

FaCEs

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

May 2025, Issue 1 (2025-1)

from the President

Mabel Quilliam
April 28, 2025

Here we are approaching spring; almost all the snow is gone and it's staying warmer during the day. I'm trying to decide about putting out a garden since I will be gone in July for the National FCE Conference.

I want to thank everyone who has stepped up and taken over the volunteer positions. It seems like the same people are always doing this, so I want to encourage others to volunteer doing some of these jobs. For examples:

Heart of FCE; Thank you, Kathy Houston
Historian; Thank you, Mary Hensel,
Membership; Thank you, Barbara Thomas

Also, all the presidents of the clubs that have been doing it for years. (Myself 17 yrs.)

The 2025 Alaska Annual Conference Steering Committee has been meeting each month to plan the Conference, but we are having problems getting people to sign-up to give classes. The theme is:



Denim and Diamonds. Anyone who would be interested in giving a class that might follow this theme, please let us know.

I have been working on putting together our 2025 Alaska FCE Handbook, and I am proud to say that after much appreciated editing from Rieta Walker and Bonnie Dinkel, I have finished the Handbook. I will send everyone a copy by email so you can print one if you want to.

As I mentioned before, I will be going to the NAFCE Conference in Kentucky in July, so if anyone wants a copy of the *Hearth Fire Series* booklets or any of the pins, let me know, and I will see if I can get them for you.

Thanks to Everyone!

2025 Election

Rieta Walker, Editor

Since this is an odd numbered year the officers to be elected this year are Vice President and Historian. Article V, Section 3, A of our bylaws.

Please consider standing for either of these offices. Notify Bonnie Shurtleff, Nominations, if you are interested or want more information or read the Bylaws concerning the office.



2025 Membership by District and Club, as of April 15, 2025
Barbara Thomas, Membership Chair

Following is the 2025 membership by club and district. The two State only members are Scott and Bonnie Teeples. They are National FCE members through their home state of Oregon and only needed to pay Alaska's dues of \$10. Bonnie and Scott are very active in National FCE. Scott organizes and records the Oregon Zoom Lessons and is the National website webmaster. Bonnie has been National President and is the ACWW USA President.

Our total members as of April 15, is down from 2024 by 8 members. We are hoping we will be getting a few more stragglers and new members.

State

Individual		41	
Senior		29	
Family	9 =	18	
State Members Only		<u>2</u>	
Total			90

Anchorage

Individual		2	
Senior		<u>8</u>	
Total			10

Homer

Individual			3
Senior			2
Family	1 =	<u>2</u>	
Total			7

Mat-Su District

Lazy River

Individual			7
Senior			2
Family	5 =	<u>10</u>	
Total			19

She-Mon-Sun

Individual			6
Senior			3
Family	1 =	<u>2</u>	
Total			11

Talkeetna

Individual			3
Senior		<u>3</u>	
Total			6

Wasilla

Individual			5
Senior		<u>2</u>	
Total			7

Mat-Su District Total 43

Northern District

17 Mile

Individual			11
Senior			7
Family	2 =	<u>4</u>	
Total			22

Tok-A-Tan

Individual			2
Senior		<u>2</u>	
Total			4

Northern District Total 26

Greater Alaska

Individual			2
State Member Only		<u>2</u>	
Total			4



Historian's Report

Mary Hensel, Historian
May 2025

Mary is traveling and sent her report via email.

I have received 2 obituaries: one of a former FCE member in the Valley and the second of a former male FCE supporter from the Valley. Do not remember their names, but have that info at home, and they will be in the Memorial book.

Thank you to the Northern members who took the time to visit the archives at UAF and give us a report. Thanks also to all who are contributing to the planning of our 75th state conference.

Mary Hensel
11405 Hawkins Lane
Anchorage AK 99516-1378

Heart of FCE

Kathy Huston
May 2025

Bonnie Shurtleff is our Heart of FCE winner. Here is what her nomination stated:

Bonnie has been a member of FCE for 20 years. She has been club president, secretary/treasurer of Willow She-Mon-Sun for at least

10 years. Secretary for Alaska FCE and Mat-Su district. She works behind the scenes doing important paper work including the gamin permit for Mat-Su district for the past several years. Volunteered as secretary/treasurer for the Houston HS booster club, was an active volunteer at Willow Elementary and the community schools after school programs. Served on the Willow library board, volunteered at Alaska State Fair. She was awarded "The Good Neighbor Gold Pan Award" by community members.



[It's hard to tell all about an FCE member in 100 words or less. I would add that Bonnie has provided lodging for members coming from long distances to attend FCE events. Also Bonnie participates in Alaska FCE events teaching classes and giving educational presentations at annual conferences and retreats.
- RW]





2024 Alaska FCE Annual Conference

(held on September 23 - 27, 2024 at Camp Maranatha at Big Lake, Alaska)

Evaluation Summary

Sue Selk, Vice President

As your Alaska FCE Vice President, it is my job to gather the completed evaluation forms turned in by attendees at our annual state conference and summarize the ratings, comments, and concerns into a report for our leadership to be informed of members' experiences and opinions to aid in planning future conferences. After collecting the data and reviewing the comments on this year's forms, I have found the general consensus on the 2024 Alaska FCE Annual Conference held at Camp Maranatha at Big Lake, to be mostly very favorable. The evaluations given were full of "excellent" and "good" ratings and many positive comments on the classes, instructors, lodging, food, meetings, games, and overall

experience of this "wonderful" gathering.

The educational general sessions and classes were reported to be well instructed by a variety of skilled people, from our awesome Alaska Cooperative Extension agents (special thanks to Julie Cascio, Leslie Shallcross, and Lief Albertson!) to our fun fellow FCE club members and friends, all with valuable knowledge to share. Attendees learned about many interesting and important topics such as Food Security, Taming Inflammation, helping our Aging Brains, our FCE organization's long History, and so much more. We got to try our hand at some cool crafts and tasty recipes to take home and share, which everyone thoroughly enjoyed. One comment summed it up nicely by ranking the caliber of instructors, the camp staff, and the opportunity to learn new things as "over and above excellent"!

As for this year's lodgings, the nice new housing building and updated dining hall at Camp Maranatha was "rated" clean and comfortable, the food excellent, the camp staff friendly, and all "worth the price paid". The weather was mostly rainy, but we were treated to a gorgeous rainbow on our last evening just before the lovely annual Banquet Dinner! As always, a few complaints were mentioned that need addressing, such as noisy or too warm classrooms, people talking over others, some groups not reaching out to help

newcomers, or just “more veggies” at meals! We do recognize that it is good to listen to all views, positive or negative, as we plan for future conferences and try our best to make them fun, friendly, and educational for all to enjoy. Of course, as in any volunteer-run organization, all members have the responsibility to “step up to the plate” and get involved in the work it takes to make good things happen. I think we can all agree in offering a huge Thank You! to all the amazing and hard-working people behind the 2024 Conference, you did a fantastic job, and we appreciate you!

In conclusion, our Annual Conference in 2024 was rated overall to be “Excellent” (15) or “Good” (5) by the attendees, and indeed a “wonderful” gathering of our FCE “sisters”. Now we can all look forward to seeing each other again this fall (September 22-26) at the 2025 Alaska FCE Annual Conference (the 75th such gathering here in Alaska!), which will be held again at the lovely Camp Maranatha at Big Lake. Thank you to all who submitted evaluations; your voices are heard!

2025 Alaska FCE Annual Conference Denim and Diamonds

Rieta Walker



This will be the 75th Alaska FCE Annual Conference. 75th anniversaries are often called diamond anniversaries or diamond jubilees.

The dates for the 2025 Conference are September 22-26 and the theme is “Denim and Diamonds” Rumor has it that there will be a “denim and diamonds” fashion show at the annual banquet.

Talkeetna Club Scholarship Fund Raiser Quilt



Tickets \$2, available from Mabel Quilliam now and at the annual conference.



District Reports

Anchorage

Vi Markson
May 2025

Anchorage FCE has had a busy fall and winter. We sold Rondy buttons December thru end of February. Some of our group went South for the winter which left a small group to sell, but we managed.

We had a Christmas luncheon party, and we were happy to have present several members who can't come to regular meetings; so a good time was had by all.

Since January we have held monthly meetings and extra meetings for blanket workshops. With the selling of the buttons we are able to purchase material for our blankets which go to the ladies at Hope Center in Anchorage. With the closing of Joanne's Fabric we made some good buys.

We are looking forward to summer and plan on having workshops, and of course, to visit with each other!

Homer

Rosie Burgess, President
April 28, 2025

Homer enjoys 7 members who are very active in our club. When discussing goals for our club, everyone said the best part of club is the friendships we enjoy with each other. No matter what activities we do or don't do, we want to continue meeting.

Homer gave three scholarships for members attending the annual conference in September. Four members attended. Our assignment was Fun Night where we staged the FCE Olympics. We made games, trophies and gold medals for the "Olympic" events.

During winter we cut back to one meeting a month. In November we heard about Annual Conference from those members who attended. Everyone reported a successful, fun event.

For our December meeting, we met at Paula Riley's home for a delicious Christmas dinner.

Sandy Garity, our Vice President, has presented several *Hearth Fire Series* programs. Members really enjoyed the Food and Humor topic. The program about the American Red Cross was very informative. We learned that Clara Barton founded the Red Cross. A quiz about blood donation was taken.

It was suggested that we share household tips at each meeting. A few hints are; ripen an avocado in a brown paper bag, set out a dish of vinegar to remove odors from a room, read nutrition and

ingredient labels, use a clean paint roller on a long handle to wash outside windows, and store fresh strawberries unwashed in a single layer in the refrigerator.

County Fair was the theme for our Retreat in March. The event is open to anyone, and we are so happy that so many members came from around the state. Glass painted bottles were the trophies awarded to the chili cook off participants, and we all enjoyed tasting the different recipes for chili including halibut chili, white chicken chili (one spicy, one not so much) and a multi bean chili. Yum. Rosie Burgess demonstrated how to decorate cupcakes and everyone had fun using the decorating tips to create their masterpieces for dessert. Sue Reed lead us in making Sasquatch soaps. Jayleyne Gesin attempted to teach us line dancing. Good for lots of giggles, too. Wash cloth Teddy Bears were made by all for the Teddy Bear picnic. The Northern group entertained us at the picnic by singing the Teddy Bear Picnic song. After lunch we played Midway games, had a Chinese gift exchange and in house fundraiser. Jill Martinson won the quilt and gave it to TJ Barnes for her birthday. Jill and TJ provided cheese steak sandwiches for dinner Saturday night. They were very tasty. Thanks. Folks enjoyed the hot tub and played Farkel in the evening.

Jill Martinson and TJ Barnes offered to organize next year's retreat with a Tea Party theme. Thanks gals. We are looking forward to that.

Rieta Walker and Rosie Burgess are working with the 2025 State Conference planning committee.

Mat-Su

Barbara Thomas, President
April 28, 2025

We all have spring fever here in Mat-Su. We had our kickoff to spring with our annual spring luncheon on April 16 at Camp Maranatha in Big Lake. The big news at the Camp is that they are installing a bathroom inside the dining hall. Hopefully, it will be finished in time for our conference this fall so we won't have to go across the driveway to the bathrooms when it is raining. The theme for our luncheon was "Hats Off to Spring", with lots of fun and colorful hats.

We are holding our own and maintaining our membership numbers. We completed our annual report for the second year of the new format for reporting volunteer hours. We are finding it is not that hard to figure out which hours go under Leadership, Education, and Action. we also do a detailed report on the State Fair Demonstrations and Contests, our recycling activities, and the 2024 Alaska FCE Annual Conference last fall. So I will brag about our volunteer hours. Total Education hours were 1,936, Leadership 5,400, and Action 7,212. We submitted our Mat-Su District report directly to National FCE as Mabel said she hadn't received any reports from other districts.

We have just started working on the State Fair Demonstrations. We have fewer days to schedule this year as we are getting help from the Valley Quilters Guild. They are filling 5 days with demonstrations. The theme for this year's Fair is "Reach for the Stars", and the dates are Friday, August 15, through Labor Day, September 1. The Fair will be closed both weeks on Tuesday and Wednesday. We are sponsoring the Homemade Pie Contest again. The category for the pie is berry as in "Berry Good Pie". Also required is a double pastry crust.



Our Talkeetna club had their 2025 Quilt at our Spring Luncheon. Raffle tickets are still only \$2.00. They will be selling tickets through the summer and fall. The drawing is on November 8. They will have tickets available during the Alaska FCE Annual Conference at the end of September. Proceeds from the raffle go toward scholarships for graduating seniors in their area.

Valley Community Recycling Center has a glass crusher on order. Once it arrives there will be some training and, hopefully, by mid summer we will be accepting glass for recycling. Currently we have to take our glass to the Anchorage landfill in Eagle River.

Northern 17-Mile

Brenda Sadler, President
May 2025

What a lovely spring day in North Pole, Alaska....although there is still a large chunk of ice/snow in the middle of my perennial garden!!

New officers were voted in before the holidays and sworn in by Leslie Shallcross in March...with Brenda Sadler, President; Linn Vander Molen, Vice President; Sharon Corbett, Secretary; and Barbara Walters, Treasurer.

In January we

1. printed 1000 color copies of "Catch 'Em in the Cradle" brochures for our Raise-a-Reader® kits. (in May we'll be sending 60 Raise-a-Reader® kits to baby showers)

2. completed the 50 Christmas stockings for the Seattle Children's Hospital and the 80 for the North Pole Rotary

3. decided we'd help with Santa letters starting in October

4. following Linn's example, several members are now able to volunteer at the USO

In February, March and April we

1. gave hundreds of knitted hats (thank you knitters!!!!) around Fairbanks to Meals on Wheels, the Senior Centers, homeless programs.....Linn's project!

2. made over 200 corsages for the Parks/Rec senior luncheon

3. Heard fun reports about the Homer County Fair!!!

4. began reviewing our bylaws.
5. began planning our June "Junk in Your Trunk" fundraiser and upcoming bazaars
6. ten beautiful strip quilts were made by Helen, JoAnn and Joyce

Several months ago I asked Santa Seniors board and the 17 Mile gals to sponsor a once a month information forum for the community. Seems that education was so important to our efforts. So, we've met the new mayor, learned about scamming from local lawyer Mami Brown, been introduced to and ordered assistive technology to make life easier, and this month suicide was the topic. FYI is 90 minutes long, once a month, and offers refreshments.

Take care all. Please pray for Barbara Thoma.

Tok-A-Tan

Nancy Kelley, President
May 2025

The Tok-A-Tan Homemakers' Club was busy with its many activities. The Holiday Bazaar, held in November, is where we raised money for two high school senior scholarships, at \$1,000 each. As a community activity we cleaned up one mile of the Alaska Highway in the spring. Our monthly meetings included a fun activity, a game, or a craft. Craft examples were a weaving project and sewing and beading an Easter felt pin. At Christmas we enjoyed a night out at a local restaurant with good food, games and a gift exchange. Spring brought a fun night with a

potluck and a game with prizes and was our last meeting until the fall.



CES Update

Barbara Thomas
April 28, 2025

As most of you know, it is very quiet in the halls of the CES office and the Matanuska Experiment Station Farm in Palmer. Our wonderful Cooperative Extension Service, Health, Home and Family Development Agent, Julie Cascio, retired at the end of November. Then in February our friend and Horticulture and Agriculture Agent, Steve Brown, passed away suddenly. [Bonnie Shurtleff and Barbara Thomas attended his memorial.] At this time, Julie and Steve's positions haven't been posted.

Julie is still an FCE member through our Lazy River club. We enjoyed spending time with her at our Spring Luncheon in April. Julie is continuing as the Canning Superintendent at the 2025 State Fair.

We still have support at the CES office, Melissa Clampitt, Program Coordinator, and Rebecca Yoder, Administrative Assistant, have both been extremely helpful. Melissa sets up Zoom meetings and the use of the classroom for FCE groups. She has done programs for

our clubs and is planning to start a Strong People class at the CES e found on the UAF CES office. Programs, classes and activities for CES and the Farm can be found on the UAF CES website www.uaf.edu/ces. The website also has information about programs in Fairbanks, Anchorage, and Soldotna.

Rebecca Yoder has been helpful with putting the Fair demonstration schedule together. For the 2024 Alaska FCE Annual Conference she created a spread sheet for the registrations.

At our location, the Matanuska Experiment Station and Farm, we have a new Farm director, Nelson Crone. He is the Director of the Matanuska Experiment Station and Farm and Cooperative Extension Service. I met with Nelson twice. I gave him information about FCE, who we are and what we do. Included were the 2024 annual reports for the State Fair Demonstrations, the Alaska FCE Annual Conference and recycling. I also included some history of FCE and a copy of the current Memorandum of Understanding between CES and FCE.

Jodie Anderson is the Director of the Institute of Agriculture, Natural Resources and Extension (IANRE). Her time is split between Fairbanks and Palmer, as you would expect, mostly in Fairbanks. I am planning on meeting with Jodie as soon as we can coordinate when she will be in Palmer.

Finally, I want to encourage those of you in North Pole to

take advantage of having Leslie Shallcross as your CES Agent. I know it is not close travel-wise, but I am sure there are classes available on Zoom. Leslie might be willing to come to your club meetings to do a program. You could open it up to your community. Ask her to help with 2025 Conference by teaching a class or general session, contacting others such as Art Nash, Energy Specialist. Leslie could help with the banquet program with such things as officer installation, longevity awards, and giving the CES update if Jodie Anderson is not available.

**Around the Alaskan Table
An Alaskan Cookbook Project**
Karen Sobolesky, Laurie Evans-
Dinneen, and Angela Libal



Humans are nomadic by nature, and we all come from somewhere, Indigenous or not, following food, family, oil, gold, spouse. Alaska is no different, and while some of us have been here longer than others, we all brought our food with us, or at least the idea of comforting foods as part of the home culture we left behind.

Now, new generations have added their own mark, literally, on some famous and household recipes at the table and in the kitchen, that place where cultures coalesce, and conversations happen.

From traditional to Indigenous fusion and from old sourdough and fish camp recipes to modern cuisine, Alaskans share their stories and their part of Alaska's history through their foods. Come, join us at the table.

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We invite you to submit a recipe and a family story that goes with it.

What we would like to know:

1. What brought your family to Alaska (military, industry, adventure) and when? Or what is your family story of living in Alaska if your family is Indigenous?
2. What recipe is a family favorite? Did your family always make the recipe for holidays, birthdays, or special events? Is it a comfort food from 'home' to your home?

3. Is there something special, interesting, or historical about the recipe that you would like to share?

Please send us a picture of the recipe card or page as written in your hand or a relative's hand if possible - typed is also fine. And if your recipe card is like ours, it likely has cooking stains and notes on it, so much the better. We plan to pair recipes with family stories about living in Alaska then and now with a dash of Alaskan history thrown in for good measure.

Thanks for participating in our project.

Questions: Please email us at aroundthetable@gmail.com



[When you scan this QR code with your cell phone camera, it will take you to an online interactive form. It would be good to have your recipe and its story ready. This is the first QR code I've scanned. When my story and recipe are ready I will scan it again and complete the form - RW]

Alaska Association for Family and Community Education
Spring Board Meeting
via Zoom
April 28, 2025
Minutes

Call to order: Meeting called to order at 10:12 a.m.

Pledge of Allegiance was said by all.

Alaska Homemaker's Prayer by Fanny Johnston was read by Rieta Walker.

Roll Call: Officers present are: President Mabel Quilliam, Secretary TJ Barnes, Treasurer Jill Martinson; Editor Rieta Walker; District Presidents: Barbara Thomas-Mat Su, Rosie Burgess-Homer; Brenda Sadler-Northern. Also attending: Anita Harry, Bonnie Shurtleff and Linn Vander Molen. Joining late are Kathy Huston, Sharon Taylor and Lina Lopez. There is no representation for Anchorage District.

Approval of the Agenda: The agenda was approved with the following corrections: Under District President Reports, Kenai Peninsula is corrected to Homer and under Standing Committee Reports there is no Scholarship Committee currently appointed. Rosie Burgess motioned to accept the agenda. It was seconded by Bonnie Shurtleff. Motion passed.

Minutes were accepted as printed in the November 2024 edition of *FaCEs*, see pages 7 & 8.

Officer Reports:

- President Mabel Quilliam, read her report and states she will make a copy available to the Secretary. The Vice President is not in attendance. The Secretary has no further reports other than the published minutes. Treasurer's Report was provided to the Secretary. With a correction to the State Conference Development Fund from \$1500.00 to \$1300.00 which changes the Total Dedicated Funds to \$5800.00 from \$6000.00, the Working Budget was corrected to \$2206.57.

There is no Historian Report.

District President Reports:

- Anchorage, Nancy Heckart: Not present.
- Homer, Rosie Burgess: Report sent to Secretary and read by Rosie.
- Mat-Su, Barbara Thomas: Report read by Barbara and will be sent to Secretary.
- Northern, Brenda Sadler: Report read and will be sent to Secretary.
- All reports are to be sent to Rieta Walker to be published in the next issue of *FaCEs*.

Correspondence & Announcements: TJ read a text she received from Sue Selk, Vice President, apologizing for not attending. Her email and phone were compromised, and she was unable to attend today's meeting due to a scheduling conflict. She hopes to restore communications soon. Jill Martinson provided an update to the Raise-a-Reader® project.

Thanks to Kathy Huston, we will approach L&B in Wasilla about printing our book. She will look for a better rate for a larger order than the best quote at \$5.29 per book.

CES Update, provided by Barbara Thomas: Will be written up and sent to the Secretary and printed in *FaCEs*.

Standing Committee Reports:

- Editor, Rieta Walker: An edition of *FaCEs* will come out soon.
- Finance & Budget: No report as Nancy Heckart is not present.
- Membership, Barbara Thomas, presented by Jill Martinson: received by the Secretary and will be printed in *FaCEs*.
- Nominating Committee, Bonnie Shurtleff: No report at this time.

Unfinished business: Not discussed

New Business: 2025 Alaska FCE Annual Conference

This meeting was adjourned at 11:06 a.m. for a break prior to the State Conference Steering Committee meeting which is scheduled to follow this meeting.

TJ Barnes
Secretary



Valuable numbered print donated by Patty Hert for fund raiser at annual conference. The original painting was by Donna Moses, a California artist who began painting as a hobby. When Patty had the print framed in 1997 conserving matting was used.

I'm eager to see the actual print; I think I see some sheep in it. RW

Alaska FCE State Treasurer Report
April 28, 2025

Bank balance as of September 11, 2024		\$6,573.40
Income:		
National Membership	\$2689.50	
State Membership	810.00	
Council State dues	50.00	
Ways and Means	579.00	
Conference development fund	500.00	
Surplus conference	415.01	
Books	<u>+130.00</u>	
Total income	\$5173.51	
Balance plus Income		\$11,746.91
Expenses:		
NAFCE Membership	\$2690.50	
Conference first timers	300.00	
Deposit to 2025 camp	200.00	
Conference officer grants	132.00	
Miscellaneous	17.84	
Total expenses	<u>\$3340.34</u>	
Final Balance		\$8,406.57
Dedicated Funds		
State Scholarship fund	\$1000.00	
National Delegate Fund	\$3500.00	
State Conference Development Fund	<u>+\$1300.00</u>	
Total Dedicated funds	\$5800.00	
Working budget		\$2606.57