

FaCEs

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

October 2022, Issue 2 (2022-2)



Clubs, Districts, Interested in the Oregon FCE Lessons

Rieta Walker

A few of these zoom youtube.com lessons were used to good advantage at the 2022 Alaska FCE Annual Conference.

Here is the link to the list of lessons. You do not need Zoom even though it is in the link. Double click on the red title of the lesson you wish to view.

<https://www.oregon-fce.org/oregon-fce-zoom-lessons-on-youtube>

Historian's Report

Mary Hensel, Historian
September 2022

We are fortunate to be able to hold our 72nd annual Alaska Association for Family and Community Education Conference at North Star Bible Camp outside of Willow, Alaska, September 12 - 16, 2022, despite the ongoing Covid-19 pandemic and dwindling membership.

This past year, four previous members and one special friend of

FCE have left this world, but we remember them with fondness.

A BIG THANK YOU to all who sent pictures and articles for the history books. These books will be on display at the Conference.

Mary Hensel
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Nominating Committee Report

Rosie Burgess, Chair
September 2022

I am sorry I am not able to attend conference this year. As nominating committee chair, I am unable to recruit officers at this years conference. I hope you will all step up and speak with members at conference about becoming an officer of our organization. I have contacted a member from each district but have not received any nominations from them.

Erless and I had a rollover accident with our 4 wheeler the last day of June. We were riding together when the accident happened. He sustained life threatening injuries and had to be life flighted to Providence hospital in Anchorage where he stayed for 3 weeks. After several long surgeries and healing from 8 broken ribs and clavicle, he is doing OK but does require my care. I fared much better but have a few issues that are not resolved.

That said, I have only gotten one candidate for officers this year. I have not heard from other members of the committee to know of their success or failure.

For office of President, I present Mabel Quilliam.

We have no one for Secretary. Kathy Huston would be willing to continue but according to our Bylaws, she has reached her term limit.

A new Treasurer is also to be elected this year.

Please consider taking an office to fill one of these vacancies. The responsibilities are not that demanding, and it is a great way to give back to our organization. The frosting on the cake is that you'll receive a grant to attend each conference.

Membership Report

Barbara Thomas
September 15, 2022

2022 Membership by District and Club as of August 1, 2022

Statewide

Individual	59
Senior	33
Family (10 members)	<u>5</u>
Total	102

Anchorage District

Flattop Forget-	Me-	Not
	3	Individuals
	<u>12</u>	Seniors
Total	15	

Kenai Peninsula District

Homer	5	Individuals
	4	Seniors
1 Family	<u>= 2</u>	
Total	11	

Mat-Su District

Lazy River	7	Individuals
	2	Seniors
2 Families	<u>= 4</u>	
Total	13	

She-Mon-Sun

	8	Individuals
	<u>2</u>	Seniors
Total	10	

Talkeetna

	6	Individuals
	<u>2</u>	Seniors
Total	8	

Wasilla

	6	Individuals
	<u>3</u>	Seniors
Total	9	

Mat-Su District

Total	40
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Northern District
 17 Mile 18 Individuals
 7 Seniors
 2 Families = 4
 Total 29

Tok-A-Tan 4 Individuals

Northern District
 Total 33

Greater Alaska
 2 Individuals
 1 Senior
 Total 3

Grand Total 102

Editor's Report

Rieta Walker
 September 15, 2022

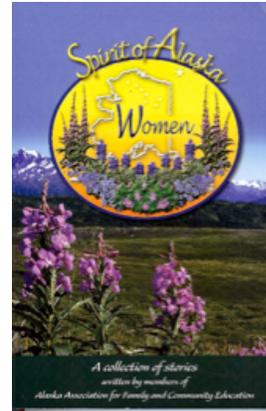
For the past 2 years, I've been sending *FaCEs* via email to all members that I have email addresses for. I do send paper copies to the state officers and district presidents and a few others. I do this at my own expense.

Thanks to everyone who sends me a report or article! My email address is:

rietaw@alaska.net'

My USPS address is:
 Rieta Walker
 57060 East End Road
 Homer AK 99603-9581

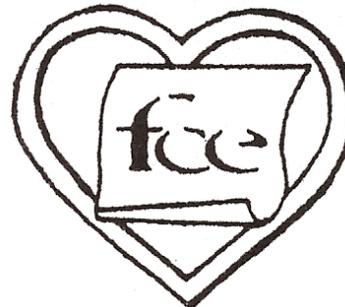
The deadline for submissions to *FaCEs* is September 30.



Spirit of Alaska Women Book Sales

Nancy Heckart, Chair

We have sold \$390 in books this year. This has been the best sales for several years. I hope we can continue this type of sales as it helps our income for the year. Alaska FCE receives \$5 for each book sold, and any amount above that goes to your organization.



Heart of FCE 2022

Barbara Thoma, Chair

There were 3 nominations for the 2022 Heart of FCE award.

A member of FCE for 20 years [she received a 20-year certificate at the banquet] the Alaska Heart of FCE member is president of She-

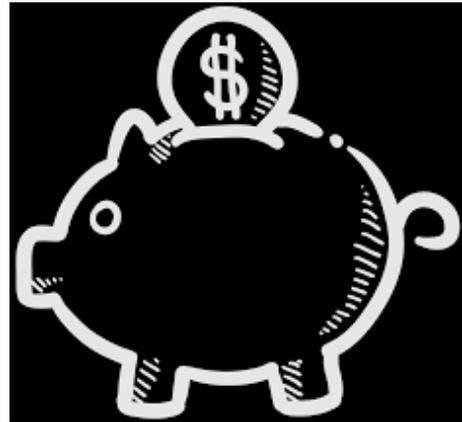
Mon-Sun FCE, secretary for Mat-Su District and for Alaska FCE. She ran a B&B for 27 years and is very active in her community. Presently secretary of her church, past president and secretary for Willow Area Community Organization, board member for Sunshine Community Health, mentoring youth for Alaska Youth Military Academy. She takes special interest in the homeless, doing paralegal work and provides winter shelter for a homeless woman. Her greatest accomplishment: "being married to Jim for 36 years". I am glad to announce the 2022 Heart of FCE for Alaska is **KATHY HUSTON**.

Also nominated:

Viola Markson is a 46-year member, is a willing participant in club, district and state activities. She acquired a meeting place for our district/workshops. She has filled in for president and treasurer when officers had serious medical problems, assisted Anchorage co-chair with an Alaska FCE Annual Conference. She helps us develop our club/district goals. We support shelters and programs that provide educational opportunities to homeless women (Hope Center) and Nine Star Youth Program. Viola is our Heart of FCE because she is there to assist, support, and work on any project we tackle. Members like Viola help make our organization's work great!

Ellie Herrera, at 90, continues to be an active member of 17 Mile FCE, her church, and her community. She joined FCE in June

of 1975 and has been secretary and historian. Recently her hand-painted bottles raised over \$575 for the club. She made hundreds of pom-poms for winter hats that we donated to OCS and Meals on Wheels. She joyously attends weekly work parties. Ellie is a Women's Air Force veteran and volunteers for "Stand Down - an event to support vets. She donates her time to paint wall art in her church's nursery and at Wescott Swimming Pool. She was an "Artist in Residence" in the local school district.



Budget Committee Report

Nancy Heckart, Chair

The budget committee met September 14, 2022, to review the budget presented by the budget chair. We reviewed the 2022 Alaska FCE Budget. Next we reviewed the income and expenses that were reported this year up to the date of the conference. Nancy Heckart (Budget Chair) and Mabel Quilliam (Alaska FCE Treasurer) explained how we developed the budget, where the income came from, why we had Dedicated Funds, and the expenses

we had to date. The Budget Chair and Treasurer used this information to develop a working budget for 2023. We had a healthy discussion about parts of the income and expenses. How, why, and where they fit into the budget was explained which helped with clarification and some wording changes. The committee then voted to recommend passing the proposed 2023 Alaska FCE budget.



2022 Longevity Service Awards

Longevity service certificates are issued to Alaska FCE members by the University of Alaska Fairbanks in recognition of membership and service through our organization. At the banquet Barbara Thomas, Membership Chair, read the names of those receiving awards, and Julie Cascio, Health, Home and Family Development Agent, handed them to the recipients who were present.

Congratulations and thanks to all those listed below!

- 5 Years 2017
TamyJean (TJ) Barnes - Lazy River FCE
Anita Barrington - 17 Mile FCE
Jaleyne Gesin - 17 Mile FCE

- Cathy Hall - Talkeetna FCE
Lynette Ostrom - Tok-a-Tan FCE
Amanda Smith - Tok-a-Tan FCE
Barbara Walters - 17 Mile FCE

- 10 Years 2012
Marleyne Hunter - 17 Mile FCE

- 20 Years 2002
Kathy Barrow - Flattop Forget-Me-Not FCE
Loretta Braden - Flattop Forget-Me-Not FCE
Carol Lovejoy - 17 Mile FCE
Bonnie Shurtleff - Willow She-Mon-Sun FCE
Sharon Taylor - Willow She-Mon-Sun FCE

- 25 Years 1997
Kristy Long - Greater Alaska FCE
Marjorie Thompson - Talkeetna FCE

- 45 Years 1977
Jackie Jones - Flattop Forget-Me-Not FCE

- 60 Years 1962
Mary Carr - Wasilla FCE

- Others Worth Noting
Helen Studnek 62 years 1960 - Flattop Forget-Me Not FCE
Elverda Lincoln 66 years 1956 - Wasilla FCE



2023 Annual Conference Invitation

Anchorage and Homer FCE Districts invite you to the 2023 Alaska FCE Annual Conference.

The theme is "Exploring the Magic of Knowledge". We plan to hold it at North Star Bible Camp September 18 to 22. We are doing it one week later than usual so more Cooperative Extension agents can participate.

The past few years we have been forced to relearn skills, learn new skills, learn new and old ways of doing things, and have faced new challenges with electronics, communications, etc. We want the classes and presentations to cover information, skills, and any areas you want to learn more about. We will do our best to work your ideas into the programs. This can include crafts, electronics, speakers, classes you would like to teach and classes you would like us to repeat.

We want you to give us ideas for classes and general sessions. If you have ideas or areas of interest that you would like us to explore, please let us know. You can contact Nancy Heckart, Anchorage FCE District, PO Box 110446, Anchorage AK 99511 or Rosie Burgess, PO Box 2605, Homer AK 99603.

CES Update

Julie Cascio
September 15, 2022

As Alaska FCE knows, Extension is the state's gateway to its university system. Cooperative Extension Service (CES) serves some 50,000 Alaskans annually, providing a link between Alaska's diverse people and communities by

interpreting and extending relevant university, research-based knowledge in an understandable and usable form to the public.



CES was created in 1930 as a department within the Alaska Agricultural College and School of Mines. Our relationship with the university continues today within the Office of the Provost. The University of Alaska Fairbanks's public service and community engagement role is filled in part by Extension educators, faculty and staff located in Anchorage, Fairbanks, Juneau, and Soldotna, and affiliate offices with the Tanana Chiefs Conference. 4-H staff are in Bethel, Delta Junction, Dillingham, Kodiak, Nome, Palmer, Sitka, Soldotna, and Eielson Air Force Base.

Major CES program areas include: agriculture and horticulture; health, home and family development; natural resources and community development; 4-H and youth development.

CES is currently under the Institute for Agriculture, Natural Resources and Extension, IANRE. (This gets confusing to brand as part of an institute when there's not much overlap with the other sections of the

university, Pete says. [Pete is Pete Pinney, Acting Director of CES])

A positive aspect in finance is that UA is no longer cutting 10% per year in budget; that has flattened out.

CES is hiring a Health, Home and Family Development faculty that will continue with health, home and family development and also look at post-pandemic mental health concerns for kids and family dynamics.

For national trends, Extension is diving into workforce development. Pete Pinney, Acting Director of CES, has asked the program leaders to share an opportunity tailored for underrepresented groups through Alaska Native-serving, Hispanic-serving, Guam and the Insular Islands, and the Alaska Native/Native Hawaiian programming venues in the form of a collaboration grant. The focus on that is primarily creating pathways into government work in USDA. It's called "Cultivating the Next Generation of Food and Agriculture Professionals." It can take many forms. Examples are Food safety leads to USDA inspection jobs. Disease prevention and nutrition can open up possible USDA public health or regulatory positions.

If any of you have ideas on activities you think might be a good addition to programming, please let Pete know, pppinney@alaska.edu, or 907-474-7429
Julie Cascio

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RENEW IN '22 2022 Alaska FCE Annual Conference

From Sylvia Halsey:

I could write all day about the Conference. It is one of my most favorite times of the year when I get to see friends from across the great state.

Traveling up the Hatcher Pass, fall in all its splendor was on display. The bright blue sky and the deep yellows were a preview, Renew in 2022.

The promise of women learning and teaching together, facing the

challenges of a changing world was fulfilled.

FCE delivered a quality program of learning options, inclusive of all individuals.

And all that aside, the Conference was FUN! A room full of funny and animated women is the best recharge as I face another season.

From Nancy Heckart

Great job on the conference! I always look forward to seeing my FCE Family. This year I ended up spending most of my time in the classes held in the Chapel. I am usually a craft person. I found all my classes interesting and many of the Youtube presentations could be shared with our local groups. One of my favorite ones was the "but" presentation. Replacing the word "but" with "I would like to know more about" or a statement that would encourage more exploration for solving the the problem, etc. This was a presentation on youtube that encourage ways for positive interaction when solving a problem. The miner and the historian was also a great program. I really enjoyed all the classes I had. Great job Mat-Su and North Pole groups. Thank you.

From TJ Branes

My first full-time participation in conference did not disappoint. I had a wonderful time. I came to meet like-minded ladies, and I departed with new friends.

I participated in the "Beaded Necklace" class with Merle Carlson of Talkeetna FCE. I had other duties to attend to which took me away repeatedly, and Merle was a true gem. She helped me over and over again, and at the second class when we were trying to finish our projects, I was able to complete a bracelet instead of a necklace. For all the help I received, it was at least 50% Merle's contribution. I sincerely hope we invite Merle back for next year's conference. She didn't ask the students to pay for the expense of the materials and I believe if she accepts an invitation to return, we should contribute toward the cost.

I thoroughly enjoyed Julie Cascio's "Humor Has It" presentation. I think if I offer to teach a class next conference, I'll start with getting my class laughing before we jump into cooking.

I could keep going and tell you how much I enjoyed the presentation by Jodie Anderson which I thought I would be bored to tears watching, but I became so engrossed that I took notes and came away with follow-up questions for Jodie!

One of my biggest regrets is giving up my spot in the "One Hour Dinner Rolls" class with Patty Miller of She-Mon-Sun FCE. When we had to cancel the composting class, Patty's became overcrowded so we used the time by taking a walk and snapping photos.

I would like to give a big shout out to those brave enough to give presentations and teach classes, especially if it was the first time in front of a large group. I'm inspired to find something I can contribute for next year's conference, and I'm looking forward to seeing all my new friends when we return to Willow in 2023.

From Elaine Link

"Renew in '22", another wonderful Alaska FCE Annual Conference. I've not missed a year since I joined FCE in 2000 and have not been disappointed, but amazed by the quality of presentations and classes, the things I've learned, blessed by making new friends as well as seeing old. North Star Bible Camp is the perfect scenic setting for a "Seanager" slumber party.

Tuesday started out with a mind boggling informative presentation on mining in Hatcher Pass, what was tolerated and accomplished. Little do most of us know what went on right in our own back yard. First stakes made in 1898, over 1,000 men roaming the mountains in the early 1900s. Today we may have more electronic skills, but I don't think the stamina!

"Communication Skills" gave me food for thought and clues to improve; eliminate "but bombs" when giving constructive criticism, rather use "and" adding something positive. Another principle, the "belly button" technique: face the person, your body will be trying

to focus on what is in front of you. When giving a compliment, make it about them not you. For example:. "You have a beautiful home" not "I like your home."

Sylvia's "Using Children's Literature to Introduce Big Ideas". She used children's stories to teach high school! The secret is the person reading aloud; putting enormous effort into facial, body, tone, and expression. I found my 80 year old self lovin' the story!

Agriculture in the Valley - changing, the number of farms up 30% in the last 5 years. Small farms up 90% - averaging 1 - 9 acres. 47% of farmers are women whereas nationally an average of 27% are women. Vegetables and flowers!

Writing our personal history - get journalling everyone. Not just what's happening today. Doesn't everyone wish our ancestors had written more details and feeling experiences. We were given a handout with 100+ question to answer to get started. Write about the house you grew up in, favorite toys and games, a typical day! Favorite holiday memory. Funny or embarrassing experiences and on and on.

Our feet, another of Julie's great presentations. 26 bones in our feet, 1/4 of bones in our body, 250 sweat glands. Yeeks! Julie says we should wash our feet 2 times a day! Does anyone?

I could go on - many more fun and informative highlights. We each

got to tell a lie about ourselves at get acquainted night. And fun night added a new twist, we came to a pajama party in our PJs. Food was plentiful and excellent - no cooking, no clean-up. How often do we experience that? Thanks to everyone for a great conference.

From Marcia Lowe

I found the following 2 classes especially beneficial:

"Five Communication Skills to Strengthen Relationships" taught me the importance of eye contact and "squaring off" to physically face the person you are talking with. These two things help greatly in getting your message across and getting your message received and retained. I am using this technique now and find that it works well.

"Writing Your Personal History" Finally a class that has motivated me to begin writing my story. It had always seemed a daunting project and never got "off the ground". Now I look forward to the time I write even a small part of my story. More and more memories worth keeping continue rising to consciousness, and I find myself eager to write.

From Helen Foster:

I enjoyed the session that the Willow Historical Society presented on the Hatcher's Pass/Willow Creek Mining area. I liked how the two representatives bounced ideas and historical facts off each other sprinkled with humor; I also enjoyed their sharing pics of those bygone

days. Seeing a picture of that 25 pound nugget was amazing. The two were very knowledgeable and answered as many of our questions as they could. I would love to hear the banter again. I am sure I would learn more each time they present.

I also enjoyed decoupageing and creating a holiday decoration for my home. Burning the edges of the wooden piece was interesting and something I had never done before. A very fun craft!

From Stephanie Harry



Photo courtesy of Stephanie Harry

I took 6 classes: First one was "Painted Wine Bottles"; I finished one. It was fun to do and I'll do more. Second was "Using Children's Literature to Introduce Big Ideas" was a good class too. 3rd was "Trashy Gifts"; I had fun and will make more. 4th was Writing Personal History; it was fun also. 5th was "Decoupage Pictures on Wood"; I

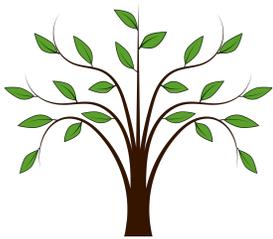
finished and had fun. 6th was "One Hour Dinner Rolls"; I liked that class a lot, and I like to bake too.

I liked seeing people that I hadn't seen in a long time, to catch up with them. The food at conference was good.

From Mary Hensel

Many thanks to the Mat-Su and Northern Districts FCE for planning and hosting the 72nd Alaska FCE Annual Conference. There was a good selection of general sessions and individual classes. I especially enjoyed "Mining and Hatcher Pass" and Patty Miller's class, "One Hour Dinner Rolls" - a very organized and interesting work of magic.

I also want to extend a big THANK YOU to Julie Cascio, our faithful and hardworking extension agent. Although being super busy she found the time to help me show pictures during the Memorials



Memorial Service

The memorial service was conducted by Historian Mary Hensel, who keeps the Alaska FCE history and memorial albums. She set a table with a white cloth and two lighted candles. As Mary read each obituary, a photo of

the woman was projected on a screen.

Born and raised in North Carolina, Cara Lue Lily, (January 9, 1932 - August 29, 2021) graduated high school in 1951 without missing a day of school grades 1 - 12. After her marriage she moved to Alaska, living in Fairbanks, Anchorage, and Big Lake. She was employed at Alma's Delicatessen and was a cook and hostess at Lake Creek Lodge on the Yentna River and at the Alexander Creek Lodge on the Susitna River.

With her husband, she fished and hunted and even bagged a black bear. With her grandson in tow, she shopped at any garage sale she could find. Cara was a long-time member of Anchorage and Wasilla FCE clubs.

Pat Lawton (February 1, 1918 - October 13, 2021, age 103). Pat lived alone for 30 years as a widow until August 21, 2021. Her name at birth on a hard-scrabble farm at Dibble, Oklahoma, was Leva Edith Graham. After high school, she attended secretarial school in Michigan where she met and married her husband.

In 1947 the family moved to Palmer. She worked at Matanuska Electric Association, serving as secretary for the project engineer for the Bureau of Reclamation's Eklutna Dam hydro-electric construction. When that was completed, she joined Matanuska Telephone Association, serving as secretary to the general manager until she retired in 1979.

Pat was an ardent bowler and golfer for many years. During the 1970s and '80s, she often visited the Palmer Pioneer Home where she resided the last 2 months of her long life. She was active in her church and CHEECHAKO Homemakers Club until it disbanded.

Louise Bidondo (May 14, 1938 - January 9, 2022) was born in Palmer, Alaska, to a Pioneering family. Louise grew up in the Matanuska Valley and graduated from Palmer High School in 1956. She married soon after and had 2 sons.

She was very active in her church and worked at her sister's store, Lil's Fabrics later named Just Sew, in Palmer. Her needlework was excellent and her garden prolific. Her memberships included the LAZY RIVER FCE Club, Palmer Historical Society, Mat-Su Women's Connection and charter membership in Pioneers of Alaska. Colony House Museum appreciates her volunteer work.

Mary Margret Liscom Olson

(January 17, 1945 - July 14, 2022) married Norman in 1964 and left her family home in Holly, Michigan, to travel around the globe as an Air Force wife. Since moving to Alaska in 2005, she had been socially active with REDOUBT FCE club (now disbanded), her church, and her friends at the Nikiski pool. She was an avid crafter, with crocheted scrubbies as her most well known. Mary loved her family, the color red, Elvis, praying through her extensive prayer request list, telling stories, orange slices,

Jelly Bellies, family pictures, crafts, Farkel, Facebook, snowmen, the smell of lilacs, and the beauty of sunflowers.

Rosemarie Miller (89 years old) Many conference attendees remember Rosemarie. Although not a member of FCE nor an Alaska resident, Rose was thrilled to accompany her sister, Loretta Braden, to 'camp'. The sisters were best friends from early childhood often caring for each other while their parents worked.

They talked on the phone daily. Alaska was special to her, and she visited often. A favorite memory of hers was watching moose calves frolic in Loretta's front yard on the last day of her visit.

Rose loved to dance and carefully chose her Halloween costume every year. She was an accomplished bowler.



District Reports

Anchorage

Nancy Heckart, President
September 15, 2022

Anchorage has had a busy year. We have completed 32 twin size fleece blankets for Hope Center

for homeless women entering the program that provides training & educational programs to help them better their lives. We also benefitted from an excellent nutritional program presented by one of our new members. Our other new member helped us successfully develop a container planter of different types of lettuce and gave us helpful hints on how to keep it alive and growing.

Kenai Peninsula

Rosie Burgess, President
September 2022

KPFCE has been going thru some "growing" pains since co-hosting the Alaska FCE Annual Conference with the Anchorage district last fall. We have been dealing with declining membership, aging problems, and health concerns that have influenced how we operate our club and district. A bylaws change proposed by our club would help us consolidate our officers and treasury and allow us to conduct business and activities as one entity. We ask for your support in the matter.

We celebrated Christmas with a wonderful home cooked meal. Club member, Paula Riley cooked turkey, mashed potatoes and gravy while all the trimmings were brought by other members. A white elephant gift exchange was held.

In January we started planning for our Roaring Twenties Retreat in March. We transformed the Comfort Inn in Kenai into a Speak Easy, and the fun began. You should have seen us all decked out as flappers, some even

dancing the Charleston. A fun time was had by all who attended. Five \$50 scholarships were given for our members to attend.

Raise-a-Reader packets are an on-going project. A Kachemak Bay ABC book along with materials to encourage reading from birth on up is gifted to each baby born at South Peninsula Hospital. We made over 100 packets this year.

An Easter Bonnet Tea Party, was a fun way to celebrate Easter. Every one brought canapés for the tea. They were impressive and very yummy.

Hearth Fire Series lessons are presented about once a month by our Vice President, Sandy Garity. Favorite ones were "Someone's in the Livingroom with an Eye for Redecorating" and "Kids Gone Wild", a discussion on how music has influenced the behavior of children.

Alec Kaplan came to one meeting and told us about ranked choice voting. Our mock election on ranking vegetables turned out better than the real ranked choice election.

Our "un-birthday" celebrates each of our members birthdays. This year we enjoyed lunch at Alice's Champagne Palace and had a gift exchange.

Homer members took a field trip to Anchor Point during the summer. We enjoyed a warm sunny picnic lunch with food from the Blue Bus Diner. The Anchor Point greenhouse and a tour of Norman Lowell's studio including a look

at his old studio and homestead topped off a fun day.

We resurrected an old tradition of a summertime picnic. It was held at the picnic area of the Pratt Museum in July.

After taking a critical look at our finances and our need for funds, we decided not to participate in any fund raising events this year.

We are sad to see Cheri Peters and her husband, John, move back to California. She is a talented lady and contributed so much to Homer FCE. We already miss her.

We have decided not to present a retreat in 2023. After learning that the Comfort Inn in Kenai has no openings from mid March to the first of May and knowing we will be busy helping with Conference in the fall, we thought it may be too much for us to accomplish within that timeframe. There are fewer of us to organize events, and our energy level isn't what it used to be. It may be age creeping up on us. We think we may do retreat in 2024 and continue every other year.

We welcome Nancy Synhorst, our newest member.

The Homer FCE club is a tight knit group of friends. We do enjoy learning new things, but our main focus is caring and sharing. We are there to support each other as we each deal with whatever life presents to us.

Mat-Su District

Barbara Thomas, President

September 15, 2022

A busy time for Mat-Su members. We just finished 12 days of Home Skills Demonstrations at the Alaska State Fair. The Fair was held over three weekends with Tuesday and Wednesday closed each week. We and most of the exhibitors would like the Fair to go back to the normal schedule. We had good attendance at our demonstrations, despite the rain and cold. Of course, some of the nicest weather occurred while the Fair was closed.

We along with CES sponsored the homemade pie contest. The category was vegetable meaning the pie filling needed to include a vegetable, but no meat. Vegetables include sweet potatoes, carrots, rhubarb, zucchini, and other squashes. The first-place pie was a mock apple pie made from zucchini. It tasted and looked just like apple pie. Second place was broccoli [by Julie Cascio] and the third place included zucchini [by Clare Cascio].

We have also been busy getting ready for the Conference and processing the registrations. We could not have put this conference together without our CES agent, Julie Cascio. Julie was the only CES Agent available with Linda Tannehill's retirement and Leslie Shallcross being out of state the week of the Conference.

We had a great time at our Annual Spring Luncheon at North Star

Bible Camp in April. Our theme was "Aloha to Spring". Attendees wore Hawaiian outfits and shared stories about their outfits and travels to Hawaii.

As I have previously reported we were running out of Mama Bear the Reader books, and the cost and availability of books was prohibitive, so we are publishing our own book. Our new book *Mama Bear Teaches the Alphabet* written by Jill Martinson is waiting for the illustrations to be completed. In the meantime, we have had to suspend our Raise-a-Reader program. We do have enough books to supply one of our midwiferies with packets until the end of the year.

We had just finished using, donating and distributing all the yarn, fabric, blankets, and incomplete projects that were given to us a couple of years ago. Then this summer we were asked by the sons of our member Louise Bidondo, who passed in January, to help them clean out her house of rooms full of yarn, fabric, notions, finished and unfinished projects, craft supplies etc. We have had a few work parties and will start working on it again after the Fair and Conference. You will see some of the items in the ways and means raffle.

Through all this, our clubs have been busy with their projects and programs. Our Talkeetna club again has a quilt raffle to raise money for their 2023 scholarship for graduating seniors.

Northern District

Dianne Doody, 17 Mile President
September 15, 2022

Since our last meeting in June, we have finished and delivered 130 Christmas stockings to the children's orthopedic hospital in Seattle and 80 to North Pole Rotary for "teens".

Working on burp bibs and receiving blankets for what we have left for Raise-a-Reader kits. Still knitting hats and have a few new ideas to work on next week.

Two of our members went to France this summer for a quilting retreat. Paris and lots of side trips (we haven't heard from them yet ourselves). Others have been traveling all summer long and some have not gotten home yet. Others have been unwell off and on this summer with colds and allergies of one kind or another.

Alma Rider has moved down south to be with her family, Nicole Ousley and family have moved to Texas where her husband is stationed in the Air Force. We miss both ladies; Alma has been around for a long time; Nicole was fairly new but a good go-getter and helper.

Okay, back to work after the Alaska FCE Annual Conference. If I forgot anything, it'll be in the next report.

Have a great winter and stay HEALTHY. See you at conference.

I Apologize

Rieta Walker

I apologize for yelling when a member fell during Show and Tell. I was fearful that she might be injured by well intentioned assistance.

Remember learning about what to do when you fall? A guy in a fuzzy robe and slippers talked to us about this and Roxie Dinstel demonstrated it at a past conference.

Catch your breath, check to be sure you don't have a head injury, inventory the rest of your body for injuries. If all seems to be OK, then try to get up. You may have to crawl to a sturdy chair or such to help yourself up.

When someone else falls, allow them time to take these steps. You might bring a sturdy chair for the fallen to use in getting up by themselves.



Patty Miller - One Hour Dinner Rolls
Photo courtesy of Stephanie Harry

Fun Night



Photo courtesy of Stephanie Harry

Marcia Lowe and Stephanie Harry are ready for the Fun Night slumber party hosted by Homer FCE.

Alaska Association for Family & Community Education
Annual Meeting
North Star Bible Camp, Willow, Alaska
Thursday, September 15, 2022

Call to order by Vice President Sue Selk at 9:19 A.M.

Pledge of Allegiance said by all.

Homemaker's Creed read by Elaine Link

Parliamentarian - Barbara Thomas was appointed.

Roll call - 21 voting delegates Those present were 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 and Loretta Braden; Mat-Su, Jill Martinson and Bonnie Shurtleff; Kenai Peninsula, Stephanie Harry and Marcia Lowe; Northern, Dianne Doody and Marleyne Hunter; club representatives: 17 Mile - Addie Lazarus; Anchorage - Debra Mestas, Lazy River - Helen Foster, She-Mon-Sun - Patty Miller, Wasilla - Doris Coffin. CES Agent Julie Cascio, Barbara Thoma, Heart of FCE Chair, TJ Barnes, Hellen Bernstein, Merle Carlson, Bea Combs, Bonnie Dinkel, Jayleyne Gesin, and Marjorie Mueller were also present.

First Timers: TJ Barnes, Debra Mestas, Jill Martinson, and Joyce Outen

Approval of Agenda - Proposals for 2 additions to the Bylaws were added to the agenda. Agenda approved with additions.

Minutes - The minutes of the spring board meeting were approved as printed in *FaCEs*.

Officers' Reports

President Cheryl Peters has moved out of state. She will complete her term finishing required reports.

Vice President Susan Selk has received most of the evaluation forms for the Conference.

Secretary Kathleen Huston said, "I type".

Treasurer Mabel Quilliam read her report. Adjustments were made to the printed copy that was handed out, and the report was accepted subject to audit. See her statement below.

Historian Mary Hensel thanked all who submitted articles and picture sfor the history and memorial books. See the complete report in *FaCEs*.

District Reports

Anchorage - Nancy Heckart reported on main activities and lessons during the year. See full report in *FaCEs*.

Kenai Peninsula - Rieta Walker read Rosie Burgess's report. The district/club has been going through changes. There will not be a retreat in 2023. See *FaCEs* for the full report.

Mat-Su - Barbara Thomas - See full report in *FaCEs*. The district worked at the Alaska State Fair for 12 days of demonstrations and also helped sponsor the pie making contest. The district also worked on hosting this conference.

Northern - Dianne Doody - Members have been busy working on volunteer projects and on hosting this confernece. See the full report in *FaCEs*.

Correspondence and Announcements

All the classes from Oregon FCE Zoom are now on youtube.com. 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.

Rieta Walker read from Rosie Burgess's nominating report explaining that her husband had been seriously injured in an ATV roll-over and needed her care.

Standing Committees

Editor/*FaCEs* - Rieta Walker thanked all who sent in reports for *FaCEs*. September 30 is the deadline for sending items to Rieta to be put in *FaCEs*.

Membership - Barbara Thomas stated that there is no increase in National FCE dues this year. She sent around copies of her report. Membership kits will be handed to club representatives; please note any changes on the accompanying club membership list. Send forms and dues to Treasurer Mabel Quilliam by October 20.

Finance - Nancy Heckart explained the budget process. The approved 2023 budget is below.

Special Committees

Heart of FCE - Barbara Thoma will announce the winner at the banquet.

Spirit of Alaska Women books - Nancy Heckart - Members sent \$390.00 to the Alaska FCE Treasurer; \$5.00 per book is the state's share; any extra charge goes to the club

Nominating Committee - Rosie Burgess, Chair for 2022, was absent. Rieta Walker filled in for her. See the report in *FaCEs*.

Scholarship - Sylvia Halsey absent - no report

Ways and Means - Dianne Doody encouraged members to buy tickets for the in-house raffle as sales were lagging at \$465.

CES Report

Julie Cascio

Health, Home and Family Development

Julie stated that Pete Pinney, Acting Director, sent regrets that he was not able to join us. She then mentioned that Leslie Shallcross, HHFD Agent at Fairbanks, was at an association conference. Leslie's emphasis is on chronic disease; she a good grant writer. Art Nash is an energy specialist whose office is in Fairbanks; his programs include radon and generators. Leif Albertson has been living in Anchorage during the Covid-19 pandemic; he works part-time there and in Bethel; public health is his main concern.

See the full report in *FaCEs*.

10:30 A.M. - Break

10:50 A.M. Meeting resumed

Unfinished Business

Change to voting delegates: At the 2021 annual meeting a motion by Kathy Huston was tabled. It was read with a small change, discussed, and passed today. It amended the Alaska FCE Bylaws and reads as follows:

Article IV, Section 3 Each [rather than all] member present and in good standing at the annual meeting shall be a voting delegate. There was discussion. Vote: 16 in favor, 2 against, 3 abstained.

Everyone will have to sign in, and we must verify that each member is in good standing with Alaska FCE. A definition of good standing was read [dues paid and not being disciplined].

New Business

Addition to Bylaws

Rieta Walker moved on Rosie Burgess's behalf that an addition be made to the Bylaws:

to ARTICLE III MEMBERSHIP, Section 5: District Association add

D. In the event that there is only one club in a district, it may reorganize as one entity with one set of officers serving in both club and district capacities.

1. They will be required to follow all Alaska FCE Bylaws.
2. They must maintain membership in good standing.
3. They must pay dues to the state and national organizations through the state organization (ARTICLE IV Section 2, B).
4. They will enjoy all benefits and assume all responsibilities of a district as stated in the Alaska FCE Bylaws.
5. They may carry out club and district activities as normal.
6. If at any time another club forms in the same Cooperative Extension Service District, clubs may transition back to a regular district association.

Bonnie Shurtleff seconded the motion. Discussion was followed by voting. The motion passed unanimously as required for a change to the Bylaws introduced fewer than 45 days prior to the annual meeting.

2023 Budget - Nancy Heckart presented the proposed 2023 budget and moved that it be accepted. Passed.

2022 Alaska FCE Annual Conference Audit

Barbara Thomas will give the audit report at the spring board meeting.

Election of officers

Rieta Walker, standing in for Rosie Burgess, presented Mabel Quilliam as being nominated for Alaska FCE President by the nominating committee. Mabel accepted and was elected.

Nominations for Secretary were opened. Rieta Walker nominated TammyJean (TJ) Barnes who accepted. There were no other nominations, and she was elected.

Nominations were opened for Treasurer. Rieta Walker nominated Jill Martinson who accepted. There were no other nominations and she was elected.

Announcements

Overall evaluation forms have been passed out.

Next year's conference will be hosted by Anchorage and Kenai Peninsula districts. Tentatively the conference will be September 18-11, 2023, at North Star Bible Camp; the theme will be "Exploring the Magic of Knowledge".

Adjournment at 11:55 A.M.

Kathy Huston
Secretary

Patty Miller's One Hour Dinner Rolls

1 cup plus 2 T warm water
1/3 cup vegetable oil
2 T dry yeast
1/4 cup white sugar

Combine these four ingredients in your stand mixer bowl with the dough hook. Turn the mixer on just long enough to mix. Let stand for 10 minutes until the yeast begins to bloom and the mixture is frothy.

Next add:

1/2 tsp salt
1 large egg
3 1/2 flour added 1/2 cup at a time

Turn the mixer on medium until all the flour is incorporated; then turn the mixer to low and allow the dough to knead for 7 - 8 minutes.

Shape the dough into rolls and place on a greased baking sheet lined with parchment paper. Let rise until nearly doubled and then bake in a 350-degree oven for 20 to 25 minutes until the tops are browned. Brush with melted butter and serve.

**Alaska FCE Treasurer's Report
September 12, 2022
Mabel Quilliam
Alaska FCE Treasurer**

Bank Balance as of March 15, 2022 \$15,861.49

INCOME:

2022 Membership Dues	\$ 100.00
2022 District Dues (Anchorage, Mat-Su, 17 Mile)	\$ 150.00
<i>Spirit of Alaska Women</i> Book Sales 26 books @ \$5	<u>\$ 130.00</u>
Total Income	\$ 380.00

BALANCE PLUS INCOME \$16,241.49

EXPENSES

Anchorage FCE - Overpaid Membership	\$ 32.00
Homer FCE - Overpaid Membership	\$ 45.00
2022 State Conference Advance	\$ 1,000.00
2022 District State Conference Grants	\$ 800.00
2022 National Delegate Scholarship	\$ 2,291.12
2022 First Timers Scholarships	\$ 400.00
2022 Heart of FCE Scholarship	<u>\$ 100.00</u>
Total Expenses	\$ 4,668.12

BANK STATEMENT BALANCE \$11,573.37

DEDICATED FUNDSi

State Scholarship Fund	\$1,500.00
National Delegate Fund	\$1,228.88
State Conference Development Fund	<u>\$ 400.00</u>
Total Dedicated Funds	\$3,128.88

WORKING BUDGET \$ 8,444.49

**Alaska FCE 2023 Budget Worksheet
Presented by 2022 Budget Committee**

	2022 Budget	2022 Income or Expenses to date	Proposed 2023 Budget
Current or Projected Balance for these columns	\$7,400.00	\$15,183.49	\$8,000.00
Income			
State Membership Dues	\$1,160.00	\$ 995.00	\$1,000.00
District Dues	\$ 200.00	\$ 200.00	\$ 200.00
Ways & Means	\$ 600.00	\$ 765.00	\$ 600.00
Book Sales	\$ 100.00	\$ 390.00	\$ 100.00
Conference Surplus Income		\$ 1,847.44	
Income	\$2,060.00	\$ 4,197.44	\$1,900.00
Total Income	\$9,460.00	\$ 19,380.93	\$9,900.00
Dedicated Funds			
National Delegate Fund	\$3,500.00	\$ 2,295.62	\$3,500.00
State Scholarship Fund	\$1,500.00	\$ 1,200.00	\$1,500.00
State Conf Development Fund	\$1,500.00	\$ 1,000.00	\$1,500.00
Total Dedicated Funds	\$6,500.00	\$ 4,495.62	\$6,500.00
(\$1,000.00 loaned to 2022 conference committee for pre-conference expenses. 2021 conference extra funds after all bills paid \$1,847.44, see above)			
Subtract Total Dedicated Funds from Total Income			
Total Income Available	\$2,960.00	\$ 14,885.31	\$3,400.00
Expenses			
Officer Expenses	\$ 50.00	\$ 38.49	\$ 50.00
<i>FaCEs</i>	\$ 300.00	\$ -0-	\$ 300.00
Officer & Editor Grants	\$2,380.00	\$ 1,665.00	\$ 2,380.00
Programs & Educational Material	\$ 50.00	\$ -0-	\$ 50.00
Donation to NAFCE Service Project	\$ 50.00	\$ -0-	\$ 50.00
National Conf Ad for Heart of FCE	\$ 50.00	\$ -0-	\$ 50.00
Miscellaneous	\$ 130.00	\$ 13,181.82	\$ 3,400.00
Total Expenses	\$2,960.00	\$ 15,185.31	\$ 6,280.00

Budget Committee: Nancy Heckart Alaska FCE Budget Committee Chair, Mabel Quilliam Alaska FCE Treasurer, Dianne Doody Ways & Means, Marcia Lowe, Rieta Walker; CES Advisor Julie Cascio.

Alaska FCE 2023 Budget
September 14, 2022
Submitted by
Nancy Heckart, Finance/Budget Committee Chairman

Projected Beginning Balance for 2023	\$ 8,000.00
 Income	
State Membership Dues Collected	\$ 1,000.00
District Dues	\$ 200.00
Ways & Means	\$ 600.00
Book Sales (amount added in as we make book sales)	\$ 100.00
Total Income	\$ 1,900.00
 Total Beginning Balance & Income	 \$ 9,900.00
 Dedicated Funds	
National Delegate Fund	\$ 3,500.00
State Scholarship Funds	\$ 1,500.00
State Conference Development Fund (to be determined after State Conference report)	\$ 1,500.00
Total Dedicated Funds (subtract Dedicated Funds from above Total)	\$ 6,500.00
 Total Income Available	 \$ 3,400.00
 Expenses	
Officers' expenses	\$ 50.00
<i>FaCEs</i>	\$ 300.00
Officer Grants	\$ 2,380.00
Program & Educational Materials	\$ 50.00
National Conference Ad for Heart of FCE	\$ 50.00
Donation to NAFCE Service Project	\$ 50.00
Miscellaneous	\$ 520.00
 Total Expenses	 \$ 3,400.00

The Budget Committee: Chair Nancy Heckart, Alaska FCE Treasurer Mabel Quilliam, one member from each district.

The budget this year was the same as last year's with a few adjustments in the area of income. Our income was \$995 in state membership, \$765 from ways and means at last year's conference, and \$390 in book sales. I developed the budget to reflect having a conference next year and estimating the cost of it. Because of the short time we had to create this, I chose to rework last year's budget I look forward to incorporate the new budget plan next year