dorado; Faye Spencer took reports home to fill our various required forms. Emailed members of EPC committee on suggestions, corrections and proofing new 2021 EPC reports; held a Zoom training with Faye Spencer and Donna Krug, Agent. Zoom meeting with EPC committee to discuss lesson training event; attended October KAFCE Board meeting via Zoom. Began working on 2021 EPC lesson, "Meals Under Pressure" - Sent power point presentation for lesson training day and presented 2021 EPC lesson "Under Pressure – Meals in Minutes".

Kansas FCE Membership Report, Judy Fullmer – 4/25/2020

Total Paid Membership = 825 /loss of 70 from previous year
 Members =562 plus Senior members =229 plus Family members =34
 Counties (4) with a membership increase =Atchison (2) Ellis (2) Labette (1) Norton (1)
 Counties (7 with units) ~ membership remained the same as 2019 ~
 Bourbon, Harvey, Jackson, Montgomery, Phillips, Republic, and Thomas
 Disbanded units (3 all in SW Area) - Colorful Calicos FCE, Rush County; Helping Hands FCE, Ford County, and Rozel FCE, Pawnee County, SW Area
 Re-organized (last membership 2017) Lone Star FCE, Meade County, SW Area

INTERESTING INFORMATION GLEANED FROM THE DATA BASE

- Oldest member: Ruby Davis, Happy Hearts FCE, Allen County, SE Area, 7/23/1914, rejoined in 2011. Ruby was 106 in July.
- Member in FCE longest: Velma Baker, Buckeye FCE, Ellis County, NW Area, joined in 1941, rejoined in 2011.
- Youngest member: Madison Weinland, National Youth member, Shawnee County, NE Area, birthday 4/19/2008, joined 2019.
- Twenty-nine (29) new members (never belonged before), two (2) rejoin. Thirty-one (31) total and have Sixteen (16) male members
 2020 FCEs ~ 81, lost three (3) units, gained 1 unit.

INDEPENDENT MEMBERS

Sixty (60) = Sixteen (16) independent members in seven (7) counties with no FCE Units
 Forty-four (44) independent members in counties (17) with organized FCE Units

**Deaths notices send notice to Membership, Registrar, State President
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**State Conference Committee-2021-NE Area
 DeLores Walden- wintersdj1@cox.net and Tina Bailey- tina_fce@yahoo.com**



“RIDE THE RAILS TO FCE” KAFCE Conference

Ramada Hotel, 420 SE Sixth, Topeka
 October 4, 5 and 6, 2021

KAFCE Treasurer's Report - DeLores Walden, KAFCE Treasurer

The 2021 KAFCE Budget was approved at the KAFCE Board meeting on October 19, 2020. 2021 membership forms and dues are beginning to come in. Contributions for KAFCE, NAFCE, and ACWW can be sent any time during the year.

"Dogs have NO money. Isn't that amazing. They're broke their entire lives. But they get through. You know why dogs have NO money" NO POCKETS!"

KAFCE Fund Raiser-INK CARTRIDGES

For the past two years I have sent boxes to Empties 4 Cash (www.empties4cash.com). This company only accepts and pays for undamaged, original inkjets (NO toners) of selected original brands and sizes. As of October, 2020, they are paying for the brands of HP, Cannon, Collins and Neopost/Hasle. The prices are subject to change without notice.

The money earned is deposited into the KAFCE treasury for the scholarship fund. Last year (April, 2019), there were 391 cartridges shipped, 22 were not acceptable, thus earning \$440.00. This year a smaller shipment has been sent, just about 300. This shipment has earned KAFCE \$286.50.

Even though KAFCE has not had large meetings, PLEASE continue to save the inkjet cartridges. Ask neighbors, co-workers, companies, other organizations, friends, anyone with a printer. Here is hoping that these can be collected at future meetings.

Faye Spencer, KAFCE Vice President

A Prayer for Putting on a Face Mask

Creator God, as I prepare to go into the world, help me to see the sacramental nature of wearing of this piece of cloth. Let it be a tangible and visible way of living love for my neighbors, as I love myself.

Christ Jesus, since my lips will be covered, uncover my heart, that people will see my smile in the crinkles of my eyes. Since my mouth will be muffled help me to speak clearly, not only with my words, but with actions.

American Income Life Insurance Company

American Income Life Insurance Company has a full membership list of 2020 KAFCE members, and every name on the list has the \$4,000 insurance benefit. We are grateful to American Income Life Insurance Company for offering this benefit. Your family should be informed that you have this insurance so that, in case of an emergency, it can be redeemed. *Even if you choose not to send the yellow card back, you still are insured. They gave a monetary donation to 2019 KAFCE Treasury based on the number of 'yellow cards' that were returned.*

Coronavirus, COVID-19, Shelter in Place. In March 2020, KAFCE received a letter from Robin Denham, Public Relations, about the demand for services had significantly increased at record high interest levels, with more members wanting to be seen, and inbound calls coming in for those wanting to purchase insurance, with this COVID-19. There have been virtual meetings arranged so the representatives and FCE members can meet and have the opportunity to provide protection for their family. This is a new option for the Company and they are making our FCE members aware of this as we navigate through these next few weeks and perhaps months. **During the COVID-19**, a representative has been in contact with some members about the coverage they have and if they need to have additional coverage. **This is not a SCAM** – you are safe because they get the information from the yellow card. If you have questions, you can also contact Robin Denham, our Representative.

A **Lay-off Waiver of Premium** is available for any member/policy holder who is unable to work because of what's occurring. One of the requirements for the lay-off waiver is for the individual to be out-of-work for a minimum of thirty (30) days. Customer Service will need the union or employer to confirm the policyholder was out-of-work for at least thirty (30) days and for ease in providing the lay-off form to the customer so they can request a waiver. Three months is the maximum number of months for waiver. (electronic claim form is available at www.aillife.com) or contact Robin Denham, cell: 816-835-2636.

2020 National Essay and Artwork Contest
2020 THEME "RESPECT"
KANSAS ESSAY and ARTWORK CONTEST – FIRST PLACE
EMMALEE McDONALD -Pawnee Heights School, Rozel, Kansas

RESPECT means showing trust and friendship. Kindness, good manners, and obeying are other ways to show respect. If someone holds the door for you, it is kind to say Thank You to them. Bullying or pestering is being disrespectful. Don't be one to decide to bully. Stand up for people. Pestering is not kind either. Don't make fun of people. If you see someone bullying or pestering anyone, inform a teacher, parent, or guardian immediately.

If your parent or guardian asks you to do something, you should do so. It is very disrespectful to ignore them. It would be best to do as you are told. There's time to say 'no' to things, but if it is chores, do them.

If you are in a public place don't make noise. It can be very interruptive to other people. Don't do it for attention. These noises can be screaming, yelling, or noises with a straw. There yet is many more.

If your teacher is talking in class, don't interrupt them. It is very rude to start talking when someone else is. Pay attention to what they are saying, as it will probably help in the future.

This is all I have to say. Be respectful anytime and anywhere. Don't be disrespectful what so ever.

EMMALEE McDONALD

-Pawnee Heights School, Pawnee County

OTHER ENTRIES FOR 2020 CONTEST

Atchison County - Houston Schletzbaum, Atchison County Community Elementary

Crawford County - Aubri Smith Taylor, SouthEast Elementary

Gray County – Sawyer Dean Yost, Copeland Elementary

Neosho County – Brianna Little, St. Paul Elementary

Pottawatomie County – Riley Ritter, Westmoreland Elementary

Report from NAFCE to KAFCE

Marlene V. Faul, National FCE Secretary

Ardyce Snyder, National FCE President

- The 2020 coronavirus pandemic brought many unexpected changes for National FCE.
- Our Board Meetings have been by Conference Call and we cancelled the 2020 National Conference in Portland, Oregon which was to be held in July.
- It was also decided that current officers be held for another year so my position as secretary, which was to end in July, 2020 is now July, 2021.
- Another decision was that the 2020 lessons be downloaded and State Presidents could order them with their license through Headquarters.
- The NAFCE Board is making plans for the 2021 Conference to be in Erlanger, Kentucky at the Cincinnati Airport Holiday Inn, on July 29-August 1, 2021, and then 2022 in Portland.

Our FCE members have definitely been adapting to this Pandemic by making face masks, which we all should be wearing to keep from spreading COVID and the way that members are holding meetings. Some have held their meetings by ZOOM, some just bundle up for the weather outdoors and some have used a virtual platform; but all have been an inspiration for our FCE members and are thinking outside the box.

MEMORIAL LIST

Norma Falwell ~ Johnson Co.

Bettie McNaughton ~ Johnson Co.

Virginia Pringle ~ Osage Co.

Lola Droge ~ Nemaha Co.

Patricia Bennett ~ Nemaha Co.

Glennis Bell ~ Butler Co.

Erma John ~

NATIONAL FCE NEWS FLASH

Since October, 2019, the National FCE Board has sent the FCE News Flash by email. This results in a savings of between \$10,000 and \$12,000 per year for FCE members. You all receive the Flash by email. In Kansas, that means if you provide an email on your membership form, your email will be shared with National FCE for the purpose of sending you information. IF you have not received the Flash ~ possibly your email was not turned in or it is possible that your email is not correct. Judy Jones at NAFCE Headquarters just let us know that she had 40 emails from Kansas bounce back as undeliverable. To be included in the monthly NAFCE News Flash e-mailing, please send your current email address to KAFCE Membership Chair Judy Fulmer at jfullmer@st.tel.net. (Suggestion: If you don't have an email, ask a friend or relative if you may use their email to receive NAFCE News Flash.)

NAFCE VICE PRESIDENT FOR PROGRAM REPORT - August 2020

Submitted by Sharon Giacometti, NAFCE Program Vice President

This year we received Program Report Forms from eight (8) states, Hawaii, Kansas, Maryland, Missouri, Virginia Tennessee, Alaska, and Oregon. Program focus areas of FCE were: International /Other Cultures, Home, Community, Environment and Safety Programs, Youth and Education, and CHARACER COUNTS! Leadership and Marketing, Health, Food and Nutrition.

Total Volunteer hours for this year are 351,338,375. Independent Sector says \$27.20 an hour as of July 2020. Therefore **\$98,823,307.2** is the value of National Volunteer hours.

International programs were given on Australia and Ireland. A presentation was given on Japanese paper folding. Members collected money for Zero Hunger; collected embroidery floss; participated in the ACWW Walk the World and attended the ACWW Triennial in Australia. 3,011.75 volunteer hours were done. 583 FCE members were received. \$16,058.71 was spent. 706 Additional people were reached.

Home, Community Environment and Safety programs had a variety of projects.

*****Home** program was done on blanket making, history of vinegar, and gaslighting.

*****Community** included Human Trafficking, and volunteering at different service organizations. Donations were made at county outreach, veterans, and food was donated.

*****Safety** was done with the program "Are you Driving Miss Daisy" and on Fire safety.

*****Environment** programs with done on being "Green", recycling, and attracting beneficial wildlife. A program was presented on Waste. 257,297.5 volunteer hours were done. 224,532 FCE members were received. \$106616.04 was spent. 299,155 additional people were reached.

- SEARCH FOR OFFICERS -

If you are interested, or if you have someone to suggest to serve an office, please contact Chairman of the State Nominating Committee, before June 1, 2021
Pat Weishaar, (785) 437-3160, (NE Area).

Current Officers:

President - Nancy Kernick elected 2018 to serve three-year term 2019, 2020, and 2021.

Vice President - Faye Spencer elected 2018 to serve two year-term for 2019-2020, but will extend to 2022.

Treasurer – DeLores Walden elected 2018 to serve three-year term 2019-2020-2021.

Secretary – Juanita Masko, elected 2019 to serve three-year term 2020-2021-2022.

The State Nominating Committee was to present candidates at the 2020 State Annual Business meeting for the election of offices of State President-Elect and State Vice-President. If elected, the President-Elect was to serve a one-year term, 2021, while current President-Nancy Kernick serves her last year in office. Then serve as President in 2022-2023-2024. If elected, the Vice President was to serve a three-year term of 2021-2022-2023.

With the cancellation of the 2020 State Conference, NO elections were held. Therefore, the Executive Board has extended the elected officers' term by one year, which really only applies to Vice-President.

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This creates a problem for the 2021 Annual Conference. There would be the need to nominate and elect THREE officers for a three-year term of 2022-2023-2024- President, Vice-President, and Treasurer. This scenario may repeat every three years.

The staggering of elections is out of sync.

Vice-President Faye Spencer served a term of 2012-2013-2014 but it was extended to 2015 when no candidate was nominated. Edith McLain was elected to serve 2016-2017 to get the rotation back in sync, but extended to 2018. Faye was re-elected to a two-year term, 2019-2020, for the same purpose, but 2020 election did not happen. To help get the elections in a better rotation, Faye Spencer will serve an additional two (2) years, term ends 2022,

Therefore, the State Nominating Committee will be searching for nominations to elect at

2021 State Annual Conference the offices of

>>>>>> President and Treasurer <<<<<<

Contact Chairman of the State Nominating Committee, before June 1, 2021

Pat Weishaar, (785) 437-3160, (NE Area).

Youth & Education CHARACTER COUNTS !

Seven states turned in 4th Grade Essay & Artwork contest entries.

Kaycee Clark- Colorado	35537 W HWY 34 Wray, CO 80758
Matteo Romero-Hawaii	P.O. Box 226 Kalaheo, HI 96741
Emmalee McDonald-Kansas	104 Smith Street Rozel, KS 67574
Kaylee Magers- Maryland	356 Meadow Creek Dr. Westminster, MD 21158
Emily Morris- Missouri	2507 Hwy H Silex, MO 63377
Karleigh Crawford- Nebraska	P.O Box 85 Springview, NE 68778
Mikaela Matrule- Tennessee	2345 Raney Camp Hollow Road, Cumberland Furnace, TN 37051

Edna Crain and I both scored each entry (except our state). Ardyce Snyder, National FCE President and Barbara Egbert, Past Kansas State FCE Secretary, read and scored each states entry. I totaled and averaged for the winners

1st Place -Kaycee Clark- Colorado;
2nd Place -Kaylee Magers - Missouri
3rd Place -Matteo Romero -Hawaii

The Constriction game was done for students. Books were given to newborns. Backpack buddies was done and clothing was collected for school age children. An educational program was given on Clara Barron. Help with Intellectual and Development disabilities was presented. Tutoring was done for school children. Members participated in helping with youth sporting events.90, 105.5 Volunteer hours were done.18, and 398 members were reached. \$35,400.46 was spent.799, 958 additional people were reached.

Leadership & Marketing. Helping with local, district and state committees and activities were done by many states. Several bus trips, book sales and raising money for scholarships were done. 5937 hours were done.1514 FCE members were reached \$35,400.46 was spent. 1463 additional people were reached

Health food & Nutrition. Food was popular with Mediterranean Diet was given along with the Someone's in the House Eating Healthy Food HF #68. How to read the latest Nutritional Labels, Are you a Sugar Addict? Instant Pot cooking, Medical Marijuana was presented. Forgetfulness, & Alzheimer's, Hearing Aids, Sleep, Aging in Place and Exercise were some of the programs given. 4808.5 Volunteer hours were done. 3636 FCE members were reached \$2924.30 was spent. 2855 additional people were reached.

There are many community projects that wouldn't happen without the involvement of FCE members. Thanks to the State Presidents and State officers who took the time to complete these reports.

2020 Area Heart of FCE Winners

This award pays special tribute to the unsung grassroots members who have made a difference in their communities through their FCE work. Each county may nominate one member and submit it to their Area Director. The nominee must be a living and current member of a County, State and National FCE. Individual efforts, projects, and results or other community contributions while working in FCE are considered.

KANSAS Nominee RUTH MEYER, BERWICK HOME BENEFIT, NORTHEAST AREA, SABETHA, KANSAS, was submitted to NAFCE, for the HEART OF FCE Award. Congratulations, Ruth.

Ruth Meyer, Sabetha - Nemaha County - Northeast Area

Ruth was raised on a farm in northern Nemaha County not far from Bern, Kansas, where she went to school and graduated from Bern Rural High School. Following graduation, Ruth took courses from Emporia State Teachers College and Manhattan State College in order to be qualified to teach in the Union Rural and Eureka School Districts for two years. Ruth married Fremond Meyer in 1947 and began her real career as a farm wife and partner. She joined the Berwick Home Benefit FCE in 1951, two years after the unit was organized in 1949, and has been a member for 68 years. Ruth was very active in her unit, having served as an officer every year until the last ten years, then she served as County Council President; served as NorthEast Area Director for one term.

With the local FCE, the unique accomplishment during Ruth's tenure as Council President was the creation of the "Nemaha County United Charities" which was a project designed to save time and energy of busy people, because it collected for all the charities in a one-time effort rather than having multiple drives and covered all the cities and rural areas. Ruth, beginning in the late 1950's, served sixteen years as the Community Leader of the Lucky Clover 4-H Club, a project leader, being the mother of a bachelor cooking club for the boys, a first in Nemaha County. Ruth, an excellent seamstress shared this talent with her daughter, a fashion review winner who participated several times in the Make-it-With-Wool Contest.

One of Ruth's many interests was making wagon wheel rugs from old jeans and she generously shared them with friends and families—an original recycler. Ruth generously gave of her time to her local FCE and was always encouraging younger people to become members of the FCE, telling them that this was their opportunity for a college education.

She continues to do this with her older friends when she moved into an apartment complex seven years ago and started holding FCE meetings that she invited residents of the complex to attend. This has become an annual event that all look forward to every year. While Ruth has not held an office but has continued her tradition of service by collecting, trimming, and submitting Best Choice Labels for FCE and the funds received from this project help fund the meetings that are held for the apartment residents.

**This woman, is truly an asset to her FCE, Community, and Country
and epitomizes the Heart of FCE.**

Janie Lowry, Stockman - Rooks County - Northwest Area

Janie as president of the Hobart Homemakers FCE, she inspires members to really live out the FCE mission; focusing on self-improvement, leadership, and sharing educational programs with the community in an effort to better the lives of individuals and families. From the presentation of a program to the Hobart Homemakers FCE, to her skilled direction of meeting agendas, Janie is prepared and professional. Under her leadership, they complete project goals, makes contributions to KAFCE. Janie is serving as president of the Rooks County FCE Council, working to bond three individual clubs together to present important programs to the entire county, and has served on the Area EPC committee. Janie was a valuable member of the 2018 KAFCE State Conference committee and created the table centerpieces and made quilted thank you gifts.

Outside of FCE activities, Janie is a huge contributor to her family, friends and community. Janie is a phenomenal quilter and teaches quilting classes each fall at the Hansen Plaza. She has served as an officer in the CrossRoads Quilt Guild and chaired committees for Kansas Day. Near and dear to her heart are local veterans, and she has made over two dozen Quilts of Valor to be gifted to a deserving soldier. She is an avid gardener and shares her garden produce with others. She is generous to share her crafts and goodies at her church's Lord's Acre auction, and other community benefits. When she finds time, Janie and her husband like to travel. It is easy to recognize that Janie Lowry has a big HEART for others and that is why we feel she is deserving of the Heart of FCE award.

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Nyla Stucky, Moundridge - McPherson County - South Central Area

Nyla definitely has a heart for FCE and is an unsung grassroots member, as a charter member of the Kettle Queens FCE in 1982. Since that time, she has been President and has been County Council member, treasurer, and historian. As head of the finance committee Nyla advertised and collected money for memorial bricks for the Cole House Museum in Moundridge. She arranged for and delivered 100 bricks for the memorial sidewalk. Other fundraiser events she has headed or served on are serving high school academic banquets, Black Kettle bake sale and Knackwurst sales, Taste of Home Cooking School, and a Liquid Assets promotion at our airport. Nyla has been unselfish with her time by donating hours to Pine Village, a retirement home, by making 100 decorations for doors of residents. She also made table decorations for the dining area, satin pillow cases, decorated Christmas trees, and serving a High Tea to 175 ladies for a chime's fundraiser, and one year she distributed flyers promoting FCE and gained two new members. Nyla has donated tied quilts for children in foster homes; donated time to the Adopt A Highway for ten years and chairman for making floats for Black Kettle Parades and donating books to newborns at Mercy Hospital in Moundridge. Nyla has attended National and State Conventions, making favors for State Convention. Nyla has been unselfish with her time and talents to the local FCE and has participated in many other activities. In addition, to her work in FCE she is in charge of baking several hundred bierocks as a fundraiser of the Women's Auxiliary at Pine Village.

Nyla has given many lessons over the years, opened her home to meetings, and written our FCE's History and she definitely makes a positive difference in our FCE as well as the Community.

Connie Chavez, Jetmore -Hodgeman County - Southwest Area

Connie has been a member of the Homemaker's FCE joining in 2015 and has served as President since 2016, and instrumental in encouraging members to offer their time to community groups like the Haun Museum, who has a group of FCE volunteers called the "Haun Helpers" who assist. When the Homemakers FCE was asked to help at local Red Cross blood drive, Connie offered to serve as the County's Red Cross Blood Drive Coordinator. One of the first groups Connie joined was the Piecemakers, a group of quilters making prayer quilts and presented them to people who are dealing with life-threatening illness or disease. She has pieced together many quilts and serves as Secretary/Treasurer of this organization. She was named a Board Member of the Hodgeman Community Foundation and served as Secretary and always finds the time to participate in numerous fundraising projects each year. She serves as Secretary of the Jetmore Senior Center Board. Connie was recently appointed to the City's Library Board and is running for City Council. Connie has delivered Friendship Meals to shut-ins twice a week, and she volunteered to handle all the paperwork for our community to participate in this program. As an avid golfer, Connie has been Secretary of Cheyenne Hills Golf Association and her favorite activity is promoting and assisting with a week-long youth golf camp. Connie has also served as a FAME leader helping the high school forensics program. Connie is active member and leader of her Church and sings with the Praise Team, and as a musician, shares her musical talents with others and she and husband, John, welcomes the opportunity to perform at the Hodgeman County Fair as well as Final Friday in Dodge City. One of their favorites is performing for the residents of the Hodgeman County Long Term Care Center for their annual Christmas Party, and they hosted a New Year's Eve Party on Main Street to benefit the Jetmore Senior Center in 2016.

Connie and her husband, moved to Jetmore in 2014 from Denver and getting settled into their home and getting her house in order, this new "retiree" realized she was not ready to sit back and retire. She got out, met neighbors, and soon found herself involved in activities in her community. Connie said she could never do all that she does without the help and support of her husband, when they moved to retire and be close to family. We watch the girls during the summer and after school each day. John often teases Connie, saying she needs a secretary to keep track of everything and I tell him "I don't need a secretary, if I have him by my side, as I consider him the best right-hand man a girl could ever hope for!"

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Linda Leonard, Humboldt - Allen County - Southeast Area

Linda joined GALS FCE in Allen County in 1982 and has held all offices and worked ball concessions, Halloween Parade and Story Hour, and was co-chair to replace the community activity sign in the City Square, and assists with the 4-H food judging at the Fair. Linda has served Allen County FCE Council as secretary-treasurer and is County President. She served on SE Area EPC Committee, was SE Area Director and State Board Member for three years and is currently on the State EPC Committee, and has written several lessons. Linda was on the committee for the 2014 State FCE Conference in Parsons and 2019 State Conference in Ft. Scott. In her spare time, she enjoys working on her computer, reading, traveling, and spending time with her family. Linda and her husband are retired with two grown children and five grandsons and spend hours supporting and watching various sporting events.

Linda does "Make a Difference" in all she does and is a great example of all that FCE stands for and strives to be. It is her volunteerism, compassion for others and her readiness to lend a helping hand or step up to fill a position when needed that leads us to nominate, Linda Leonard for the SE Kansas Heart of FCE Award.

2021 KAFCE EDUCATION PROGRAM LESSONS "FCE-Committed to Health, Food and Fun"

Button, Button, Who's Got the Button. By Cindy Kiser, KAFCE State EPC. Lesson materials include member handout and craft sheet. Buttons are everywhere and members may have collections of them just sitting around. This lesson will give a brief history of buttons and examples of craft and game activities that can be done using buttons.

CHARACTER COUNTS!-Responsibility. Essay and Artwork Contest, and lesson. Leader Guides include the NAFCE booklet and a handout written by Faye Spencer, KAFCE State Vice President. Responsibility requires one to recognize that their actions or decisions matter; to do the right thing, not for credit or praise.

Decluttering: For a Better Life. By Linda Hess, KAFCE State EPC Lesson materials include handout, plus leader's guide, NAFCE Hearth Fire Series # 25: "Someone's in Their Home Asking-What Records Should I Keep?" Even the cleanest of houses are candidates for decluttering. Whether you're moving, downsizing, or are just tired of "too much stuff", this lesson provides help in sorting, organizing, and disposing of items in your home. Guidelines are provided for which important documents to keep.

Under Pressure – Meals in Minutes. By Linda Leonard, KAFCE State EPC. Lesson materials include handout, recipe conversion and cooking time sheet, plus leader's guide, NAFCE Hearth Fire Series # 70: "Someone's in the Kitchen... Using Their New Gadget".

Rapidly becoming the latest new gadget is the Electric Pressure cookers. Pressure cooking is fun, fast and easy. In this lesson, learn about pressure cooker history, how to choose the correct size and guidance to use the new appliance.

Where is the Top of the World? By Faye Spencer, KAFCE State Vice President.

Lesson materials include a leader's guide plus member's handout. The Spencer family traveled to Brian's native country, Federal Democratic Republic of Nepal. Home to the tallest mountain of the world, Mount Everest, birth place of Lord Buddha and formerly the only Hindu Kingdom.

2019 Year Reporting: 100% Reporting

NE	Atchison County Douglas County Jackson County Nemaha County Pottawatomie County Riley County Shawnee County
NW	Smith County Thomas County
SC	Harvey County McPherson County Saline County
SE	100% for Area Allen County Bourbon County Crawford County Labette County Montgomery County Neosho County
SW	Hodgeman County Lane County Wichita County

Continued to Page 11

K-STATE FAMILY CONSUMER SCIENCE LESSONS:

Diabetes: You are in Control Barbara Ames, Extension Agent; Sara Sawyer, Extension Agent; Gayle Price, Program Leader & Regional Specialist. Diabetes is a common, costly and serious disease. About one in four people don't know they have it. It is not curable, but is treatable. Diabetics may live long lives if they learn and practice disease self-management skills that promote good health.

Taking a New Look at Fermented Foods. Donna Krug, Extension District Director. The process of fermenting foods – to preserve them and to make them more digestible and more nutritious, is as old as humanity. Fermented foods are a powerful aid to digestion and a protection against disease.

Working Together to Reduce Food Waste - Londa Nwadike, Extension Food Safety Specialist.

In 2010, 31% or 133 billion pounds of the available food supply at retail and consumer level went uneaten. With the growing number of people in the world, the need for more food for all these people also increases and reducing food waste would be a very effective means of increasing food availability. Further, the USDA Economic Research Service estimates that households could save up to \$371/person/year by reducing their food waste.

2019 Program Year State Winners

FCE ACCOMPLISHMENT REPORT: Education Category:

1st: Sliferette FCE, Crawford Co., SE Area, "Choose Wisely: For Health & Wealth".

2nd: Harmony FCE, Johnson Co., NE Area. "CC! Trustworthiness".

3rd: G.A.L.S. FCE, Allen Co., SE Area. "Trash to Treasure."

HM-Tied

Homemakers FCE, Hodgeman Co., SW Area. "Trash to Treasure"

Hanston Homemakers FCE, Hodgeman Co., SW Area. "How Much Do You Know about the Big O?"

FCE ACCOMPLISHMENT REPORT: Action Category

1st: Ton-Ka-Wa FCE, Johnson Co., NE Area. "Trash to Treasure"

2nd: Hobart Homemakers FCE, Rooks Co., NW Area. "Trash to Treasure"

3rd: Starlite FCE, Bourbon Co., SE Area. "Trash to Treasures"

HM: Tied

Rock 'N Roll FCE, Neosho Co., SE Area. "Trash to Treasures"

Terry FCE, Atchison Co., NE Area. "Trash to Treasures"

COUNTY COUNCIL ACCOMPLISHMENT REPORT: Education Category:

1st: Saline Co., SC Area. "How Much Do You Know About the Big O?"

2nd: Atchison Co., NE Area. "How Much Do You Know About the Big O?"

3rd: Allen Co., SE Area. "So Now What? Tips for Managing Life after Retirement."

HM: Douglas Co., NE Area. "Choose Wisely: For Health and Wealth"

COUNTY COUNCIL ACCOMPLISHMENT REPORT: Action Category

1st -Neosho Co., SE Area. "Character Counts! Trustworthiness"

2nd: Shawnee Co., NE Area. "Trash to Treasures"

INDEPENDENT MEMBER ACCOMPLISHMENT REPORTS

HM Virginia Pringle

Pauline Fecht

COMMUNITY SERVICE CATEGORY-

1st: G.A.L.S. FCE, Allen Co., SE Area: "Remodel Restrooms at Sweat Ballpark"

2nd: Tied:

- Ideal FCE, Labette Co., SE Area: "Laundry Soap for Those in Need"

Harmony FCE, Johnson Co., NE Area: "Azria's Health Multi-Media Center"

3rd: Berryton FCE, Shawnee Co., NE Area: "We Care about I Care"

HM: Spring Hill FCE, Johnson Co., NE Area: "Helping Feed the Community"

KANSAS ASSOCIATION OF FAMILY AND
COMMUNITY EDUCATION

KAFCE NEWS

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2021 Calendar of Events

- ** Board of Director's Meeting – March - TBA
- ** Board of Director's Meeting – June – TBA
- ** National Conference – July—TBA
- **EPC Leadership Training, Salina -
- **2021 KAFCE State Conference –
 October 4-6, 2021
 "Ride the Rails to FCE" – Ramada Hotel,
 Topeka
- ** KAFCE Board of Director's Meeting,
 At State Conference in Topeka
- **National FCE Week –
 October (3rd full week)
- **National Family Week –
 November (week of Thanksgiving)

Did you know Kansas FCE has a
website? Check it out at www.kafce.org.
Submit articles for the "news" page to
Marcy Price -thesewinglady@yahoo.com.

Kansas Association for Family and Community Education
Founded February 9, 1954
Published March, July and November by
Kansas Association for Family and Community Education
Newton, KS 67114
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