

FaCEs

*The Official Publication of the
Alaska Association
for Family and Community
Education*

April 2022, Issue 1 (2022-1)



from the President

Cheryl Peters

Greetings. I hope this has been a pleasant and productive winter and that spring brings renewed hope and joy.

On February 25 Jean Purich presented a lesson, which she developed, on "Behavioral Health" which was available via ZOOM to all FCE members. The hour long presentation was interesting and informative and especially relevant to this time in history when, for some, depression has been a result of the pandemic. This lesson is available for viewing now on the National Association for Family and Community Education (NAFCE) website*. It is my understanding that this is the first of a series of lessons to be made available to us via ZOOM from NAFCE. A printed version of this lesson is available online. Contact me if you would like the file.

A reminder that "Tune Out Media Day" is scheduled again this year on April 5. A pledge form is available from National. The individual who collects the most pledges will win \$100.00.

Thank you to those who have inquired about my husband's health following his rattlesnake bite a year ago. His energy level has returned to normal, he wears a compression stocking to keep swelling to a minimum, and the back of his leg is still discolored. His leg and foot do continue to improve, albeit slowly.

A quote from Maya Angelou: Each one of us has lived through some devastation, some loneliness, some weather superstorm. When we look at each other we must say, "I understand. I understand how you feel because I have been there myself.

We must support each other and empathize with each other because each of us is more alike than we are unlike.

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* Contact information for NAFCE is at the bottom of the page listing Alaska FCE officers.

Clubs, Districts, have you filed your E card with the IRS?

Interested in the *Hearth Fire Series*?

To buy copies of the old *Hearth Fire Series* lessons, contact President Cheryl Peters. She will send you a file so you may print the leaflet. She has made a copy of the new leaflets for each district; see your district president.

Historian's Report

Mary Hensel

March 2022

Finally I have been able to break away from a challenging winter in Anchorage and enjoy a sunny, but cool few weeks in Arizona.

Already it is over two years since the beginning of the pandemic. It has caused major disruptions in our lives as we knew them. As late as the end of January, Alaska's case rate of the virus was the highest in the nation. For two years our FCE clubs have been unable to meet regularly for ongoing education, planning, socialization, and participation in service projects for the benefit of our communities. We have lost many members during this time due to natural causes of aging. Just recently I received another obituary of a member of Lazy River FCE in Palmer, Louise Bidondo. Thank you, Barbara Thomas. Also thank you Rieta Walker for photos of the 2021 Alaska FCE Annual Conference for our album.

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CES Update

Julie Cascio

March 15, 2022

Cooperative Extension is part of the Institute of Agriculture, Natural Resources and Extension, University of Alaska Fairbanks. Pete Pinney continues as the Director with Jodie Anderson as the Associate Director, with her focus on research.

Food Security is a current need to which CES contributes. From instructing people how to grow and harvest, make healthy food, reduce food waste, to preserving food for home use are continuing topics. Agribility programs, cottage food production standards, food cost survey, and food safety manager certification are a few of the ways in which we work with people who have disabilities and work with food business needs.

In the Healthy Living area CES programs continue on chronic disease self management, diabetes self management, diabetes prevention, family nutrition education, family economic strategies (budgeting).

Preparing for Emergencies is a strong focus area. The current pandemic keeping people in their

homes, floods and wild fires endangering homes, and strong winds causing power outages cause many to shelter in place or prepare to leave quickly.

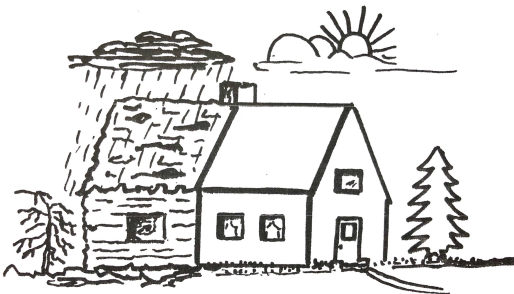
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2022 Alaska FCE Annual Conference



Logo and Theme

Barbara Thomas

The logo and theme, "Renew in '22" was taken from the 1992 Alaska Extension Homemakers Conference. 1992 was the year the

name of our organization changed from National Extension Homemakers Council to the National Association for Family & Community Education. The first class of the 1992 Alaska conference was a general session about understanding and dealing with this change. The instructors were Bonnie Dinkel, Alaska Extension Homemakers Council President, And Dr. Kristine Long, Home Economics Program Leader, Cooperative Extension Service. In 2022 we are moving forward after over two years of the COVID pandemic and all the changes that brought to our lives.

The logo was designed by Kay Love, a Sourdough Club member at that time. The 1992 conference was the 43rd annual conference and that was 30 years ago, which should make this conference the 73rd. However, since there was no annual conference in 2020, this year is the 72nd.

Dates are September 13-16.

Roaring Twenties

KP FCE Retreat

Rieta Walker

Sixteen full-timers and one part-timer enjoyed the 34th annual KP FCE retreat at the Quality Inn in Kenai March 25 - 27.

Inn workers and other guests remarked on the Roaring Twenties decorations in black and gold and all the laughter they heard coming from the conference room.

KP/Homer FCE hosted the Retreat. The Roaring Twenties was the

theme. We had crafts; Friday evening we made 20s headbands to wear to the Great Gatsby luncheon the next day. we saw a documentary about flappers and learned that they were called flappers because they did not buckle their goulashes. We also had a sing-along of 20s songs, played BINGO with a 20s theme, watched a short Buster Keaton silent movie, *The Paleface*, and had food from a 1920s menu. Some of us dressed up in flapper style clothes; that added fun to the lunch.

Come join the fun next year. We plan to meet at the Quality Inn again. In addition to the usual cooperation and support we get there, tech support was given this year.

Has anyone read *The Great Gatsby*?



Northern Song & No Dance
Marleyne Hunter, Dianne Doody,
Jaleyn Gesin, Goldie Southwood
Photo by Rosie Burgess

Read the Minutes

Rieta Walker

It is especially important to read the minutes this time. Some of the reports were quite short

and have not been printed as separate articles.



District Reports

Anchorage

Nancy Heckart, President
March 15, 2022

See minutes of the spring board meeting.

Kenai Peninsula

Rosie Burgess, President
March 15, 2022

Since the fall board meeting, KP FCE's main focus has been planning the 2022 KP FCE Retreat. We are looking forward to a "Roaring Twenties" weekend on March 25, 26, and 27 at the Quality Inn in Kenai. So far 16 members have registered to attend. Great fun is planned for the weekend with delicious food popular in the 1920s, unique crafts, a movie from the 20s complete with popcorn, and of course the Great Gatsby party for Saturday lunch. We are looking forward to seeing what each district comes up with for their part of the fun. Come join us! You'll come away with a lighter heart.

A \$50 scholarship was given to each Homer club member who attends the retreat.

Our educational programs have been from the *Hearth Fire Series*: "Someone's in a Meeting . . . Making Good Decisions".

A Christmas dinner was enjoyed by club members at the home of Paula Riley. It was a wonderful way to wrap up a busy year.

Another 30 packets were given to the Raise-a-Reader program at South Peninsula Hospital.

Many of our members spend their winters in warmer climes therefore our activities slow down quite a bit. With the return of our snowbirds, and spring fast approaching, we'll ramp up our schedule. We have 10 members.

Mat-Su District

Barbara Thomas, President

March 15, 2022

Here in Mat-Su, we have been busy surviving this worst ever winter. We started the winter with over a month of below zero temperatures. Then 2022 blew in with four straight days of hurricane force winds. That is sustained wind of 60 to 80 miles an hour with gusts up to 100 miles an hour. Plus, the temperature stayed at zero or lower. Our members suffered through power outages ranging from a few hours to as much as four days. A lot of lessons were learned about having to shelter in place in the dark and the cold.

We have, however, kept on with FCE. After two years of the Pandemic, all our clubs are back,

when weather permits, having in person meetings. We are working on the 2022 Alaska FCE Annual Conference with the 17-Mile Club. So far all via Zoom.

We will soon be working on the State Fair Demonstrations. The Fair is doing the three-weekend schedule again, starting Friday August 19, through Labor Day September 5. The Fair will be closed Tuesday and Wednesday. We will also not be doing demonstrations on the Mondays, except Labor Day. We will be providing 12 days of demonstrations, one more than our usual 11 days. The theme for the Fair is "Experience the Wonder". FCE and CES are again sponsoring the Homemade Pie Contest. The category for the pie is vegetable; the main ingredient must be vegetable. Check out the State Fair website for more information.

Our new Mama Bear the Reader book is just about ready to publish and print, and we are working on fund raising for this project. Our annual Spring Luncheon is scheduled for April 20, at North Star Bible Camp. We are having a Hawaiian theme this year, "Aloha to Spring".

I am just finishing up our annual report. Our volunteer hours are up and many activities, such as the State Fair, that were cancelled during the first year of COVID were back in 2021. Our volunteer hours totaled 6,142, 1,000 hours above 2020.

We look forward to seeing everyone at the State Fair and the Conference.

Stay off the ice!

Northern District

Dianne Doody, 17-Mile President
March 2022

Our group has been busy since we started up after the holiday break.

A couple of our new members got together and cut out animals to be sewn and stuffed; the other members stuffing, putting on their faces, etc. Other members have been working on blankets, knitted hats, loomed rugs etc.

Oh, yes, I must tell you Ellie Herrera, our almost 91-year-old started painting wine bottles, and Joyce Otten had some colored lights to put inside them. Ellie made on her own over \$500.00 for our club.

We have donated 10 blankets and 100 knitted hats to Children's Services, 100 hats to Meals on Wheels. I got telephone calls from some of the folks thanking our club. 100 went to Alaska Housing for the "KIDS" and 50 went to the Carol Brice Center.

Joyce Otten has placed 7 of our *Spirit of Alaska Women* books at the Bear Gallery through the Fairbanks Arts Association, Pioneer Park, the North Star Library System {which includes the school system and Rasmuson at UAF}, and four other locations.

We have a bazaar coming up in April. we will know then how our new things will sell, or not.

We are meeting via ZOOM with the MAT-SU folks to plan the 2022 Alaska FCE Annual Conference. That's all for now, hope to see some of you at RETREAT.

I stand corrected

Rieta Walker

Now that I've reviewed the bylaws, I see that it is indeed the Alaska FCE President who is to appoint a member from each district to be on the nominations committee. (Article V, Section 3, item B.1.)

"Officers may serve no more than two (2) consecutive terms and may be elected to the same position again after one year." Article V, Section 5, B.)

Reminder Unfinished Business

Rieta Walker

At the 2021 Alaska FCE Annual Meeting, Kathy Huston, moved to change Article VI Section 3: Voting Delegates to read: The voting delegates at the Annual Meeting shall be all members of Alaska FCE who are present and in good standing. Seconded by Rosie Burgess. There was discussion regarding the motion.

Barbara Thomas moved to table the motion until the 2022 Annual Meeting. The motion was seconded and passed.

Be sure to discuss this in your clubs and districts prior to the upcoming Annual Meeting.

A number of years ago, Liz Rettke proposed a similar amendment. She withdrew it after I printed a rebuttal in *FaCEs*.

17 miles reportto include an aligned new Christmas cards to be sent to our groups every Christmas - When the letters for Santa had started coming in - and the club year was to get

ALASKA FCE
Spring Board Meeting
Tuesday, March 15, 2022
Via Zoom @ 10:00 a.m.

Call to order by President Cheryl Peters at 10:08 a.m.

Pledge of Allegiance said by all.

Homemaker's Creed read by President Cheryl Peters

Roll call was taken by Secretary Kathy Huston. Those present were President Cheryl Peters, Vice President Susan Selk, Secretary Kathy Huston, Treasurer Mabel Quilliam, Historian Mary Hensel, Membership Barbara Thomas, Finance/Budget Nancy Heckart, Editor Rieta Walker, District representatives: Anchorage, Vi Markson; Mat-Su, Bonnie Shurtleff and Charleen Stewart; Kenai Peninsula, Rosie Burgess; Northern, Dianne Doody and Goldie Southwood; CES Agent Julie Cascio. Barbara Thoma was also present.

Approval of Agenda - Barbara Thomas asked that the 2022 Alaska FCE Annual Conference be added to the agenda.

Minutes - Goldie Southwood moved that the minutes of the annual meeting be approved as printed in *FaCEs*; the motion was seconded and passed.

Officers' Reports

President Cheryl Peters read her report. She talked about a lesson on mental health that was available on Zoom through National FCE. Members desiring to use this program may contact Cheryl for the link. It is easy to do and may be watched on-line.

April 5 is Turn Off Media Day. See Announcements below.

Cheryl's husband is still recovering from his rattlesnake bite.

Vice President Susan Selk has joined the Alaska FCE Annual Conference planning committee.

Secretary Kathleen Huston has also joined the planning committee.

Treasurer Mabel Quilliam read her report. See her statement below. She also stated that National FCE dues were sent in for 62 regular members for a total of \$2,170.00; 32 senior members for \$1,008.00 and 6 sets of family members for \$270.00. The dedicated funds were brought up to their budgeted levels (caps) for this fiscal year.

Only one district has paid its dues to state at this time.

Historian Mary Hensel spoke about not being able to meet in person during the pandemic. She also mentioned that several members have passed away from natural causes of aging. She thanked those who had sent her an obituary and photos.

District Presidents' Reports

Anchorage - Nancy Heckart stated that there was good attendance at the Christmas party as some had not gone south yet. January and February meetings were cancelled due to bad weather including high winds. Rondy buttons were sold to loyal customers and others who called to buy the buttons.

Kenai Peninsula - Rosie Burgess - Because several members are snowbirds, activities are curtailed in winter. Work is being done on the KP FCE Retreat. The theme is the Roaring Twenties; instead of the usual tea, there will be a Great Gatsby Party.

The Christmas party was a planned potluck. At the January meeting Sandy Garity presented *Hearth Fire Series* program #10 "Someone's in a Meeting . . . Making Good Decisions". Thirty Raise-a-Reader packets were delivered to South Peninsula Hospital, and each member attending the Retreat will receive a \$50 scholarship.

Mat-Su - Barbara Thomas - All the clubs are back to meeting in person when weather permits. Work is being done on the 2022 Alaska FCE Annual Conference. The theme is "Renew in '22".

Traditional activities include sponsoring State Fair Demonstrations, and the Spring Luncheon to be held April 20 at North Star Bible Camp. Also the new Mama Bear the Reader book is almost ready for printing. And volunteer hours are up by about 1,000 to 6,142.

Northern - Dianne Doody - The members have been meeting in person since the first of the year for work parties to make items for an upcoming bazaar. Some members have been working on their own. We continue to give out hats and blankets to children in need. *Spirit of Alaska Women* books have been placed at 7 different locations in the area.

Via Zoom we are working with the Mat-Su District on the annual conference.

Correspondence and Announcements

All the classes from Oregon FCE Zoom are now on YouTube. All *Hearth Fire Series* lessons can be accessed through the National FCE website or contact Judy at the NAFCE office which has information on just about everything.

CES Report

Julie Cascio

Pete Pinney continues as Acting Director with Jodie Anderson as the Associate Director with her focus on research. Food security, healthy living and emergency preparedness are other priority areas that CES is involved with.

Standing Committees

Editor/FaCEs - Rieta Walker stated that she has not been able to make paper copies of the newsletter due to the CES office in Soldotna being closed. She is also concerned that with the retirement of Linda Tannehill and the secretary this privilege may no longer be available.

Finance - Nancy Heckart said that she needs a volunteer from each district to work on the budget via Zoom prior to the annual conference.

Membership - Barbara Thomas reported that there are 106 members at this time and that Mabel had given the breakdown of each category of membership in her report.

Special Committees

Heart of FCE - Barbara Thoma has done the work for 2022. Kathleen Huston volunteered to be the chair for 2023.

Spirit of Alaska Women books - Nancy Heckart would like to be notified of book sales. Please send a note to her when sending money to Treasurer Mabel Quilliam.

Nominating Committee - Rosie Burgess volunteered to be the chair for 2022.

Unfinished Business

2022 Alaska FCE Annual Conference

Barbara Thomas, Committee Chair, reported that the committee had met via Zoom on March 10.

Anchorage and Kenai Peninsula districts will host Get Acquainted and Fun Nights. [KP has chosen Fun Night]

On Monday at the organizational meeting, credential forms will be available; they should be completed to be turned into the Secretary prior to the business meeting.

Wednesday will be a free night for games, rest, visiting, and completing projects.

The business meeting will be held on Thursday as well as group photo, memorial, show and tell, and the banquet with awards, installation of officers, and a guest speaker from the Cooperative Extension Service.

There will be about 20 classes; they will be shorter than last year.

Pricing is not yet available from North Star Bible Camp.

The district may need money from the Conference Development Fund.

New Business

Officers to be elected at this year's Annual Meeting are President, Secretary, and Treasurer. Rosie Burgess will be asking a person from each district to serve on the committee. The committee is responsible to present a slate of officers at the Annual Business Meeting.

Additional Announcements

NAFCE Family Choice Media project is to gather pledges to Tune Out Violence on April 5, 2022. Contact President Cheryl for details.

Rosie mentioned that a woman contacted her wanting to make doggie diapers for sale. If interested, contact Rosie: reburges2@gmail.com or (928) 302-8811

Adjournment at 10:25 a.m.

Kathy Huston
Secretary



Fun at the Roaring Twenties KP FCE Retreat

Back row: Cathy Hall, Anita Harry, Stephanie Harry, Sylvia Halsey,
Marcia Lowe, Rosie and Erless Burgess

Middle row: Margaret Dubber, Nancy Anderson, Goldie Southwood, Dianne
Doody, Rieta Walker, Kathy Huston, Mabel Quilliam

Front row: Sue Selk, Marleyne Hunter, Sharon Taylor, Jaleyne Gesin

Photo by Kathy Huston

**Alaska FCE Treasurer's Report
March 15, 2022
Mabel Quilliam
Alaska FCE Tresurer**

Bank Balance as of October 27, 2021 \$15,227.99

INCOME:

2022 Membership Dues	\$2,847.00
<i>Spirit of Alaska Women</i> Book Sales 30 books @ \$5	<u>\$ 150.00</u>
Total Income	\$ 2,997.00

BALANCE PLUS INCOME \$18,224.99

EXPENSES

2022 National Dues	<u>\$2,202.00</u>
Total Expenses	\$2,202.00

ACCOUNT BALANCE \$16,022.99

DEDICATED FUNDSi

State Scholarship Fund	\$3,500.00
National Delegate Fund	\$3,500.00
State Conference Development Fund	<u>\$1,500.00</u>
Total Dedicated Funds	\$8,500.00

WORKING BUDGET/BALANCE \$ 7,522.99

REMINDER

Be sure to file an E card with the IRS to maintain club, district, and state FCE non-profit, tax-exempt status.