

KAFCE NEWS

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“NETWORKING WITH NANCY” Your KAFCE President



Now, it is time to continue with my office as President and write articles for another issue of the NEWS and finish up the loose ends of my first year as President as I have made an impact on many who listen on what the Board has to do and work with ideas and considerations for the good of FCE and it has been a blessing to “Network” with so many.

As the 2019 Holiday Season approaches, we all look forward to some respite time as well as acquiring new ideas and in order to generate new ideas, however, it is necessary to first finalize and report what has been accomplished this year with our membership year remaining good. Congratulations to all Kansas FCE members for working on reaching out to others and bringing in new members. Let us keep that focus and seek members thru March 2020; collecting of dues and getting members in September and October is just the beginning of working on membership.

Marketing has done very well; we continue to introduce new items and have sold many. We still have the stadium fleece blanket embroidered with “FCE: Making a Difference” and if you need something from Marketing, contact Dorene or your Area Director. A big Thank You to all who support KAFCE Marketing.

What a great State Conference hosted by South East Area in Ft. Scott on October 7-8-9, 2019. The many educational workshops, entertaining speeches, and other presentations, and of course good friendship added up to these three days together.

The National FCE Conference in St. Louis was an awesome experience with the theme “Celebrate, Your Journey With FCE” and the speakers along with the FCL Workshops were wonderful. A special thanks for providing my way, as I attended the FCL Workshops and gained much knowledge. As one person said it was like having a family reunion and we were ‘all cousins’ and we had gathered to share what we had done in the past year with those from other States and connected and made new FCE Friends, as well as visiting with the National President, Ardyce Snyder and Bonnie Teeples, ACWW Area Vice President.

The August Mailing was sent by e-mail with attachments to all KAFCE Board Members, County Council Presidents, Independent Members without a County Council, KAFCE Past Presidents, Kansas County Extension FCS Agents or Office who have an FCE Unit or Units in their counties or District. Please contact me if you have missed getting the information or if you have a question. A ‘special sorting process of data’ was made so everyone would get the appropriate paperwork. The emphasis of “Networking” will continue in the year 2020, as it is so important to function as human beings and to be connected to one another in a meaningful way. We need to keep the ‘networking’ we have and move forward. FCE Members have stayed connected in wonderful, personal, and caring ways with Networking and being connected as we care for one another. There are many opportunities to care for one another through FCE and we do not want to fail to take advantage of them.

As President, there are some challenging days in my life, some of them most pleasurable and some of the most frustrating days of my life. As I continue on each day, I cherish the experience. Every organization that is made up of mostly women, must contain many aspects that involve relationships and the building of them and that is very true in FCE.

We have passions and interests amidst unity, friendship, and fellowship and have learned that life is all about how you handle it. I have seen demonstrated that FCE Members, stand behind the Board and achieve things that cannot be achieved by the Board alone. Kansas FCE members are united and with that all together, we can figure out how to get it done. The challenge to look ahead for opportunities and to encourage others, to bring out the best in them, to speak words that are affirming, to let other know they are valued, and to call out deeds of greatness and helping others to become all they are created to be.

I believe in FCE and all the good that has been done, presently being accomplished, and all the good that will be done. The challenges that face us are great; and it will not be easy; but we can hope for great accomplishments. If you desire

Things to Remember

Keep our “KAFCE NEWS” issues to refer to throughout the year.

to be part of the solution, the challenge is not for only each and every one of you but for every local FCE, every County Council, and every Area, to work, brainstorm, and join the Board in being part of every solution. We will continue “Networking” with Vision in the Future for 2020.

KAFCE Treasurer's Report

By DeLores Walden, Treasurer

Many thanks to County Treasurer/President who brought their membership and dues to State Conference. It gave me a head start on the paper work. We know that NAFCE increased their dues by \$5. Where can you get education, friendships, and helping your community for so little? Save your pennies and enjoy KAFCE for another year. All forms and dues will be received by the time you read this. If you have any questions about the treasurer's report or the 2020 KAFCE budget, please let me know.

Your FCE can send contributions for KAFCE, NAFCE, or ACWW projects to DeLores Walden, State Treasurer, any time during the year. Please indicate on your check what "Project" you are donating to so it will get applied correctly.

Continue to save your ink cartridges, as this past year we received over \$400.00 for the scholarship fund. This is a good money-making project for the KAFCE Board to carry on the business of the organization. Thanks to all who donated cartridges during State Conference.

Faye Spencer, Vice President and EPC Report

Not until a person goes away from their home area, does one then can really appreciate what blessings one truly has. This summer my family, three daughters, two sons-in-law and husband, and I traveled in the countries of India and Nepal. Also this summer, I attended the 2019 NAFCE Conference held in Saint Louis, MO. It is during these conferences I approach other state members to learn from them what are they doing in their states, to see if there is anything that Kansas can improve upon. It is my conclusion that we already do an awesome job. Our Kansas state members are so involved in all areas, just as the NAFCE mission statement and creed states. Kansas is one of a few affiliated associations that still have member written lessons.

Two new Hearth Fire Series were introduced at the conference. They will be used by KAFCE as leader's guide during the 2020 and 2021 program years. HF # 70: "Someone's in the Kitchen-Using their new Gadget". HF # 71: "Somebody's Asking-What is ACWW and how does FCE fit in".

Thank you to the State EPC Members: Judy Fullmer, 2018 Chair (retiring); Linda Leonard, 2019 Chair; Linda Hess, 2020 Chair and Cindy Kiser, 2021 Chair.

Thank you to all the State, Area, County and Unit EPC members who by holding to high standards as they are evaluating the reports inspire the membership to go the extra mile, to do more than just present lessons. That extra effort is made to involve and reach out to their communities, to educate and provide leadership and community service.

Thank you to all members for their involvement, leadership and spirit. You are a beacon that shines lighting the way for others to follow.

Thank you to K-State for their lesson.

This is my first year of a second term serving as Vice President. I has been great to return to the board and be involved with the programs of KAFCE.

The 2020 educational program year's theme is "**FCE-A New Decade, A Brighter Future**". This theme has been the driving force behind the changes made to report forms. The goal is to have more FCE Units, County Councils and Independent Members complete the Accomplishment Reports and Community Service Project Reports. Thus providing the tabulated data about what our members and communities are doing. All the statistics, including the volunteer hours, and the projects are then passed onto other agencies on various levels, state, national and international (think about ACWW and the United Nations).

DON'T BE SCARED-The Accomplishment Report is *now easier!*

Thank you for allowing me the pleasure of this office.

State Vice-President in the Search

The 2020 State Nominating Committee is to present candidate (s) for the Office of State Vice-President to be elected at the State Conference business meeting in Liberal in October, 2020. Vice-President is a three-year term from January 1, 2021 through December 31, 2023. The Vice-President serves as Chairman of the Educational Program Committee (EPC).

– RETIRING OFFICERS –

Secretary, Janet Kirk, South East Area, Labette County; and Beverly Cunningham, North East Area Director, Johnson County were introduced and honored by Edith McClain and presented a token of appreciation for their years of service.

– INSTALLATION OF 2020 OFFICERS –

The ceremony of installation was presented by Judy Fullmer to Juanita D. Masko, South Central Area, Saline County, State Secretary for three-year term and Carol Lintner, North East Area Director, Atchison County for three-year term.

President – Nancy Kernick, Southeast Area, Neosho County for second-year of her term; Vice-President – Faye Spencer, South Central Area, Saline County for her second year of her two-year term; and Treasurer – DeLores Walden, North East Area, Shawnee County, for second-year of her term.

State Secretary

During the Annual Business Meeting the Candidate for State Secretary-Juanita D. Masko, of the Evening Belles FCE in Saline County was elected by acclamation.

– REGISTRAR'S REPORT by DeLores Walden –

2019 is the first year that KAFCE gave members and FCE's certificates for every five (5) years that members were members and FCE's were in existence. Certificates were given to 21 FCE's and 135 members, with 21 receiving 50-70 years, and 30 members received five-year recognition.

– HEART OF FCE –

Iris Sanford was honored by the State President and presented a Heart of FCE pin and certificate.

– ESSAY AND ARTWORK WINNER –

Abigail Stansbury was presented a certificate and check by Jennine Marron of Crawford County.

– 2018 EDUCATION PROGRAM WINNERS –

Faye Spencer announced the winners and she shared information on the programs emphasized as they received their certificate.

– COUNTY COUNCIL PRESIDENTS –

Bonnie Kaufman recognized the County Council Presidents

– NAFCE LEADERSHIP POSITIONS UP FOR ELECTION –

NAFCE is in need of leaders to come forward and now, the time has come for an exciting and challenging opportunity to be a leader in FCE, and for creativity and resourcefulness to be even greater. This is an opportunity to step up and take NAFCE into the future and be part of this great opportunity to serve. Our Mission Statement reflects that an FCE member "strives to promote a better way of life for all families and communities in making the world a better place to live."

ACWW Report (Associated Country Women of the World)

ACWW is the largest international organization for both rural and urban women, representing over 9 million, through the linking of over 420 rural women's clubs and societies in 73 countries. The organization was founded April 30, 1929 in London, England by Margaret (Madge) Robertson Watt, Lady Aberdeen and Elsie Zimmern to assist women in nutrition, education, water and sanitation. Our own National FCE was formed at the Third (3rd) ACWW Triennial held in Washington, DC in 1936. Kansas became a member of the National organization in 1939. Ruth Sayer, United States, served as World President 1947-1953.

**ACWW holds a triennial conference and National FCE President Ardyce Snyder of North Dakota, attended the ACWW Triennial held in Melbourne, Australia April 4 thru the 10th, 2019. Bonnie Teeple, of Oregon was elected the Associated Country Women of the World USA Area President. It was great to see those that you had meet the triennial before, sometimes just remembering faces and not their name plus making new acquaintances, but there was a common bond between all that attend this event, everyone believed in ACWW, what it stands for and how it helps the nine (9) million women it represents. More than 600 attended from 42 countries. Resolutions were adopted and may be viewed on the ACWW website.

**Pennies for Friendship is a voluntary fund and the coins collected are used to support field work in developing countries. A very small amount goes into administration. Every penny collected counts. ACWW relies heavily on the Pennies to carry out the projects and work they do. We really should think of it as Dollars for Friendship as the penny does not go as far as it did in the early 1930's when the fund was adopted. They had hoped to have 1 million members. Currently there are 2000+ individual members (\$50 for 3 years) and 400 societies (\$40-\$80 per year).

2019 KAFCE Conference Report By Nancy Kernick, State President

The South East Area hosted the State Conference in Ft. Scott on October 7-8-9, 2019. The many educational workshops, entertaining speeches, other presentations, and of course friendship was added in for these three days together. There were 119 registered with seventeen First Timers; sixteen County Presidents; and four Past State Presidents and we are so thankful they were a part of this great Conference. A great big thank you to everyone who had a part in planning and implementing the events of each day. The FYI Booklet was printed this year for Conference and hopefully it was an advantage to have information readily available when you looked in the Booklet. Some of the special reports will also be in this issue of the NEWS as they are important to all members.

BENEFIT DRAWING "PRIZES BY THE YARD" had Fifty-Six (56) County or FCE's who contributed at least one basket or one item for the drawing. Tickets were purchased for \$1.00 each or \$10.00 for a "yard" of tickets and all proceeds collected of \$1,147.00 will go to the KAFCE Scholarship Fund, Clovia 4-H House and Smurthwaite Scholarship House at Kansas State University, Manhattan. A great big thank you to everyone who had a part in the Benefit.

2020 Educational Program Guide

2020 KAFCE EDUCATIONAL PROGRAM LESSONS

ACWW: WE Fund By Judy Fullmer, KAFCE. The Associated Country Women of the World (ACWW) is the largest international organization for both rural and urban women. The Women Empowered (WE) Fund was launched in 2018 as ACWW's new funding initiative for projects. By supporting one of the six Focus Area, donators will be making a difference to communities around the world. An additional leader's guide will be used. The new 2019 NAFCE written Hearth Fire # 71: "Somebody's Asking- What is ACWW and how does FCE fit in".

Antibiotics: History, Use & Abuse by Linda Hess, KAFCE. Centuries ago, molds, plants and soil were used to treat wounds and infections. Through scientific research, the discovery of antibiotics has been a life-saving medicine. But antibiotic resistant bacteria pose a serious threat to human life. When are antibiotics to be used? How do they work? When does use become abuse? Is my illness treatable with antibiotics or is my illness from a virus?

CHARACTER COUNTS!-Respect: Essay and Artwork Contest, and lesson. A Golden Rule is "Treat others as you would like to be treated". This is fundamental and important skill is a Character Counts! ethical trait of Respect. It is how a person *positively* thinks, behaves and treats *themselves* and *others*.

Do You Know Your Sleep A to Zz's? By Linda Leonard, KAFCE. Sleep is essential to our health and wellbeing. During sleep, our bodies heal, rest, repair, de-stress and bolster our immune systems. Sleep helps keep our emotions on a level plane and allows us to deal with stressful situations.

Where is the 'Land Down Under'? By Faye Spencer, KAFCE.

"G'day, put some snags on the Barbie, mate. No worries, she'll be right, mate. Top Tip." Welcome to Australia, a unique country in every way.

2020 K-STATE FAMILY CONSUMER SCIENCE LESSONS:

Bonding Thru Board Games - *Elizabeth Brunscheen-Cartagena*, A tool to strengthen family relationships using board games as the medium, board games foster the six major qualities strong families exhibit across cultures and in all family types. Vital skills for life success are also developed when families play board games on a regular basis.

Garden to Plate: Food Safety for School and Community Gardens- Update - *Londa Nwadike*, Kansas State University published its first FCS lesson on the topic of food safety for school and community gardens in 2014, but produce safety regulations and scientific knowledge has changed substantially since then. This lesson will update, and be useful for anyone organizing or assisting with gardens to ensure that they are utilizing good food safety practices.

The Science of Family Meals - *Bradford Wiles, and Sandy Procter*.

This lesson will provide training on the science of family meal times as both nutritional and developmental protective factors against risk. It will focus on specific activities and general guidelines for families to use to leverage family meal times as important developmental contexts across the lifespan

NAFCE Projects Defined

****LEADERSHIP DEVELOPMENT PROJECT** (Dollars for Leadership) helping cover FCL and any other leadership programs sponsored by NAFCE.

****LEGACY FUND** began with a goal of establishing a LEGACY whereby the interest from the fund would be used to maintain the quality of the NAFCE Organization in the years to come.

****HONOR FUND** can be used by the Board for a leadership expense, a speaker, a program, or for printing lessons. The money comes from FCE members honoring someone, either a deceased member or past officer, or giving a gift in memory of a birthday or anniversary of a living person.

– NAFCE UPDATE – LIABILITY INSURANCE –

In October 2019, the Premiere issue of the “fce FLASH” was created and introduced as a way to relay information to our members from Ardyce Snyder, NAFCE President. This issue will deal with the increase in National dues and why with the cost of our insurance. All 501 (c)(3) organizations pay for liability insurance and we cannot afford to do without our insurance. The cost of our insurance is not based on the number of members in our organization, which was approximately 2,900 at the NAFCE Conference in July, but with the decrease of members, the cost goes up per member. Our insurance does not cover our members personally but covers non-members that attend our meetings whether they are club, district, regional, or national. Everyone is covered holding any of these meetings, you just need to let our provider know that you need coverage for the meeting by filling out the form on the NAFCE website. It is very important to recognize that this coverage is provided to every state and community group throughout the entire country. It provides coverage for every single meeting that any group holds to protect them from any liability that may arise. This insurance covers liability for the National Board and for all NAFCE members when an FCE event occurs where non-FCE members are involved. It protects FCE in the event that they would be sued by a non-FCE member. The Liability Insurance is administrated by Klamath Insurance Center.

AMERICAN INCOME LIFE INSURANCE COMPANY

Each year, for a small premium, KAFCE insures each of the State Board Members with a \$10,000 Accidental Death & Dismemberment policy with the American Income Life Insurance Company. In turn, every member of KAFCE has a no-cost \$4,000.00 Accidental Death & Dismemberment benefit. American Income Life Insurance Company has a full membership list of 2019 KAFCE members, and every name on the list has the \$4,000.00 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.

Thanks for Being a Member of FCE

Wishing you all a very Merry Christmas and a Happy New Year with much peace and love.

– WILLIAM ALLEN WHITE SELECTION REPORT 2019 by Nadine Holmes –

I want to thank you for the privilege to serve as representative of Kansas FCE members. I will soon start reading for the 2021-2022 school years and these will be books written in 2019.

These authors will be in Emporia on October 5, 2019 for the 67th Annual White Awards Celebration and Ceremony.

The William Allen White Committee met on September 7, 2019 at Emporia, Kansas to select titles that the Kansas children will read during the 2020-2021 school year. This is my second year on the committee and I have enjoyed reading for this committee. There were 101 books nominated and I have successfully read 65 of these. To vote at the committee meeting, each member was to have read 50% of the total books or 50 books this year. To be considered for nomination 60% of the 17 committee members present must have read the book before it could be nominated for consideration. Sixty-nine books qualified this year. The committee discussed 39 during the meeting. Only those that have read the considered book may vote from them, twenty-four were approved by the group. I'm happy to say that I was able to vote on all but one. Books are picked on qualities of originality, factual accuracy, clarity, respect for the reader, and general appeal to children from third through eighth grade.

Winning books and authors from the School year 2018-2019 are:

Pax by Sara Penneypacker-WAS SELECTED BY VOTERS IN GRADES 3 THROUGH 5

Pax from bestselling and award-winning author Sara Pennypacker comes beautifully wrought, utterly compelling novel about the powerful relationship between a boy and his fox. *Pax* is destined to become a classic, beloved for generations to come. Pax and Peter have been inseparable ever since Peter rescued him as a kit. But one day, the unimaginable happens: Peter's dad enlists in the military and makes him return the fox to the wild. At his grandfather's house, three hundred miles away from home, Peter knows he isn't where he should be—with Pax. He strikes out on his own despite the encroaching war, spurred by love, loyalty, and grief, to be reunited with his fox. Meanwhile Pax, steadfastly waiting for his boy, embarks on adventures and discoveries of his own.

Ghost by Jason Reynolds-WAS SELECTED BY VOTERS IN GRADES 6 THROUGH 8.

Ghost. Lu. Patina. Sunny. Four kids from wildly different backgrounds with personalities that are explosive when they clash. But they are also four kids chosen for an elite middle school track team—a team that could qualify them for the Junior Olympics if they can get their acts together. They all have a lot to lose, but they also have a lot to prove, not only to each other, but to themselves. Running. That's all Ghost (real name Castle Cranshaw) has ever known. But Ghost has been running for the wrong reasons—it all started with running away from his father, who, when Ghost was a very little boy, chased him and his mother through their apartment, then down the street, with a loaded gun, aiming to kill. Since then, Ghost has been the one causing problems—and running away from them—until he meets Coach, an ex-Olympic Medalist who sees something in Ghost: crazy natural talent. If Ghost can stay on track, literally and figuratively, he could be the best sprinter in the city. Can Ghost harness his raw talent for speed, or will his past finally catch up to him?

– MARKETING REPORT by Dorene Reimer –

Each Area Director, at the 2018 Conference Board Meeting, agreed to select an item or items to raffle or auction in order to earn at least \$200.00 during the 2019 FCE year. Every Area was successful in their endeavors and most reached or exceeded the \$200.00 goal! Thanks to everyone for participating to keep KAFCE financially sound!

Area Directors also had marketing material to sell in their respective area and this has done well and a booth was set up at NAFCE in July in St. Louis and sales were good.

KANSAS ASSOCIATION OF FAMILY AND
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KAFCE NEWS

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2020 Calendar of Events

- ** Board of Director's Meeting – March - TBA
 - ** Board of Director's Meeting – June – TBA
 - ** National Conference – July 23-26–
Portland, Oregon
 - **EPC Leadership Training, Salina -
 - **2020 KAFCE State Conference –
October 5 -7, 2020
"There's No Place Like FCE" – Comfort Suites,
Liberal
 - ** KAFCE Board of Director's Meeting,
Liberal - October 5 -7
 - **National FCE Week –
October 18-24 (3rd full week)
 - **National Family Week –
November 22-28 (week of Thanksgiving)
- SAVE THE DATE –2021 KAFCE CONFERENCE–**
October 4, 5, 6, 2021-Ramada Inn, Topeka

– FIRST TIME SCHOLARSHIP WINNERS –

There were three First Timer Scholarship applications and they were awarded to Dru Clarke, Broderick FCE, Pottawatomie County, North East Area; Lory I. Fisher, Kettle Queens FCE, McPherson County, South Central Area; and Marla Wilson, Happy Hearts FCE, Allen County, South East Area. They were presented with their reimbursement check from KAFCE, by Beverly Cunningham at the Wednesday Luncheon.

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.

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