

KAFCE NEWS

Mar 13
vol. 47
no. 1

Surfing with Sharon..... Your KAFCE President

"Surfing with Sharon." Now that is a different title for a Midwest Kansas farm girl who has never surfed and doesn't even know how to swim. But in today's world of "lingo" surfing the net means searching the internet for new ideas, new trends and new concepts to better your life. So this year in FCE "think outside the box" when planning your projects and programs.

As I think about what I have learned the past 27 years that I have been a member of this organization, I realize that I have gained much knowledge through the lessons, workshops, conferences and national programs. I have always said that K-State is on the cutting edge of education. Our organization is so blessed to have them as an educational resource. The university is celebrating its 150th anniversary. On July 2, 1862, President Abraham Lincoln signed into law the Morrill Act which allowed for the creation of land-grant colleges. February 16, 1863, Bluemont Central College in Manhattan, Kansas, was the first school created under the Morrill Act. That institution, now known as Kansas State University, has a Memorandum of Understanding with the Kansas Association for Family and Community Education, Family and Consumer Sciences, and K-State Research and Extension. Through our mission statement of *strengthening individuals, families, and communities through continuing education, developing leadership and community action*, we have 150 years of the university's knowledge to help us move forward.

In 1914 the first home demonstration unit was created in Leavenworth county and 1921 the first Extension Homemakers unit was organized. In June of 1936 a determined group of women went to Washington, D.C to promote projects of national importance for the protection of the American family. This later became our national organization.

Kansas Association for Family and Community Education has been fortunate to have years of quality educational sources for our members.

Members-----this is one main concern of our organization. Last year I presented the National Hearth Fire lesson # 34 Organization to Organization...Recruiting and Keeping Members. The first paragraph on the pamphlet states: *New members are the "spark" that keeps an organization alive and insure continuity and vitality in the future. Whether an organization is new or has been in existence for years, there is always a need to add members.*

I paid (or what I called sponsored) a recently retired widow's membership dues for 2013. When I talked to her, she was familiar with FCE (she had participated in the Walk Kansas) and she told me becoming a member was something she would be interested in. That is all it takes -- giving a person the first step. One of my lifetime friends told me her mother paid her dues for years while she was working. Today she is a very active member in her group. This year we received 50 new members and 10 rejoined in Kansas. That is GREAT!!! We need to keep our exiting members excited about our programs and projects, but we need to recruit new ones. If you don't have an internet, "surf" your minds for members in your community that could be possible new members. Tell them about all the benefits of joining FCE. There is a list of 25 on the national web site. A couple of my favorites, other than the educational lessons, is the chance to work in the community through public policy, and developing leadership for our members and our youth. Every one wants to be a part of something so why not show some one how they can make a worthwhile difference and --- VOLUNTEER!!!!!!!

From the desk of Faye Spencer
KAFCE State Vice President:

Thank you to the members who completed the KAFCE Program Evaluation.

The State Educational Program Committee is excited about the lessons that were written for the 2013 program year. There is great potential to *Empower, Encourage and Enrich*. The 2013 State EPC members are Tina Bailey, Mayetta; Janie Williams, Parsons and Edith McClain, Gaylord. Retiring from the committee was Linda Jean, Olathe.

How can the 2013 lessons be outstanding?

Looking back at the 2012 lessons, the ranking of the lessons by the MOST to LEAST interesting are: "Just Say Cheese", "More Plants on the Plate", "Citizenship", "Edible Flowers from Your Backyard," "Loving Long-Distance: Families Separated by Distance," "Coping with Conflict in Society," "Social Networking-Internet" and "Organization to Organization."

It seems that food oriented lessons ranked highest. The more serious subjects ranked lower. Why is that? Could it be that food lessons are easier to present? Were the lower ranked lessons more unfamiliar subjects?

Two questions on the 2012 evaluation survey were: "*What qualities made a lesson enjoyable and exciting? How was that achieved?*"

The answers from your fellow KAFCE members may help you and your unit plan and prepare the 2013 lessons that will be enjoyable, interesting, exciting, meaningful, and inspiring.

The most important suggestion:

Do not read lesson to the audience. Be actively involved.

Reasons as to "Why" a member should try to present better lessons:

- Audience will enjoy the experience; Increased comprehension, retention, inclination to share with others, and fellowship with group; Provide ideas for use of the lesson for media promotion;
- **Good information makes for a good leader, A good leader will present good information and lesson.**

Suggestions as to "What to do" before presenting a lesson:

- Read the lesson before the presentation; Rehearse; Practice; Become excited; Present lesson with energy, make it fun; Prepare recipes for samples;
- Research the subject-learn more, discover other options, clarification of existing knowledge or learn new knowledge, become comfortable with the materials, adapt materials to be applicable and valuable to audience's lives.
- Prepare materials and set up early

Suggestions as to "What to do" *when presenting* a lesson:

- Take active part; Create interaction by asking questions, Have group discussions, Team work;

Suggestions as to "How to present" lessons:

- Activities that would encourage the audience's interaction, contribution and attention, such as role playing, guest speaker, hands on, power point presentation or other arts/illustrations/charts allowing audience to visualize the subject; potluck meals with food lessons; demonstrations; survey or quiz; show and tell; hand outs such as recipes; provide samples, especially food for tasting

"Every Day can be a Holiday" lesson Update

Janie Williams

I hope everyone is enjoying and learning some new things from the lesson "Every Day can be a Holiday". There are lots of ideas to "Themestorm" programming for community groups, service projects and just having fun. There is an error that I need to bring to your attention.. **March is National Red Cross month NOT April**. I am sorry for the mistake and hope that doesn't effect any plans that you or your group have started planning.

**MEMORIAL
LIST**

Sheila R Mann
Allen County

Betty Mayhew
Roberta A Cudney
Edwards County

Hazel L Neville
Labette County

Neva Westerman
Ellsworth County

Leree Kennedy
Ford County

Barbara Premer
McPherson County

Barbara Bradford
Pawnee County

Helen Gillmore
Saline County

Carol Logan
Shawnee County

Rebecca Youngberg
Neosho County

Delphia McKean
Riley County

Treasurer's Topics

by Mary Jane Adams

As I have already missed the first deadline as Treasurer, I wonder just where things have gone since I took this job the first time and as many folks say, they got their education through FCE. I learned a great deal in 2004 – 2006 in putting KAFCE finances on Quickbook and now spend part of my day working in Quickbooks at the job I currently have.

A big “thank you” to Judy Emert for the treasurer’s information from the past 3 years and for all of her work not only as treasurer, but as a member of the Board of Directors.

New Secretary Needed

Judy Emert, Chairman of Nominating Committee

At the KAFCE meeting in Colby October 8, 2013 we will be electing a secretary who will serve during 2014, 2015, and 2016. The nominating committee needs your help. Would you like to be on the Board of Directors and serve as our secretary? Do you know of someone else who might be interested and willing? To be eligible, a member must have served on a county council or on the KAFCE Board of Directors, which includes the officers and Area Directors? Please check your recently revised “purple” handbook (pp. 5 and 13) for the duties of the state secretary. Thank you for your help.

COUNTIES WITH 100 % REPORTING

Southeast

- Allen
- Bourbon
- Cherokee
- Crawford
- Labette
- Montgomery
- Neosho

Southwest

- Edward
- Ford
- Gray
- Hodgeman
- Lane
- Pawnee
- Rush

Northwest

- Ellis
- Norton
- Sherman
- Smith

South Central

- Butler
- Ellsworth
- Harvey
- McPherson
- Reno
- Saline
- Sumner
- Sedgwick

Northeast

- Atchison
- Johnson
- Nemaha
- Pottawatomie
- Republic
- Shawnee
- Wyandotte

2012 Heart of FCE Heart of FCE Award

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 member must be a living grassroots member, current member of a county, state and national FCE. Individual efforts, projects, and results or other community contributions while working in FCE are considered. A current photo must accompany the form. The Kansas state winner will be honored at KAFCE conference and at the National Conference. GOOD LUCK !!!!!

Glennis Bell

South Central Area Heart of FCE

FCE membership runs in her family. She joined in 1987 after retiring as a teacher. She has held offices in her Andover unit and the office of County Council President in Butler County. She has planned several educational field trips for her unit. Some of the community projects where she helped was the **Caring & Sharing** at the local fire station. She was instrumental in helping her unit donate the flag pole to the Bruno Township Cemetery for a project called **Avenue of Flags** and she has helped answering phone call pledges for Channel 8 Public Television. She makes quilts for the stillborn babies, and for victims of tornadoes in Joplin, Missouri and Reading, Kansas. Traveling to National and State Conventions are a highlights for Glennis where she gains knowledge and enjoys sharing what she learns with their unit and hometown.

Jeanice Cress

South East Area Heart of FCE

Jeanice has been a member of the Allen County Extension. In this position she was an FCE advisor and mentor, planned many FCE activities, and presented lessons. She has attended many FCE state and national meetings. Jeanice is active in the Methodist Church, Chapter AM-PEO, NASTFE and several professional organizations.

Norma Larson

North West Heart of FCE

Norma Larson is 85 years old and joined her first unit in 1952 in Smith County. She has belonged to several units over this period of time but is a charter member of the Mover & Shaker FCE, having helped organize and name the FCE. She has served on the Smith County FCE Council and enjoys the lessons and fellowship.

Valdimer Bairow

North East Heart of FCE

Valdimer has been a member of FCE for 61 years. She has held the office of County Council President for several years, planning activities and representing the organization at various community and state events. She is a Pen pal to an ACWW member in another country. She has been a 4-H foods, clothing and club leader. She worked to recruit new members to FCE and presented lessons to local, district and church organizations using a variety of information. She wrote the local news for her community to area newspaper for 56 years.

Sandra Sue Shapland

South West Heart of FCE

Sandra has been a member of Spring Creek FCE for 51 years. She has held many different offices and given several lessons. She served on the PDC for many years. She has worked on many booths and floats educating the public. She baked and decorated the tiered cake for the 50th Anniversary of EHU. She has served as a 4-H Community Leader. Sue and her husband

2012 Area Educational Program Award Winners

AREA EDUCATION AWARDS

SE	1 st	Sliferette, Crawford Co	3 rd	Starlite, Bourbon Co
	2 nd	Ideal, Labette Co	HM	Night Owls, Montgomery Co
SW	1 st	Homemakers, Hodgeman Co	3 rd	Spring Creek, Lane Co
	2 nd	Stitch N Chatter, Ford Co	HM	Prairie Pals, Rush Co
NE	1 st	Broderick, Pottawatomie Co	3 rd	Kaw Better Homes, Pottawatomie Co
	2 nd	Berryton, Shawnee Co	HM	Berwick Home Benefit, Nemaha Co
SC	1 st	Canton Dizzy Dames, McPherson Co	3 rd	Chatterboxes, Sedgwick Co
	2 nd	Happy Homemakers, McPherson Co		
NW	1 st	Morning Glory, Thomas Co	3 rd	Solomon Valley, Smith Co
	2 nd	Movers & Shakers, Smith Co	HM	Lincoln Larks, Sherman Co

AREA LEADERSHIP AWARDS

SE	1 st	Rock 'n Roll, Neosho Co	3 rd	GALS, Allen Co
	2 nd	Don't Dodge Difficulty, Labette Co		
SW	1 st	WHC, Ford Co	3 rd	Franklin, Edwards Co
	2 nd	Hanston Homemakers, Hodgeman Co	HM	Rozel, Pawnee Co

AREA ACTION AWARDS

SE	1 ^s	Gingham Aprons, Montgomery Co	3 rd	Walnut, Crawford Co
	2 nd	Lucky 13, Montgomery Co		
SW	1 st	Sunny west, Hodgeman Co	3 rd	Sunshine, Rush Co
	2 nd	Sunny Sunflowers, Hodgeman Co		
NE	1 st	Cum Joy Nus, Shawnee Co	3 rd	Dover, Shawnee Co
	2 nd	Jocoukans, Johnson Co	HM	59ERS, Douglas Co
SC	1 st	Kettle Queens, McPherson Co	3 rd	Ninnescah, Reno Co
	2 nd	Evening Belles, Saline Co		
NW	1 st	Hobart Homemakers, Rooks Co	2 nd	Buckeye, Ellis Co

COMMUNITY SERVICE AWARDS

SE	1 st	Ideal, Labette Co	3 rd	Valeda Friendly Neighbors, Labette Co
	2 nd	Starlite, Bourbon Co		
SW	1 st	Better Homes, Edwards Co	2 nd	Spring Creek, Lane Co
NE	1 st	Spring Hill, Johnson Co	3 rd	Fostoria Boosters, Pottawatomie Co
	2 nd	Broderick, Pottawatomie Co	HM	Ashland, Riley
SC	1 st	Monitor McPherson Co	3 rd	Union Valley, Reno Co
	2 nd	Kipp, Saline Co		
NW	1 st	Lenora, Norton Co	2 nd	Buckeye, Ellis Co

SOUTHWEST AREA

Dorene Reimer, Director

The "flurry" of the Holidays is over, and January seemed to find just as much "flurry," but not from holidays or, unfortunately, snow.

I am excited about the theme for the 2013 FCE year: E cubed: Empower, Encourage, Enrich. (As a retired math teacher, E cubed excites me!) But the definition of each of those words needs to be considered to truly carry out this theme. "To give ability to, to enable; to give courage, hope, or confidence to, to hearten, to help, to give support to, to be favorable to, to foster; to give greater value or importance to, to make rich." Those synonyms give us action verbs--in other words, jobs to do! Consider these goals in your programming and planning for the year. Our State KAFCE President, Sharon Giacometti, is emphasizing membership in 2013. If all counties would take this theme seriously and use it as an action sequence, our membership numbers would explode! In our county, we feel an upsurge of interest and have increased our membership two fold!

Now that the SW Area Heart of FCE Winner has been chosen, the Accomplishment Reports have been evaluated for our area, and the FCE Group and Member Award applications and Standard of Excellence Reports have been received, we turn our attention to our District Recognition Days to be in Dodge City on Tuesday, May 7, 2013. Please save the date! It is important to recognize SW Area groups and individuals for their excellence.

Everyone needs to be thinking of a nominee for the SW area EPC position that will be open when Mary Prose of Lane County ends her three year term on June 1st. It is interesting work and an opportunity to train in FCE programming development and to meet other women. If interested, contact Mary Prose at (785)848-2376 or Dorene Reimer at (620)874-5062.

Last Saturday the Greeley County FCE group invited me to their monthly meeting. We had a great soup luncheon, good fellowship, and an awesome program: Greeley County veterans spoke and shared about WWII and every war between to the present war in Afghanistan. I met many women for the first time. If your group would like to invite me to one of your meetings, I would love to attend if at all possible.

I wish blessings and some moisture for us all!

Ask a friend to visit a meeting and join you as a FCE member. We have some great lessons and activities planned for 2013.

SOUTH CENTRAL AREA

Wilma Lill, Director

I hope everyone had a wonderful Holiday so now we have to think about our goals for the 2013 year of FCE.

We had a good fall meeting at the Benton Church on October 29, 2012. It looks like we have some good educational programs, new thoughts and ideas for the 2013 year. The EPC leaders did a great job about how to present the programs for the coming year.

We also elected a Heart of FCE person for the South Central area. We had two ladies nominated. Glennis Bell of the Benton Highland Unit of Butler County and Kim Krase of the Canton Dizzy Dames of McPherson County. Glennis Bell was elected.

The meeting for our Spring FCE awards will be at Ellsworth, Kansas, on Monday April 18, 2013, at the Catholic Church. I'll be sending out some more information about the location of the church in my letter to the Council Presidents.

Don't forget the National FCE meeting will be at Fargo, North Dakota on July 18-21, 2013. See Geneva Wedel's information about a bus trip.

Our State FCE meeting will be October 7, 8, & 9, 2013 at Colby, Kansas at the Colby Community College.

On November 4, 2013, will be the fall meeting at the Benton Church.

So get all these dates on your 2013 calendar. Hope you will be able to attend these meetings. Ask a friend to join FCE.

SOUTHEAST AREA

Janet Kirk, Director

There is almost always food involved in the happiest moments of our lives. Maybe not the big fireworks moments – a marriage proposal, the birth of a baby – but the quiet times, like when you're a kid, and you bring home a good report card. Someone almost always gives you a cookie.

And then there are the no-so-happy times. That's when comfort food means the most. As a child, a woman had scarlet fever and, tucked in bed, she could smell the scent of cinnamon from her mother's baking and forever after, the scent of cinnamon was the scent of love. (Con't on next page)

(continued from page 6)

Comfort food is also important when you get together with your girlfriends to sit around and talk. It's not possible to do that without food, if you ask me. Mothers have always baked with great joy, and knew that food can be comforting because of the associations we make between the food and the people around us, or the emotions the tastes and smells evoke. Spiced with nostalgia, scented with love, a taste of true comfort food is like getting a hug from someone special. So as we approach this month of love, take a moment to reflect on your special scents from the kitchen.

K-State has prepared a lesson for us this year entitled "*Emotional Appetite: The Food and Mood Connection*". Hope your unit enjoys and shares it with others.

NORTHEAST AREA

Diane Hanzlicek, Director

A New Year, a new record high temperature on January 28 (75 degrees) and school cancelled on January 30 because of a snow storm. We FCE members can always expect change!!!

Congratulations to Nancy Nelson, our Meadowlark District Family Life Extension agent. She recently received the National Extension Association of Family and Consumer Sciences Continued Excellence recognition award in Columbus, Ohio.

The Northeast area spring council meeting will be held April 4, 2013 in Manhattan at Pottorf Hall, Riley County Fairgrounds. The District Recognition Days will be held in Pottawatomie County on April 9, Johnson County on May 2, and Troy (Doniphan County) on May 7. I do not have the date for the Post Rock District Recognition Day. I encourage all FCE members to attend one of these District Recognition Days to help celebrate our accomplishments and strengthen our relationships.

ALERT! ALERT! We need to elect a new area director at our next area meeting. No one has expressed an interest. We also need to appoint a new member to the area EPC committee. Please consider volunteering for one of these positions. Thank you for consideration of these requests for help.

Save the Date!

2013 National FCE 77th Annual Conference

Operation Readiness

July 18-21, 2013 Fargo , North Dakota

NORTHWEST AREA

Edith McClain, Director

Virginia Slimmer was elected as NW Area Director but due to personal and family issues, she unfortunately needed to resign. President Sharon Giacometti called to ask me to cover that position, which I agreed. Virginia had the plans in place for the NW Spring Business meeting/Area Recognition Day. That date is April 23, 2013 at Hays in Ellis County. The meeting will be at the Ellis County/City building meeting room. Registration will begin at 9:30 with coffee cake and beverages. Lunch will be at noon at a cost of \$10.00 each.

More information about the meeting will be sent out as everything is finalized. NW will be hosting the State FCE Conference on Oct.7-9 in Colby. Lots of great things are being planned. The theme: At Home on the Range.

Save the Date!

2013 KAFCE State Conference

FCE-At Home on the Range

October 7-9, 2013

Colby Community College

Bus Trip to National

A bus trip to the Fargo, North Dakota NAFCE conference is planned for July, 16-23, 2013. The bus will leave the 15th. Planned stops will be at the Pony Express Museum in St. Joseph, Mo, several educational stops in Iowa, the Spam Museum and Mall of America in Minnesota. A supper at the Ojibwe Trading Post is planned. South Dakota stops will be a pageant, "Little House on the Prairie and the Mitchell Corn Palace. Travel through Nebraska on the return to Kansas. The cost will be \$575.00 if 20 people commit to going.

To make reservations or questions contact Geneva Wedel, 2475 Iron Horse Rd, Canton, KS 67428 ~ 620 - 628-4958.

KANSAS ASSOCIATION OF FAMILY AND
COMMUNITY EDUCATION

KAFCE NEWS

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

2013 Calendar of Events

Walk Kansas-- March 17-May11
KAFCE Board of Directors Meeting
Wichita - March 22
National FCE Day of the Family ~
Books for Newborns May15
KAFCE Board of Directors Meeting
Wichita - June TBD
NAFCE Conference—Fargo, North Dakota
July 18-21
KAFCE State EPC Training - Salina
September 16 & 17
ACWW Triennial Chennai, India
September 26 - October 2
KAFCE Board of Director's meeting
Colby - Oct 7-8
KAFCE Conference ~ Colby - October 8-9
National FCE Week -- October 13-19
National Family Week -- November 17-23

Kansas Association for Family and Community Education
(USPS 290-4609) Founded February 9, 1954
Published Spring, Summer, Fall and Winter by
Kansas Association for Family and Community Education
Newton, KS, 67114
Submit all News items to: Fran Zerby
1830 Ft. Riley Blvd., Manhattan, Ks. 66502

2013 Area Recognition Days

SC Area —April 8 in Ellsworth
NW Area in Hays —April 23
NE District in Pottawatomie County—April 9
NE District in Johnson County—May 2
NE District y in Troy, Kansas—May 7
SW District in Dodge City—May 7
SE District in Columbus —May 8