

KAFCE NEWS

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Squaring offwith Sharon Your KAFCE President

2015! It's hard to believe it is my last year as your KAFCE President. We as a state have a lot to do to finish out my term so it's time to get down and get a lot accomplished in 2015.

"FCE- Caring for Others" is this year's theme and it is reflected in many of the lessons. "Caring for our Community - Recycling e-waste" is so important for our environment. Earth Day is April 22 and we can educate the community on how and where to dispose of our old electronics. "Pain? What is Chronic Pain?" We all care about our loved ones that have chronic pain. Treatment options will be studied and how to help someone that has extreme pain. "Age Sense: The Caregiver's Path" - each of us know someone or is taking care of a person who needs help. But caregivers need resources to develop a plan on what they can do about relieving stress for themselves. "Emergent Literacy: Helping Young Children's Development through Reading" is a K-State lesson that will increase adults understanding of children's developing minds. Helping children through 'caring' is important in our educational mission. "Action Plan for Managing obesity" was written by Donna Krug, Barton County, Extension agent. Obesity is an epidemic and helping a person plan strategies to make healthy food and beverage choices as related to weight management is caring to make them live longer. Teaching "Responsibility" to children is a form of caring in the development of the young members in our community. Encouraging them to participate in the 4th Grade Essay and Artwork Contest teaches them moral responsibility for their actions/decisions and (or the lack of) their consequences.

"Responsibility" CHARACTERCOUNTS!" is this year's theme for the 2015 National Essay & Artwork Contest. You still have time to go to your 4th grade classes in your area. This would be a good project to do at a library or a church classroom. If you need information it can be found on the kafce.org website. Just click on Essay & Artwork Contest link. Please collect and select a winner from your county and sent it to me at: 221 East 670th Ave. Farlington, 66734 by March 1. For my last term and because Kansas is hosting the national conference, I would love to have a Kansas winner.

Last year we had two students apply for the KAFCE Scholarship. We need to have each area, county and unit go to their high schools and colleges in their community to talk to teachers/advisors and find out who is planning on majoring in Family and Consumer Science this coming year, to let them know we have scholarships available and to find all forms on our website: kafce.org

"Stepping Stones to Success" is the 2015 National FCE Conference theme, July 23-27 in Blue Springs, Missouri. The conference registration form can be found in this issue of the KAFCE NEWS. Courtyard Marriott is located at 1500 NE Coronado, Blue Springs, MO. Phone number is: 866-460-7456. The Adams Pointe Conference Center is connected with the Marriott. It is a beautiful facility just east of Kansas City off I-70. Kansas is hosting with Missouri the Spirit Luncheon on Friday. Kansas is in charge of doing the centerpieces and providing favors. As Kansas members we have been asked to give a big "Mid-West Welcome" to members from other states. We will need to provide volunteers for sessions and anything that is needed to make this conference a success. If this is your first National Conference, alumni members sponsor a "National FCE Board Alumni Scholarship" for first time attendees. The application can be found in the Fall 2014 FCE Today, or on the www.nafce.org website. It needs to be filled out and sent to the National FCE Headquarters by April 15. I will have this form as an attachment with my March FCE Connection.

My last Kansas board meeting and state conference as your state president will be held in Garden City in October. It will be held at the Clarion Inn 1911 E Kansas Ave. Dorene Reimer is the conference chair along with the South West Area. They have a lot of good speakers, sessions and activities planned. **Save the Date** of October 5-7 to attend this conference.

**From the desk of the Vice President
Faye Spencer**

The State of Kansas is awesome! It had become more apparent each time I attend the National Association of Family and Community Education conferences. 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.

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 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 the 2013 State EPC, Tina Bailey, Janie Williams, and Edith McClain for writing their lessons.

Thank you to K-State for their 2013 lessons

Everyone should be very proud of their accomplishments. "The proof is in the pudding." Our "proof" came at this year's National Association of Family and Community Education in Tucson, AZ when the Kansas state Program Award Book and Kansas state Award Brochure each won SECOND PLACE. The category was education, how our membership used the National FCE Hearth Fire # 10 "Someone's in a Meeting: Making Good Decisions" when implementing "Everyday Can be a Holiday" activities, public policy and community service. The total of the two vouchers was \$300.00. This will go a long ways in purchasing lesson materials for 2015 and maybe even 2016.

In this issue is a leader's guide to the lesson Character Counts! Responsibility. This was presented at the State EPC training.

The KAFCE web site will also have the 2015 lessons and links to the K-State lessons' member's fact sheet and leader's guide. These links are in a pdf format and printable.

I have so enjoyed serving as your vice-president and feel blessed from the friendships that have developed over the years.

Thank you for allowing me the pleasure of this office.

[Hearth Fire Series #56 Someone is saying...Strut your Stuff Developing Great Brochures](#)

Open Category Brochure Contest

While Marian Hannon, National FCE Pacific Region Public Policy Coordinator and Scott Teeple, National FCE Pacific Region Program were teaching at last year's national conference about "Developing Great Brochures", there was a lot of interest about introducing a contest where any FCE member could enter. With the help of all the National Board members the contest was created and adopted.

Description/Purpose: This contest is designed to be an opportunity for all National FCE members at all levels (state, districts, counties, clubs, or individual etc.) to complete in a National contest. The brochure is to be a "stand-alone" item promoting FCE in some manner.

BROCHURES MUST PROMOTE FCE TO BE CONSIDERED FOR AWARDS

Categories:

1. **FCE Marketing/Membership.** These brochures are used to provide information about FCE to members of your communities and potential members. This could include recruitment information etc.
2. **FCE Tools:** These brochures are used as a tool in FCE to provide information needed for FCE members to those in their communities.
3. **Other:** These are brochures that do not fit into either of the above categories but promotes FCE in some matter.

Open to: This contest is open to all National FCE members in good standing. Due to National Headquarters on/ or before April 15.

Judging: The judging will be done by national FCE board and /or committee.

Awards: Winners and place will received National FCE vouchers to purchase National FCE materials. For complete instructions go to the nafce.org website and click on Forms.

MEMORIAL LIST 2014

Allen County
Fayette Walters

Johnson County
Reva Harris

Lincoln County
Mary Day

Meade County
Marge Weins

Montgomery County
Linda Carr

Norton County
Esther Ellis

Pawnee County
Elaine Mull

Reno County
Myrth Hollingsworth

Shawnee County
Russell Hicks

Thomas County
Betty Carney

Sadly Missed

Treasurer's Topics
Mary Jane Adams

THANK YOU to all for getting dues in timely and making my life much easier this year.

There isn't much news on the "money front" at this early time of the year, but at the end of 2014 we did contribute \$341.20 to Clovia; \$356.10 to Smurthwaite; \$165.93 to National FCE Leadership; \$120.00 to National FCE Programs; \$229.59 to ACWW International and \$166.51 to ACWW Projects. Thank you for your support of these programs.

The Joann Newby Adult Education Grant received \$190.75 and the KAFCE Scholarship received \$260.75 plus \$754 from State Conference for a total of \$1,014.75 in 2014 as well.

Reservation for KAFCE Bus Trip

Check the November 2014 KAFCE News for the itinerary of the KAFCE bus trip to the NAFCE conference in Kansas City, Mo. July 23-26. The bus trip will be July 21-27. If 25 people commit to go, there could be some reductions for those in the eastern part of Kansas.

Sharon Giacometti is hoping/planning on Kansas members to help be friendly greeters for the conference and the Spirit luncheon on Friday. Reservations should be made by February 28 to Geneva Wedel. Call 620-345-7158 or 620-245-5517 for more details. Cost will be \$350.00. Make your reservation thereby helping increase the number for those who are unable to drive to attend. Compromising is a unifying quality.

Geneva Wedel, 1712 Magnolia, Moundridge, Ks 67107.

How Big is your Heart?

Volunteering 2014 FCL Lesson

The word volunteer comes from the French Word *voluntaire*, first used in the 1600's. Volunteerism is the art of selflessly giving of yourself to help someone else. People may be motivated by a need in their community, want to develop a skill, share a hobby, help someone learn to read, or just want to get out of the house. Although a person may not earn money volunteering, it produces a feeling of self-worth, respect and a fuzzy warm feeling of doing good.

Marks of an Effective Leader

A leader has a vision, Vision provides direction, and without direction there is not much point to what we do. So if you don't have a vision already, take your first step toward leadership by creating a vision that embodies your dream and your passion. A vision statement will also serve as a leadership vision. It is important for an effective leader to write down her vision.

As a leaders shares her leadership vision with others, it will grow and your leadership develops even more. As you share your leadership vision, you strength your own belief in your vision and your determination to make your vision a reality. Others will see you as a person who is "going places". Your leadership skills will grow as you and other people around your reach your potential.

2014 Heart of FCE

**Janet Kirk
Parsons—Labette County
South East Area Heart of FCE**

Janet has been a member of FCE for 28 years and held leadership roles in the Ideal unit and the Labette County Council. The past three years she has been Southeast Area Director. She has given programs to various community groups and is an expert at creating educational bulletin board displays. As a member of her church, she has led women's groups, serves on the worship committee and been involved with mission trips. He is a retired high school librarian and has served on a local Credit Union Board for 5 years. In her spare time she enjoys playing canasta, crossword puzzles and working challenging table puzzles.

**Marie Speer
Dighton-Lane County
South West Area Heart of FCE**

Marie has been a member of FCE for almost 50 years joining in 1963 as a young newlywed in Gove County. When she and her husband moved to Lane County she joined the club her mother and sister belonged to, Springcreek FCE. She has served in many offices and is currently serving as President. She has given lessons, makes sure they have volunteers at the Red Cross Blood drive, makes a display for the County Health fair, distributes information during FCE Week, calls and reminds members of their duties and dates of upcoming meetings. Because of her efforts we always have a new member to mentor into FCE.

**Wilma Jean Cooper
McPherson- McPherson County
South Central Area Heart of FCE**

Wilma is a 66 year FCE member beginning in Sedgwick County forty-eight years with Searchlight until they disbanded, Friends-R-US, 14 years, transferring to Happy Homemakers, McPherson County, in 2010. Serving all areas for her local units, she was Sedgwick County FCE Council Representative and Chairman (1996/97); SC Area Director (1991/92); State Educational Program Chairman, Family Resource Management (1988); State Nominating Committee (1994); State Registrar, Historian (1996/1998); on state Board of directors and chaired the Hospitality Committee for a national convention. She has attended numerous county and area meetings, many state Conferences, four national conferences, ACWW World Conference and National Leadership Training.

**Darlene Day
Lenora- Norton County
North West Area Heart of FCE**

Darlene has been a member of FCE for over 65 years, with many of them being the president or vice-president of Lenora FCE. Darlene really misses attending regional, state and national meeting to support FCE the last couple of years because of health. However she still attends meetings and teaches lessons. She is an active member of the community, and has worked hard on community improvement. The one project she is most proud of working on is the street signs made and put up in Lenora. She did a lot of baking to help raise money for the library and the main street sign. Every year at Lenora's Jubilee she spends the day helping in the FCE by bringing displays, or having people sign in.

**Mayverdis Jamison
Topeka- Shawnee County
North East Area Heart of FCE**

Mayverdis is 94 years old and been a member for 28 year. She has given lessons yearly and to other groups 10 times. She made "Spice Packets" for Let's Help. As Cum Joy Nus chairman for Housing and Energy for three years she made a booklet to help the neighborhood. She donates time, clothing, household items to Let's Help and personal items to Lifehouse. She has attended eight state conference and many county and district meetings. She has served as president, secretary, or a member of 12 different organizations. She volunteers at Let's Help two times a week



SOUTHWEST AREA

Mary Prose, Director

I trust all of you had a blessed Holiday Season with family and friends. After some rest and relaxation, I hope everyone is ready for a fantastic FCE year!

Now that the SW area Heart of FCE winner, Marie Speer, Lane County, has been chosen; and the FCE group and member award applications and Standard of Excellence reports have been received and evaluated, we can focus our attention on the District Recognition Day to be in Dighton on Tuesday, April 14, 2015. Please save the date. It is important to recognize SW area groups and individuals for their accomplishments.

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

Last Tuesday, five women met in Garden City to continue planning the state conference that will be in Garden City, October 5, 6 and 7, 2015. Many exciting speakers, workshops and events are planned for the conference. We hope you will mark this date on your calendar and plan to visit the great Southwestern part of Kansas next October.

Stay safe, stay warm and stay well.

NORTHWEST AREA

Edith McClain, Director

Winter has arrived. It snowed again last night and it is 5 degrees with a cold north wind. Burr! Sure glad to be able to stay indoors today.

We are wrapping up 2014 and making plans for 2015. North West Fall workshop was held on October 28 in Logan at the Hansen Museum meeting room. We had 26 members present and Libby Curry, our advisor from Colby. Darlene Day of Norton County was elected as NW Heart of FCE. Darlene has been a very active member for a lot of years.

The Educational packets were passed out and the Educational Program Committee presented the lessons for 2915. Leanna Larmer-Adams (newly wed) and Susan Gartrell along with myself, presented the lessons. Kim French is the third member of the committee but she was unable to attend. These ladies do an awesome job presenting the lessons. The committee will be meeting in January to judge the Accomplishment reports. It is always great to read what all the members have done the past year.

As I plan for 2015, I have been sorting and organizing. This year has flew by and there are loose ends to connect. My New Years Resolution is to be better organized. As I am about to retire from working at the Hospital (after almost 40 years). I will still be on call if they need help.

Our Spring Business Meeting/Area Recognition Day is set for April 28 in Russell County. The Russell ladies are already making plans.

We will be electing a new Area Director at this meeting, they will take over the reigns on January 1, 2016. A couple ladies have been contacted but have not gotten either to commit yet.

After receiving a beautiful letter from Judy Fullmer, I realized that I don't always tell people how wonderful they ALL make our organization. I' saying"Members, thank you and keep up the great work for FCE."

Have a Happy and Prosperous New Year!

NORTHEAST AREA

Delores Walden, Director

"Poppin Fresh"

The first Poppin' Fresh commercials aired on October 1965 and has been used as Poppin' Fresh in more than 600 commercials for more than fifty of its products. So you see again we can be compared to this little guy, we need to keep promoting our organizations and maybe we will exceed what that little guy has done.

The NE Area EPC committee met in Manhattan to judge the area reports. We were thankful no bad weather. We had many good reports and projects that were done. Alberta Parry, Washington County, has volunteered to be on the NE Area EPC committee and the KAFCE nominating committee. Alberta will be helping to find candidates for vice president and treasurer. Thank You Alberta.

The area meeting that will be April 2nd in Manhattan is going to feature 3 FCEs or Counties and the projects that they accomplished in 2014. This is a way that other FCE members can get ideas what is being done in other parts of the area and maybe they can expand and do them in their area.

May Jamison, Shawnee County will be represented the NE Area Heart of FCE. Congratulation May. Continue to promote FCE.

SOUTHEAST AREA

Linda Leonard, Director

I hope that all of you had a great holiday season and are looking forward to 2015.

Because this is my first article as the new SE Area Director, I would like to take some time and introduce myself. My name is Linda Leonard and I will be your southeast director for the next three years. I have been a member of the GALS FCE in Humboldt for 30+ years, serving in each office and helping on various projects. I have been on the County Council for many years and am currently serving as President. I have also been on the EPC committee both as a member and as chairman. This past year I served on the planning committee for the State Conference in Parsons. Even though I have been involved in FCE for many years, I don't think anything has made me as nervous as accepting this position as area director especially having to write these articles for the KAFCE News. I want to thank Janet Kirk who was director before me for all the help she has given during this transition period. If you have any questions, suggestions or comments please feel free to contact me. I would enjoy learning about the various projects and events your units are participating in so I can share them with the rest of the state FCE members. My e-mail address is linda_leonard@att.net or my phone number is 620-473-3746.

I would like to remind you of several events happening in our area which involve FCE members during the next few months:

- Why not form a team and join Walk Kansas, March 15 - May 9, 2015? This will help you and others lead a healthier life. Join this program and be more active, make better nutrition choices and walk away your stress.
- K-State Research & Extension and several other groups and organizations are again be sponsoring a regional "Aging with Attitude" Expo in Pittsburg at the First Church of the Nazarene on April 24th from 9 a.m. to 3:30 p.m. The registration fee is \$15 per person and includes lunch, prizes and a resource fair.
- Allen County will host our SE Area Recognition Day on May 12th at the North Community Building (505 N Buckeye) in Iola. Registration fee will be \$12. Joyce Gobel, Bourbon County, will present a program on hats. More information will be sent to Council presidents in the upcoming weeks.

Until the next issue - May God Bless You ALL!

SOUTH CENTRAL AREA

Wilma Will, Director

Hope you had a wonderful holiday season.

I didn't realize the Area Director's report was due for this newsletter. Things have been kind of slow since the Fall meeting we held about the 2015 at the Benton Church. I hope everyone has looked at the lessons and are thinking about how you are going to present them for the coming year.

The EPC leaders of the South Central Area met and judged the reports of the different units in our area. Jean Rowland is the EPC Chairman this year. After judging these reports, I think you might want to think about the special project you want to be work on during the year so you can start planning and be to work on for 2015 as if they are Action – leadership, Education or even a community project.

District Recognition Day is Monday, April 6, 2015, at the Trinity United Methodist at 901 E. Neal at Salina, Kansas. The Council President will be receiving a letter from me with more about this meeting. The letter will give you more about the location of the church, a form to turn in for your reservation for lunch and the cost. At this meeting is when we give the rewards for Units and even how long you may have been a member plus how long you have been a Unit.

Just a short reminder of the National FCE meeting on July 23 – 27, 2015. There will be more information about that in this letter.

National FCE Board Alumni T-Shirt Contest

Focus on Women's Heart Health

Easy Rules

1. Contest Highlights how women can do better to prevent heart disease & stroke
2. T-Shirt us family-friendly working about women's heart health
3. Please place **FCE** aids in Funding Current Education
4. Use a white or light colored T-shirt for each entry. You may enter as many t-shirts as you wish.
5. Bring T-shirts of conference or mail to Lynn Maples, 204 Kenwood Drive, Doniphan, Mo 63935 by 7-15.
6. There will be prizes and surprises. You need not be present to win.

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.

2015 DATES TO REMEMBER

- | | |
|-------------------|---|
| March 12 | Sedgwick Co. Extension Office
Cox Room
Board of Directors Meeting |
| June TBD | Sedgwick Co Extension Office
Cox Room
Executive Board meeting |
| July 23-27 | National FCE Conference
Blue Springs, Missouri |
| TBD | KAFCE Leadership Training |
| Oct 5-6 | KAFCE Board of Director meeting
Garden City, Kansas |
| Oct 6-7 | KAFCE State Conference
Garden City, Kansas |
| National FCE Week | October 11-17 |

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VOLUNTEERS

Volunteers are like Hallmark Cards—
They care enough to give the very best.

Volunteers are like Frosted Flakes—
They are Great!!!!

Volunteers are like Pepsi—
They got a lot to give.

Volunteers are like Chevrolet—
They're the Heartbeat of America.