

Alaska Association for
Family and Community Education
73rd Annual Conference



Exploring the Magic of
Knowledge

North Star Bible Camp Willow, Alaska

September 18 -22, 2023

73rd Annual

Alaska Association for Family and Community Education Conference

Sponsored by

Anchorage District Association for Family and Community Education and

Kenai District Association for Family and Community Education

In partnership with the University of Alaska Fairbanks Cooperative Extension Service



Alaska FCE State President

Mabel Quilliam

Home: 907-733-4574

Cell: 907-232-4753

Anchorage District Conference Chairperson Nancy Heckart Home: 907-349-3361

Cell: 907-229-9583

Kenai District Conference Co-Chairperson Rosie Burgess Cell: 928-302-8811

Advisory Agent

Julie Cascio

907-745-3677

Camp Office

907-495-6378

Registration: Forms must be postmarked by September 1, 2023

Late Registration Fee: \$5

Sign-in: Monday, September 18, 2023, after 4 PM. Please do not arrive before 4 PM.

Dinner: Dinner will be served at 6 PM every night including Monday

Annual Meeting: Thursday, September 21 at 9:00 AM

Show and Tell: Thursday, September 21 at 3:15 PM

Ways and Means Auction: Thursday, September 21 at 3:25 PM

Banquet: Thursday, September 21 at 6 PM. Price of banquet is included in full time registration. Extra banquet tickets are \$25 each.

***Mission...To strengthen individuals, families, and communities through...
EDUCATION*LEADERSHIP * ACTION***

Conference Highlights

Alaska FCE Secretary, T J Barnes, reminds you that all members are welcome and encouraged to attend the following meetings:

Getting organized meeting: Monday, September 18, 2023, at 7:00 PM

Annual Meeting: Thursday, September 21, 2023, at 9:00 AM

Officers and committee coordinators are asked to prepare short written reports to present at the Annual Meeting.

All members in good standing are eligible to vote at the Annual Meeting. Motions made at the Annual Meeting must be presented in written form.

There will be NO further notice regarding the upcoming meeting.

Bring to Conference

***Print this brochure and bring to conference. Extra copies will not be available.**

- *If you received a printed brochure be sure to bring that.
- *Your kuspuk to wear at the Annual Meeting and Photo.
- *Items for Ways and Means fund raiser.
- *Items needed for your classes.
- *Your favorite tote bag.
- *Bring a recipe to share at Wednesday session.
- *Bedding- sheets, pillows, mattress pad, blanket or sleeping bag.
- *Towels, wash cloths, shower mat, air freshener, soap, shampoo.
- * Flashlight.

As a courtesy to our volunteer instructors, please attend the classes for which you have registered as the class preparations are based on the number of registrations received. Please do not switch from one class to another; this is disrespectful to the instructor and unfair to the other participants.

We are excited to present this conference to you and hope you all are able to attend. Visiting with fellow members is always a highlight of Conference. If you are unable to attend, please share this information with another interested person.

Sincerely,

Nancy Heckart and Rosie Burgess Conference Co-chairs

Conference Lodging and Meals

The Alaska FCE Conference will be held at the North Star Bible Camp, Willow, Alaska. A map and written directions are located on the inside back cover.

The office phone number is 907-495-6378.

Lodging

North Star has three main lodges for guests. "Matanuska" consists of four separate cabins and a central game room. Each cabin sleeps five. There is a three-quarter bath and two sinks in each cabin.

Similar to Matanuska, "Susitna's" amenities include four cabins that sleep five each with a three-quarter bath and two sinks. Susitna has a center room with a kitchenette, television, and small meeting room.

There is one handicapped cabin which has a wider shower to accommodate a wheelchair.

Bring your own bedding such as sheets, pillows, blankets, mattress pad or sleeping bag.

Bring your own personal items such as soap, shampoo, bathroom deodorizer, non-slip bath mat, towels and washcloths. A nightlight and flashlight are helpful.

Check-out is directly after breakfast on Friday, September 22, 2023.

Meals Included in the cost of registration:

Monday	Dinner
Tuesday	Breakfast, Lunch and Dinner
Wednesday	Breakfast, Lunch and Dinner
Thursday	Breakfast, Lunch and Banquet
Friday	Breakfast

Conference Center Rules

NO alcohol, NO pets, NO smoking. Smoking is not permitted in the buildings or anywhere on the grounds.

NOTE: Sale of personal crafts is prohibited in the conference center. It is alright for clubs or districts to sell items for fundraising purposes.

Tuesday General Sessions

First General Session
9:00 a.m. – 10:15 a.m.
Main Lodge Chapel

Rural Cap Elder Mentor Program

A Speaker Provided by Their Organization

Learn how this organization can connect Elder Mentors with school children having disabilities and/or economic challenges to support school readiness and academic achievement.

Second General Session
10:15a.m. to 11:45 a.m.
Main Lodge Chapel

Brain-Gut Connection

Leslie Shallcross, Tanana
Health, Home and Family Development

Learn about your second brain that is hidden in the walls of your digestive system and how it affects your daily life and much more.

Tuesday Classes
1:00 p.m. – 2:00 p.m.

1. Main Lodge Chapel – **Aging in Place**. Learn easier or better ways to handle the challenges of continuing to live at home as you age.

Instructor: Peg Schaffhaurser, Physical Therapist Working with UAF CES State Office - Art Nash, Energy Specialist

Class Fee: None

Class Size: N/A

Bring: N/A

2. Main Lodge Dining Area – **Beading Class Part 1**: (2 sessions) An easy beading class/project creating an “Aleutian Chain” which can be made into a bracelet, an ankle bracelet, or necklace.

Instructor: Merle Carlson, Talkeetna Club Member

Class Fee: None

Class Size: 7

Bring: N/A **SIGN UP FOR BOTH PARTS!**

Tuesday Classes Continued

3. Susitna Kitchen- Oregon FCE zoom class: **Yuma Agriculture: Learners for Life**
Yuma, Arizona, is the winter salad bowl of the United States. Learn about specialty crops grown in Yuma, food safety guidelines, and health benefits of consuming this produce. Information on water conservation will also be given.

Instructor: John Metha, AZ State University/Yuma

Presenter: Marcia Lowe, Homer Club Member

Class Fee: None

Class Size: N/A

Bring: N/A

Tuesday Classes 2:15 p.m. – 3:15 p.m.

4. Susitna Kitchen-- **KitchenToolsThatMakeCookingEasier** spiralizer, immersion blender, & more.

Instructor: Anchorage Club Members (We are covering for a member who is unable to teach the class because of unplanned medical complications.)

Class Fee: None

Class Size N/A

Bring: N/A

5. Room to be Announced - **Make a Fleece Lap Blanket**

Great project to work on with friends or grandchildren. There is no sewing. You will work in pairs, learn how to prepare the fleece and to make the fringe without tying. A blanket Kit will be provided for each person in the class.

Instructor: Nancy Heckart, Anchorage Club Member

Class Fee: \$10.00 (Cost of fleece purchased on Door Buster Sale. \$3.99/\$4.99 a yard- (2 & 2/3 Yards per kit)

Class Size: Max 10

Bring: Sharp pair of scissors if you have one. I will bring our workshop scissors for those who don't.

6. Main Lodge Dining Area- **Diamond Dots**- Painting with special beads. Kit will be provided with all materials needed to complete the projects along with directions. Kits can also be purchased on Amazon or locally at the Palmer Friday Market. I am sure there are other places too. Looks like fun.

Instructors: Mabel Quilliam, Talkeetna Club Member and Bea Combs, Anchorage Club Member

Class Fee: None

Class Size 9

Tuesday Field Trip
3:25 p.m. -5:45 p.m.
Willow Mining District Museum
Jim Huston & Madeline Gocke

Further explore the mining days in Hatcher Pass and the creation of the Willow mining district. This year, Jim has invited us to the Mining Museum in Willow to enjoy a glimpse of life during these early gold mining days and continue telling this story. We will carpool so everyone who wants to attend will have a ride.

Those not going to the museum have free time to work on projects, go for a walk, visit with others, or take a nap. You may have a craft to share with others who are not going on the field trip.

Wednesday General Sessions

First General Session
9:00 a.m. – 10:00 a.m.
Main Lodge Chapel

Food Security and Food Waste
Leslie Shallcross, Tanana
Health, Home & Family Development

This session will explore the availability of food in your area and the ability of individuals to access, afford, and source foodstuffs. Take a trip to the grocery store, witness empty shelves, and you will see how much more meaningful this topic has become to us. We will also discuss ways to reduce food waste.

Break 10:00 a.m. - 10:15 a.m.

Second General Session
10:15 a.m.-11:45 a.m.
Main Lodge Chapel

Overcome Stress

Julie Cascio Mat-Su, Health, Home and Family Development

This session will explore ways to challenge ourselves to overcome our stress including meditation, movement, positivity, and kindness. Additionally, it will look for ways to improve and follow through on our mental health resolutions.

Lunch – 12:00 p.m.-12:45 p.m.

Third General Session

1:00 p.m. – 2:00 p.m.

Main Lodge Chapel

“Reducing Plastics in the Home”

Leif Albertson, CES Anchorage Outreach

Plastics are a ubiquitous part of modern living and allow for amazing advances in everything from food safety to medicine. Unfortunately, the proliferation of plastics has created a threat to both environmental and human health. While it is near impossible to live in the modern world without exposure to plastics, there are some easy things we can do to reduce our reliance on, and exposure to these complex chemicals. In this presentation we will discuss some of the ways plastic use can be limited in our day-to-day life.

Break 2:00 p.m. – 2:15 p. m.

Tuesday Classes

2:15 p.m. – 3:15 p.m.

7. Susitna Kitchen - **Potato Fun!** Let's explore types of potatoes, their history in many countries, ways to grow and use potatoes, from games to food, and recipes to enjoy them.

Instructor: Julie Cascio HHFD Agent, Palmer and Kathy Huston, Willow Club Member Class

Fee: None

Size: Minimum 5 – Maximum 15

Bring: N/A

8. Craft Shack – **Smiling with My Gnomie**

Make a quick and easy gnome ornament using yarn. No sewing required. You'll surely smile at these.

Instructor: Rosie Burgess, Homer Club Member

Class Fee: None

Class Size N/A

Bring: Scissors to cut yarn and glue gun.

9. Main Lodge Chapel –Oregon FCE zoom class: **Great American Women You've Never Heard Of** Learn through fictional interviews, about seven women from American history who have contributed to the progress of women in the United States.

Instructor: Kerry Mauk Oregon FCE Member .

Presenter: Rieta Walker, Homer FCE .

Class Fee: None

Class Size: N/A

Break 3:15p.m.–3:30p.m.

30 Minute Class

3:30 p.m.- 4:00 p.m.

Main Lodge Chapel

Favorite Recipes

Bring your favorite recipe and share why it is your favorite.

Wednesday Classes

4:15 p.m. – 5:45 p.m.

10. Arthritis

Helpful tips and exercises that help you keep moving.

Instructor: Leslie Shallcross, HHFD Agent, Tanana

Class Fee: None

Class Size: N/A

Bring: N/A

11. Craft Shack - Paint a Soda Bottle

Paint a butterfly on a recycled plastic bottle. All supplies provided in class fee. Instructor:

Marleyne Hunter & Jayleyne, 17 Mile Members

Class Fee: \$5.00

Class Size: 12 to 15

Bring: N/A

12. Main Lodge Dining Area – Beading Class Part 2

Continuation of a two-part class. An easy beading class/project creating an “Aleutian Chain” bracelet, necklace or ankle bracelet.

Instructor: Merle Carlson, Talkeetna Club Member

Class Fee: None

Class size:

Bring: N/A

	Monday September 18	Tuesday September 19
7:30 a.m.		Exercise or Devotion
8:00 a.m.		8:00 a.m. Breakfast.
9:00 -10:15 a.m.		Rural Cap Elder Mentor Program and how you can be part of it. Learn more about whom they serve.
10:00 a.m.		Break
10:15 - 11:45 a.m.		The Brain-Gut Connection Much to learn! Leslie Shallcross, Tanana HHFD Agent
12:00 - 12:45 Noon		12:00 - 12:45 Noon
1:00 - 2 PM		1. Aging in Place - Peg Schaffhauser, Fairbanks CES 2. Beaded bracelet by Merle Carlson Part 1 3. Yuma Agriculture: Learners for Life. Shared by Marcia Lowe
2:00 p.m.		Break
2:15 p.m. - 3:15 p.m.	Don't arrive before 4 PM.	4. Kitchen Tools that make cooking easier- spiralizer, immersion blender & more. 5. Make a Fleece Lap Throw - No sewing 6. Dimond Dots - Mabel Quilliam & Bea Combs
3:15 p.m.		Break
3:25 p.m.		(3:25-5-45) 7. Mine District Museum /Willow Fieldtrip (Continued in lower time slot.)
4:15 p.m. 5:45 p.m.	Registration	7. (3:25-5-45) Those not going to the museum have free time to work on projects, go for a walk, visit with others.
6:00 p.m.	Dinner	Dinner
7 p.m. 7:30 p.m.	Camp / conference info Get Acquainted Night Hosted by Northern District	FCE Fun! Night Hosted by Matsu FCE

Wednesday September 20	Thursday Sept. 21	Friday, Sept. 22
7:30 a.m. Exercise or Devotion	Exercise or Devotion	
8:00 a.m. Breakfast.	8:00 a.m. Breakfast.	Breakfast
9:00 - 10:15 a.m. Food Security & Food Waste by Leslie Shallcross Tanana HHFD Agent	9 :00 a.m. to 12 noon General Business Meeting	Check Out
10:00 a.m.		
10:15 - 11:45 a.m. Overcome Stress by Julie Cascio Mat-Su HHFD Agent		
12:00 - 12:45 Noon	12:00 - 12:45 Noon	
1:00 - 2 PM Modern Living with Less Plastic by Leif Albertson - Anchorage CES Outreach	Resume Business Meeting if needed Followed by Group Photo Memorials Ways & Means Drawing Organized by Anchorage FCE	
2:00 p.m. Break		
2:15 to 3:15 p.m. 9. Potato Fun – Julie Cascio & Kathy Huston 10. Smiling with My Gnomie - Rosie Burgess 11. Great American Women You've Never Heard Of by Kerry Mark, Oregon FCE 2022,		
3:15 p.m. Break		
3:30 - 4 p.m' Bring your favorite recipe & share why .		
4:15 p.m. - 5:45 p.m. 11. Arthritis (Helpful tips & Exercises) Leslie Shallcross 12. Painting Butterflies - Marleyne Hunter 13. Beaded bracelet by Merle Carlson Part 2		
6:00 p.m. Dinner	Banquet Hosted by Kenai FCE	
Free Evening		

NOTES

For your Records

		Classes		
Day	Time	Class # 1st Choice	Fee	2nd Choice
Tuesday	1:00 - 2:00	#	\$	#
	2:15 - 3:15	#	\$	#
Wednesday	1:00 - 2:00	#	\$	#
	2:15 - 3:15	#	\$	#
	4:15 - 5:45	#	\$	#

Class Fee Total : \$ _____

Full Time Fees

Registration (Postmarked by Sept. 1, 2023) \$20.00 _____
 Lodging and meals (Mon. night dinner to Fri. Breakfast) \$300.00 _____
 Total Class Fees \$ _____
Full Time Fees. \$ _____

Daily or Part Time Fees (please circle each one you want).

	Monday	Tuesday	Wednesday	Thursday	Friday	Total
Registration	\$ 5.00	\$ 5.00	\$ 5.00	\$ 5.00		\$
Daily rate		\$ 20.00	\$ 20.00	\$ 20.00		\$
Breakfast		\$ 25.00	\$ 25.00	\$ 25.00	\$ 25.00	\$
Lunch		\$ 25.00	\$ 25.00	\$ 25.00		\$
Dinner	\$ 25.00	\$ 25.00	\$ 25.00	\$ 25.00		\$
Total # of extra Banquet Tickets _____ (\$25 each)			\$ 25.00	\$ 25.00		\$
Overnight		\$ 20.00	\$ 20.00	\$ 20.00		\$
			Total Daily or Part Time Fees			\$ _____

Late Fee if postmarked after September 1, 2023 ----- \$ 5.00. \$ _____

Grand Total \$ _____

NOTES

AAFCE CONFERENCE REGISTRATION

Registration is due (postmarked) by September 1, 2023

A late fee of \$5 after that date.

Name _____

Address _____

City _____ State/Zip _____

Phone number* _____

E-Mail* _____

Club Name _____

Roommate (s) _____

Emergency Contact _____ Phone number _____

*(Phone number and e-mail needed so the committee can contact you about registration)

FIRST TIME ATTENDEE Please check here.

Day	Time	Class #		Fee	2nd Choice
		1st Choice			
Tuesday	1:00 - 2:00	#		\$	#
	2:15 - 3:15	#		\$	#
Wednesday	1:00 - 2:00	#		\$	#
	2:15 - 3:15	#		\$	#
	4:15 - 5:45	#		\$	#
	Total Fees			\$	

Conference Fees

Full Time Fees

Registration (Postmarked by September 1, 2023) \$ 20.00 _____
 Lodging and meals \$300.00 _____
 Includes lodging and meals Monday night to Friday breakfast including one banquet
 Total Class Fees \$ _____
 Total Full Time Fees \$ _____

Daily or Part Time Fees (please circle each one you want). Total each line and enter the amount owed in the total column. Add the Total Column and enter the amount in the last box in that column. Full Time fee includes Banquet meal.

	Monday	Tuesday	Wednesday	Thursday	Friday	Total
Registrationn	\$ 5.00	\$ 5.00	\$ 5.00	\$ 5.00		\$
Daily rate		\$ 20.00	\$ 20.00	\$ 20.00		\$
Breakfast		\$ 25.00	\$ 25.00	\$ 25.00	\$ 25.00	\$
Lunch		\$ 25.00	\$ 25.00	\$ 25.00		\$
Dinner	\$ 25.00	\$ 25.00	\$ 25.00	\$ 25.00		\$
Total # of extra Banquet Tickets _____ (\$25 each)				\$ 25.00		\$
Overnight		\$ 20.00	\$ 20.00	\$ 20.00		\$
			Total Daily or Part Time Fees			\$

Late Fee if postmarked after September 1, 2023 ----- \$ 5.00. \$ _____

Grand Total \$ _____

***Daily/Part-timers: Pay only one rate. Pay either overnight rate or daily rate.**

****Registration, lodging, meal and class fees are transferable but NOT refundable.****

Mail completed registration form and check to:
 Alaska FCE Conference
 Attention: Rosie Burgess
 P.O. Box 2605
 Homer AK 99603

Make checks payable to:
 Homer FCE

Special Needs:

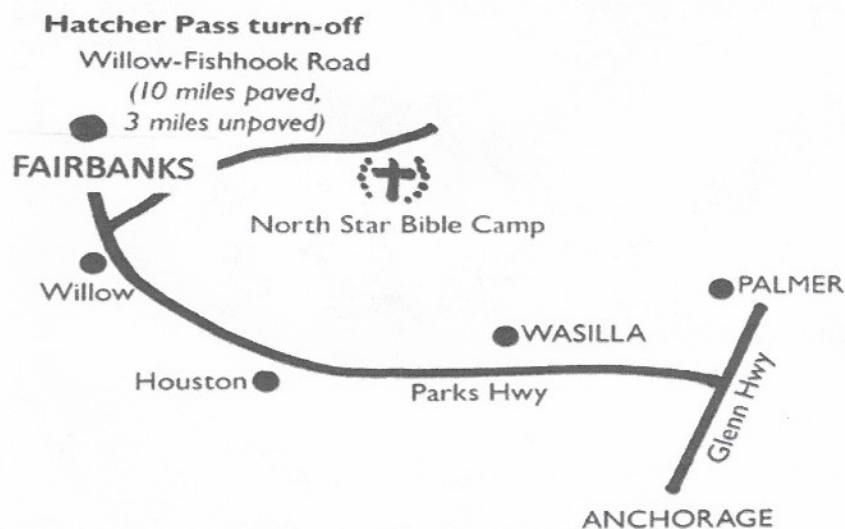
Diet _____

Need Wheelchair accessible cabin: _____

Directions to North Star Bible Camp

Mile 36 Willow-Fishhook Road

Camp Office: 907-495-6378



North Star Bible Camp is located in Willow, Alaska, about 85 miles north of Anchorage.

Just north of mile 71 of the Parks Highway, turn right onto Willow-Fishhook Road. (also known a Hatcher Pass Road).

North Star is 12.5 miles up Hatcher Pass at 10688 Willow-Fishhook Road. Look for a large sign on the right side that says "North Star Bible Camp."

2023 Alaska FCE Conference
Rosie Burgess
P.O. Box 2605
Homer AK 99603

