

KAFCE NEWS

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NOTES FROM DORENE

Greetings to all Kansas FCE Members from your new KAFCE President, Dorene Reimer.

I am honored and humbled to serve you in this organization. I would like to introduce myself to you. I was born and raised in Illinois as a farmer's daughter, was active in 4-H, Grange, school activities, and church activities. I attended college in Central Illinois at a small Christian Liberal Arts school, met a wonderful man from Kansas, and promptly married him five days after college graduation! Those were the Vietnam War years, and my husband was drafted after his college graduation. We spent two years in Las Cruces, New Mexico, stationed at White Sands Missile Range. I taught mathematics for two years at a Junior High while Milan specialized in nuclear weapons maintenance.

In 1970, we returned to western Kansas to the family farm, and it was then that I joined EHU. I was well acquainted with such organizations because of my rural background. I have always loved learning and socializing, so this organization was perfect for me. I was a teacher for two years until we began our family—which turned out to be five children—and I became a stay-at-home mother.

Then, hard times for farmers hit in the 80's, and I went back to teaching and had to drop EHU. I retired in 2008 and again joined FCE (no longer EHU). By then, as a mature adult, while I still enjoyed socializing, FCE began to mean more to me than only learning and socializing. It is important to me to make a difference in this life, and I see FCE as a vehicle through which I can effect positive, needed change and make a difference not only in my home, but also in my community, in my state and in my country. Affiliating and networking with other organizations: **National Association for Family and Community Education (NAFCE)**, **K-State Research and Extension**, **Josephson Institute of Ethics and Character Counts! Coalition**, **Country Women's Council (CWC)**, **Associated Country Women of the World (ACWW)**, all greatly expand the ability to make a difference through FCE even beyond our country, and on into the world.

Even with all these amazing connections, qualities and possibilities our organization presents to us, finding, recruiting and retaining new members continues to be a primary concern, not only for NAFCE, but also for KAFCE. Each year we gain members, but the loss is more than the gain, and the numbers decline yet again. I have a vision for a year, very soon, when the membership numbers will increase, even if only a little, and then continue to climb. I cannot accomplish this by myself. Join me in this vision!

These thoughts and ideas have compelled me to make **MEMBERSHIP** the focus during my Presidential term. The KAFCE Theme for 2016 is "**FCE: Learn Today, Leaders Tomorrow.**" In order to insure a bright and fruitful future for FCE at all levels, and become--as the 2016 NAFCE 80th anniversary theme states--**FCE: "Mighty Like An Oak,"** we have to pledge and commit ourselves to making a difference where ever we are and to **Learning** and **Leading** in the challenge of **MEMBERSHIP**. Among the 2016 lessons available is the new Hearth Fire Series, "**Hope On The Horizon.**" Don't pass this up as something we already know all about; let's refresh our skills in this area! I also have some ideas I want to begin working on with the State Board. Stay tuned for more information in the months to come!

I believe in this great organization and in all the good that has been done, in all the good that is presently being accomplished, and in all the good that will be done. The challenges that face us are great; it won't be easy, but I have not lost hope. I want to be part of the solution! I challenge not only each and every one of you, but also every local group, every county council, and every area, to work, brainstorm, and join me in being part of the solution!

I am looking forward to meeting you and serving you as your KAFCE President. If you have any ideas, questions, or concerns, don't hesitate to call, e-mail, or text me!

EPC Report
Edith McClain

2015 KAFCE Program Evaluation Summary

	Most Liked		OK		Least Liked	No Answer	Rankings
	5	4	3	2	1	0	
2015 Program Year							
"A" is for Apple	72	16	16	0	1	13	1
Caring for Our Community	51	24	24	3	1	17	3
Is There a Move in Your Future?	33	39	25	8	5	15	4
What is Chronic Pain?	37	46	19	7		13	2
Responsibility-Character Counts!	23	28	33	4		33	5
\Action Plan for Managing Obesity	35	26	25	4	5	30	3
Age Sense: The Caregiver's Path	33	52	18	2	1	16	1
Emergent Literacy-Helping Young Children's Development through Reading	50	18	21	8	3	19	2

A. What qualities made a lesson *Most Liked*? How was that achieved?

- **Leaders:** Leaders make an effort and time to prepare, do additional research, have visual materials, illustrations, handouts, and/or aids thus making the presentation more interesting; Leader is animated, confident, and well organized; Include fun activities such as making presentation like a game show or board game; Food examples are prepared; Length of lesson is 15 to 20 minutes.
- **Audience:** Everyone is involved, interactive and attentive, group participation; Lively discussion;
- **Materials/Lessons:** Interesting for all members; New information; Topic and materials are relevant, fun and current to audience's lives; Lesson has activities; Offers many opportunities for educational and volunteer activities; Practical and achievable;

B. What qualities made a lesson *Least Liked*? What could be improved?

- **Leaders:** Lesson is read to audience, word by word, monotone; No effort to prepare; Long lesson presentation, more than 30 minutes; Talking too much; Materials not tailored to audience thus not relevant either by subject or age;
- **Audience:** Lack audience participation; Group members not interested and/or inattentive
- **Materials/Lessons:** Similar to past lessons in recent years; Rehash of what we already know; Similar subjects topics in same year from KAFCE and K-State; Character Counts is good if schools allow it to be presented and how many times to repeat; Not all lessons can be given to communities as listed in the Community Activities

C. What subjects or topics would you like to see offered?

- **Financial:** How to plan financial future or money management for young and old; Handling estates of parents living in a different state; When to update estate planning, wills, living wills, durable power of attorney, etc; Learn the difference and process between appointing a guardian and/or a conservator for dependent adults; What taxes are payable, how to avoid taxes (inheritance and other ones); New and updated laws in reference to estates; Hearth Fire Series # 25- What records should I Keep?; How to protect surviving spouse's finances; How to avoid fraud and scams; Consumer fraud; Identity theft; Money saving shopping for those on fixed income; Remaining in home as age;
- **Foods / Nutrition:** Cooking hints; Low calorie cooking; Pressure cookery; Hearth Fire Series # 1-Cooking for 1 or 2; Freezer meals from crockpot; Avocado; Citrus fruits; Making different kinds of bread; Pork; Sea salt vs regular salt; Making pies or jelly
- **Health:** Chair yoga; Health issues of women and of elderly; Laughter as medicine; Animals as pets
- **Society / Social Issues:** Lesson about the state or country that NAFCE or ACWW conference will be hosted; Living life issues, more relevant to our age group, over 50; More recycling waste; Ideas that would improve community; Topics about children; Bullying in school; Grandparents not getting to see grandchildren; Grandparents keeping up with grandchildren's technical abilities; Coping with disabled persons; Lessons that would lend themselves to projects or volunteering; More for older people as more members are aging; Need for young members; Social problems; Learning how to not resort to violence when angry; How to deal with the emotions of singles over 75; Kids involvement activities; Self-esteem; How can at minimal cost the older population help the less fortunate? How can we older folks respond to increasing crime?

KAFCE Vice President's Report

Edith McClain

My first article as Vice President, so please bear with me. I received the new computer from Mary Jane so all the forms and information can be in one location. That will be SO helpful as I jump in and attempt to get organized. Faye has been extremely helpful; sending me information for the office. She and I visit frequently. The State Educational Program Committee members will be busy in February getting the State Award winners selected. Then will be time to write the National reports. We had great lessons in 2015 and the reports should come together nicely. We hope we can have big wins at National again this year. Those wins help greatly to pay for upcoming lesson reference pieces. Now is the time for FCE's and Counties to select their focus for 2016 and plan for successful projects. By planning early, members can focus on one lesson or program, then work in it all year. Good luck to all of you.

If members have questions; please don't hesitate to call or email me (or any of the Board members or EPC). The EPC members are: Judy Fullmer, Rebecka Wondra, and Susan Gartrell. We will need to select a new EPC member real soon, if anyone would be interested in serving on the committee, please call or email me. The committee has already chosen topics for 2017 lessons they will be writing. We are also working with KSU on the 2017 lessons they are writing for us. Kansas is so blessed to have all the wonderful Agents from K-State to assist FCE. One correction from the Dec.2015 newsletter: NW Area Director, Dorothy McRae's phone number is: 785-625-9126.

HELP LEAVE "The Legacy" FOR FCE

At the NAFCE Conference in Tuscon, Arizona, in 2014, a fund raising idea was presented to seek donations from FCE members nation wide that all members could donate to as they wish. In Tucson, one Arizona FCE group donated \$5000 and challenged several states to match within a period of five years--Kansas was one of those states challenged. Kansan Judy Fullmer, NAFCE Secretary, accepted the challenge! The race was on! In 2014, Judy stepped out and donated \$50 and issued a challenge of her own, to which many responded. Since 2014, Kansas has sent \$1465 toward the five year \$5000 challenge!

Do the math with me--divide \$5000 by 5 = \$1000 each year. We're coming up on the second anniversary in July, and have only \$535 (\$2000 - \$1465) left to meet the \$1000 goal by this year's 2016 conference. Break that down into smaller units--if 11 Kansas FCE members (or FCEs) each gave \$50, or if 22 members each gave \$25, or if 55 members each gave \$10, or if 107 members each gave \$5, or if 535 members each gave one dollar--do you catch the vision? Can we do this each year for three more years? (Whew! That was a retired math teacher attack!) I say we CAN DO IT! More details were in the Fall 2015 issue of "FCE Today," or download on www.nafce.org. Send donations to our KAFCE treasurer, Joyce Gobl, and she will forward to the proper account.

Let's leave an organizational legacy to those members that come behind us and keep our "FCE--Mighty Like An Oak" status for years to come!

COMING SOON!!!

Save your pennies and save the date!

Start making plans now to attend National FCE Conference--"Celebrate! 80 years of FCE...Mighty Like an Oak," in beautiful Memphis, TN, on July 14-17, 2016, at the Memphis Airport Hilton. Registration is due June 9, and includes keynote speakers, general sessions, annual business meeting, workshops & FCL Leadership training. In addition, on Monday, July 18, an exciting Monday Conference Tour may be purchased--reservations due by June 1.

NEVER BEEN TO NATIONAL CONFERENCE? Apply for the National FCE Board Alumni scholarship for first time attendees to National FCE Conference! The scholarship covers registration cost only and is due May 15.

You say Memphis is so far away? Get out the map and investigate--Tennessee is closer than you think!

All forms--registration, conference tour reservation, and first timer scholarship--are in the Spring issue of "FCE Today," which you have already received. Misplaced it? Cat ate it? Threw it away? You are still saved! Download all the details and forms on www.nafce.org. As NAFCE President, Lynn Maples says, "You'll leave with fresh ideas for your club and music in your heart!"

2016 Heart of FCE

Edith McClain
Gaylord---Smith County
North West Area Heart of FCE

Edith McClain has been a member of FCE for almost 47 years. Through the years, she has worked very hard to keep FCE viable in Smith County by serving as an officer for both the County Council and her FCE group. Edith has also served as North West Area Director, and on the Kansas FCE Educational Program Committee, during which she wrote KAFCE lessons. Edith is presently Kansas FCE Vice-President. She is a very caring person and volunteers her time taking those in need to out-of-town appointments, in addition to working part-time since retiring from a full time job. Edith has many talents and willingly shares them in her community.

Marjorie F. Neely
Chanute---Neosho County
South East Area Heart of FCE

Marge joined HDU in 1948 and continues to be active promoting food lessons and was excited about the lesson on Edible Flowers, which helped to better all our lives. Lessons dealing with health, both mental and physical, are food for thought, as Marge is a great promoter of the Walk Kansas Program, giving tips and hints to the residents of the nursing care facilities on how to exercise/walk in bed. Marge has been active in all facets of FCE and 4-H, incorporating the FCE lessons and sharing with others throughout the community.

Bonnie Kaufman
Moundridge---McPherson County
South Central Area Heart of FCE

Bonnie Kaufman, a 30 year FCE member, is one of the hardest workers in her FCE unit. She is always willing to take one of the club's offices each year. She frequently attends County, Area, State and National Meetings. Bonnie is ready to give a lesson, bring refreshments, or take FCE, members in her van anywhere they need to go. Her home is always open for any Thanksgiving and/or Christmas dinners. She has great ideas on ways to integrate the community based activities suggested on FCE lessons. She orders and signs the children's books her unit gives to the newborns at Mercy Hospital in Moundridge. Each year she compiles the Kettle Queen's FCE yearbook on her computer. She has been the catalyst for Character Counts program, explaining the contest to 4th graders, having her club judge them, getting or making prizes and distributing them to the winners. Bonnie frequently makes posters promoting FCE. She has been in charge of helping make pizzas for the Children's Summer Reading program at the library. She also organized her FCE group to make quilts for the Kansas Department of Children and Families Project, "Warm Embrace." She is a member of the West Zion Mennonite Church and Study Club. Bonnie is the primary organizer in her FCE group that makes things happen.

Charlene Gigstad
Nortonville---Atchison County
North East Area Heart of FCE

Charlene has been a member of Farmerettes FCE for over 60 years, joining in 1955 as a young wife. She has held every local office at least once. She was a hostess at National FCE Conference, presented demonstrations at two Conferences, and has attended several state conferences. She has presented lessons nearly every year since 1955, cooking and sewing among her favorites. She has helped make a yearly quilt which the Unit then raffles for scholarships for local high school seniors. Charlene has been recognized with several awards and is the first woman elected to the Atchison County ASC Committee.

Marcy Price
Ensign---Ford County
South West Area Heart of FCE

Marcy has been an involved FCE member through the years. She has held offices at the Local, County, Area, State and National level: Educational Programming Committee member, South West Area Director, FCE Vice-President, Kansas FCE President, National FCE Treasurer, and Kansas FCE Web Master. Marcy has written educational materials at the State and National level, including a story book using one of the six Pillars of Character. She also wrote one of the Hearth Fire series lessons. Marcy has attended two Associated Country Women of the World Triennials—one in Finland and the other in Arkansas. She has been involved in many projects: Books for Kids, Caps for Kids, and Blankets for Babies. Marcy helps with the County fair, has held leadership seminars, and holds a FCL National Certificate.

2016 KAFCE ROSTER BOARD OF DIRECTORS

Executive Committee

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SOUTHWEST AREA

Mary Prose, Director

Members are busy and eager for FCE happenings in 2016.

Accomplishment reports have been evaluated by the EPC. The FCE members in the area completed many worthwhile projects which were a benefit to their respective communities. FCE was made visible in Southwest Kansas!

Lesson materials have been distributed to all groups and independent members. The 2016 lessons seem interesting. I hope members will explore the information and other options when presenting the lessons in an interesting, informative manner to their groups.

The Southwest Area District Recognition Day will be April 20, 2016, Wichita County, Leoti. The invitation will soon be coming. All FCE members are encouraged to attend this meeting. Awards will be announced and presented.

As always the 2016 FCE calendar is getting full. There is the DRD meeting, National Conference and State Conference. I would be happy to see you at one or all of these activities.

As Spring approaches take a moment to enjoy the beauty of the season and the renewal of life.

NORTHEAST AREA

DeLores Walden, Director

This winter has sure been different. Right now it is so windy that it could carry you anywhere if you just lifted up your feet! The 2015 FCE Accomplishment reports have been judged along with the county and community reports. GREAT JOB NE Area FCE members.

Be sure you are planning your 2016 projects and recording them in your minutes. The community service project can be anything to help your community, but the accomplishment report for the county and local FCEs has to be one of the lessons. You can't count the same project on the county report and the FCE report.

Spring Meeting is April 7th in Manhattan. Last year we had the 2014 winners present their winning service projects. It was a great success so will do that again this year at our Spring Meeting.

Northeast Area is looking for a replacement on the EPC committee and an Area Director. My terms ends this December 31st. Anyone who is interested please step up and enjoy working for a "GREAT" area.

The NE Area "Heart of FCE" winner was Charlene Gignstad of Farmerettes FCE in Atchison. Charlene will represent the NE Area along with others from the other areas in the state. GOOD LUCK Charlene.

Condolences to Margaret Fuston, Douglas County president for recent loss of her husband. Also to Peggy Martens, past KAFCE President, with the loss of her husband and father.

SOUTH CENTRAL AREA

Marsha Young, Director

Welcome to 2016: I hope you had a very Merry Christmas and are having a good start on the new year.

My name is Marcia Young. I am the new South Central Area Director. I have been the President/Vice President of the Andover FCE and the Highland (Benton) FCE groups. I have attended local, area, state and national meetings for several years.

I am married with 2 sons, 1 grandson and a granddaughter on the way.

The South Central Area District meeting was held in Benton, KS November 2nd. There were 35 members present. Highland FCE hosted the event. The lessons for 2016 were presented. The lessons were well received by those in attendance.

We voted for Bonnie Kaufman as the Heart of FCE for 2016.

I am looking forward to the coming year and my hope is to fulfill the requirements of this new undertaking.

NORTHWEST AREA

Dorothy McRae, Director

I'd like to introduce myself to you as the new Northwest Area Director. Extension has been a large part of my life for over 50 years. My five children were 4-H members, a great preparation for life.

I've recently finished being on the Ellis County Executive board which met at 6:30 am as most were business/working people.

My other involvements are church activities, peddlers fair, funeral dinners, Circle, etc.

I belong to the Buckeye FCE that has a current membership of fifteen.

I'm asking for volunteers in making this a great year in FCE. Please be thinking about our EPC for the Northwest area for 2016-2018. This is a great way to get introduced with our Extension and FCE sisters and others.

The Northwest are District Spring Business meeting/ Area Recognition Day is planned for Thursday April 28th in Stockton. Doug Beech has agreed to give the program; "Living a Legacy":Charitable Estate Planning. He is still involved in 4-H. Registration at 9:30 with coffee and breads. The noon lunch will be \$10.00 with registration sent to Edith McClain since Smith County will be hosting the meeting. Information will be sent to all area County Extension offices that have FCE members.

I am excited about our programs for this year, we should share them with other groups. Spring is coming, SEE you in Stockton.

SOUTHEAST AREA

Linda Leonard, Director

With the new year comes the promise of wonderful things happening in FCE. We have a great line up of lessons for 2016. Hopefully all of your units have chosen one for your EPC project for this year. Remember that a unit cannot use the same lesson as their County Council chose for their project. The SE Area has had several training days where lessons were presented. Note that the leader's lesson guide is only an outline of what the lesson is about. Additional information may be gotten through researching books or the internet and given during your program. You would be surprised how much additional information is available to make each lesson a fantastic learning experience for both the lesson leader and each FCE member attending the presentation. Use your imagination and have some FUN!!

The Southeast Area 2016 Recognition Day will be Tuesday, May 17th beginning at 9:30 a.m. The event will be hold at the Ellis Family Fine Arts Center in Fort Scott. Registration for FCE members is \$15. Bourbon County has been working hard to make this a memorable day. We will be recognizing various units and FCE members on their accomplishments. Hopefully many of you will be able to attend.

Other activities this spring that you might want to take part in are "Walk Kansas", April 3 - May 28th; registration is \$8 per person. Also, the "Aging with Attitude Regional Expo" will be held in Pittsburg on April 29th beginning at 9:00 a.m. Registration is \$15 per person.

Have a wonderful spring!!

Save the Date
October 3-5, 2016
2016 KAFCE Conference
Topeka, Kansas

MEMORIAL LIST

Joan Beck <i>Allen County</i>	Esther Ellis <i>Norton County</i>
Rogene L. Russell <i>Butler County</i>	Leota Price <i>Pawnee County</i>
Dorothy Pender <i>Cherokee County</i>	Mary A. Sharp <i>Pottawatomie County</i>
Vivian McCornick <i>Crawford County</i>	Cherie Casper <i>Reno County</i>
Nora Cleland Aliene Kanwaka <i>Douglass County</i>	Karen D. Sisk <i>Riley County</i>
Judy Rine <i>Greeley County</i>	Rebecca Schauf Irene Schneider <i>Russell County</i>
Marilyn Decker Janice Unruh <i>Harvey County</i>	Nancy Leamer <i>Saline County</i>
Marilyn Barker Darlene Nelson Judith Petersen <i>Johnson County</i>	Joan Best <i>Sheridan</i>
Caroline Dye <i>Montgomery County</i>	Arbutus Topliff <i>Sherman County</i>
Alma Meyer <i>Neosho County</i>	Betty Carney <i>Thomas County</i>

Sadly Missed !

NAFCE for FCL and NAFCE reports:
 Volunteer Hours: Preparation time, travel, presentation, and follow up.

Kansas FCE Educational Program Guide:
 Volunteer hours are defined as hours that FCE members or unit spend doing volunteer work sponsored by their FCE, County, Area, or State. Volunteer hours should include: taking, preparing, giving and reporting on educational programs. Hours should be recorded in the FCE Secretary Minutes.

If your FCE group worked on a program listed on the current Accomplishment Report it can count as Volunteer Hours. That being said, every member that participated in the project/program volunteer hours should be counted and recorded in the Secretary minutes. Example: Member went to the Area EPC training (1 hour), studied and did extra research for lesson (2 hours), then presented the lesson to 6 members (1 hour times the 6 attending)=9 volunteer hours.

We hope this helps to clarify this issue. If anyone has questions, please don't hesitate to call me or anyone of the EPC committee: Judy Fullmer, Becky Wondra, and Susan Gartrell.

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.

2016 Calendar of Events

- March 11-- Board of Director's meeting
Wichita -- Sedgwick County
Extension Office
- TBD -- June Executive meeting
- July 14 -17 -- National Conference
Memphis, Tennessee
- August 29 —30 -- EPC Leadership Training
Webster Conference Center
Salina
- October 3 - 4 -- KAFCE Board of Director's
meeting Topeka
- October 3-5 -- KAFCE State Conference
Topeka
- October 9 -15 -- National FCE Week
- November 13 -19 -- National Family Week

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Please keep each issue
of the "KAFCE News"
as it includes information each
member will need through out the year.
Also read and keep the "FCE Today"
as it will keep you informed
about our national organization