

FaCEs

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

November 2023, Issue 3 (2023-3)

from the President

Mabel Quilliam
October 21, 2023

For liability insurance purposes, clubs are to report to their club president where and when they meet. An example would be: three clubs meet once a month for a business meeting at a private residence and once yearly at a public location. Club presidents are to report to me, Alaska FCE President Mabel Quilliam, by the end of November.

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Have a Blessed Thanksgiving with your families and friends.

In an October 17 email Mabel sent attachments of #77 Silent Killer-Ovarian Cancer and #78 Family Meals, *Hearth Fire Series*, that she received from the 2023 National FCE Conference. [I could not open the attachments nor paste them here. But if you can open them] you can print copies. There may be members in your club that Mabel doesn't have email addresses for, so you might also print them a copy.



Treasurer's Report

Jill Martinson

See last page below.

2023 Alaska FCE Annual Conference

Exploring the Magic of Knowledge



Literature...Art...Music...
Teamwork...Work Ethic...
Languages...Faith...Culture...
People Skills...Homemaking
Skills...Facts...Practical Skills...Awareness...
Experimentation
Awareness...Experimentation

from Mary Hensel

I appreciate all the work put into making the state conference so informative, educational and

fun. Lots of work was done by a few people. A BIG THANK YOU to those people and to all who attended.

from Nancy Heckart

What really made the Conference great was the gathering of people from all parts of our great state and being able to share what works and doesn't in our programs and projects. It was great to have our CES Agents share current information about environmental issues (plastic) and health tips that we could easily work into our daily routine. Simple stretching and relaxing exercises that would loosen and relax our tight muscles or reduce tension as we stand in line waiting for something. These tips would improve our mobility. Health – The Brain-Gut Connection is a topic that I want to explore more.

Seven Anchorage members attended the Conference. They worked on Ways and Means set-up. Four members sold tickets. Thank you to all those who worked on Ways and Means, to those who donated items to sell, and those that purchased items. Also, a big thanks to those who donated cash to help us make sure that we had enough money to meet our expenses. Revenue from Ways and Means (\$600) and the Raffle & Donations (\$420) was **\$1020**.

from Elaine Link

Alaska FCE's Annual Conference was my 23rd; I haven't missed one since I joined in 2000, and again it surpassed my expectations and

lived up to its name "Family and Community Education".

The Conference started off with a bang, an all-conference presentation by Rural Cap, informing us of the Foster Mentor Program in our schools. Presenter Yasmim's slides showed faces of happy elders working with children in the classroom, even receiving a small stipend. Everyone winners at the end of the day.

That was followed by another all-conference presentation by Leslie Shallcross. HHFD Agent, "Gut-Brain Connection". Another eyeopener: why it is so important what we put past our lips. Leslie, always a wealth of information, recommended the book, *The Second Brain*. I certainly didn't know I had two brains – one in my gut!

Julie Cascio's all-conference presentation was "Overcoming Stress". Will we ever get efficient at that? It is our body's response to circumstances. Julie talked about ways to handle stress, to respond. One suggestion I'm going to try to adopt is to journal, reflecting on the last 24 hours and three things that went well, think about why good things happen!

Having grown up on a farm in Wisconsin and being a gardener for 60 years, I am always interested in those topics, so "Yuma's Agriculture" caught my eye. How farmers have industrialized production is very interesting and informative. The efficient use of water; 1/8 acre

of starter lettuce in the greenhouse produces 40 acres in the field; Yuma, the lettuce capital has 350 days of sunshine a year; 170 million servings of lettuce daily in the U.S. Amazing facts.

The field trip to the Willow museum was interesting – beautifully displayed. I spotted a few familiar items and containers I remember from our home in the '40s and '50s. Really!

Leif Albertson, CES Agent, first time presenter at Conference (I think) is a great addition, clued us in on reducing plastics in our lives. He made it interesting telling many examples of personal ways he reduces plastic in his life and in raising his children. He was up front and honest and admitted there are some things he's not willing to give up like his raincoat and some sporting/exercise gear.

Potato Fun! I've been raising my own spuds in Alaska for 60 years so I thought I'd see what I may be missing. I didn't know that there were so many kinds of potatoes and so many interesting facts about them. I raise one kind and use it for everything: baked, fried, mashed, salad. I do buy special potatoes to make lefsa! Over the years my go to potato is Yukon Gold or Bake King. It did prove to be a "fun" class.

Leslie's arthritis class was very informative and affirmed what I know: keep physically active and moving. And chia seeds in my diet

provide special fiber and Omega 3 that are very good for arthritis and boost my quality of life.

I'm looking forward to trying some of the new recipes shared at the exchange.

I look forward to future Conferences, meeting new friends and reuniting with past Conference attendees. North Star Bible Camp in the mountains is a great spot to gather.

from Rieta Walker

The thing that I enjoyed most at the 2023 Alaska FCE Annual Conference was Sue Selk's report on Alverda Lincoln's 100th birthday party. Sue was so enthusiastic and used such demonstrative gestures that I could imagine being there and felt the spirit of the party. For me, making friends, seeing them at conferences, and celebrating them are big rewards of belonging to FCE.

It was a small, intimate group that gathered for morning devotions. Anyone is welcome.

I went to the general sessions, of course. It was good to have the CES Agents as instructors giving us practical information about the brain-gut connection (pay attention to that "gut feeling"; nourish both), food security and food waste (I was taught that to waste food is a sin), overcoming stress, and reducing our personal use of plastic. All were presented with realistic goals.

The field trip to the Willow Museum was fun; I saw several things that were my contemporaries and also spotted our host's name, Jim Huston, in several places.

I was a little dismayed to have "Great American Women You've Never Heard Of", the Oregon FCE class that I was leading, scheduled in the same time slot as classes by Julie Cascio and Rosie Burgess with a craft class. However, the women who showed up for my class were remarkable. We had a "readers' theater" with the participants reading the parts of the "Great Women" without prior notice. We began laughing as soon as I said, "I'm Baba Wawa." What a bunch of hams!

Rosie hosted "Yuma Agriculture" another Oregon FCE class. I learned a lot about lettuce production and how it depends on an adequate water supply and skilled workers.

After seeing and hearing about the kitchen tools, I want to get an efficient food processor such as the one Elaine Link uses.

It seems that doing range of motion exercises or stretches slowly will help relieve both stress and arthritis pain.

At the business meeting, I was rather surprised to be appointed parliamentarian *pro tempore*, but I carried on and was pleased to be thanked.

The day of the business meeting is always "kuspuk day". Everyone is encouraged to wear a kuspuk.

It is fun to see the different colors, prints, and embellishments. I love the black and white one Rosie made and that I won at Ways & Means a couple years ago. I wear it quite often, even to my granddaughter's outdoor wedding in October.



Spirit of Alaska Women Book Sales

Nancy Heckart, Chair
Rieta Walker, Editor

Keep selling those books! \$5 per book is to be sent through your district to Jill Martinson, Alaska FCE Treasurer, at 3120 Donovan Drive, Wasilla AK 99623-9779. When you send the money to Jill, please send me (Nancy Heckart) a note stating how many books were sold and the amount sent to the Alaska FCE Treasurer.

You may sell the books for more than \$5.00 each and keep the amount over that.

If you need more books, please let me know, and I will find a way to get them to you.

Thank you for your help.
Nancy Heckart, Chairman

907-349-3361 (land line)

lheckarts@gci.net

Mailing Address
PO Box 110446
Anchorage AK 99511



CES Update

Julie Cascio
October 25, 2023

Freezer Dehydrator will be demonstrated tomorrow morning for a practice run at the Mat-Su Office.

Julie Cascio and Leslie Shallcross attended the Regional AgrAbility workshop October 17-18. Ways to garden, farm, fish or forestry (such as collecting birch sap) with disabilities are shared through this grant. Steps to handle back issues and arthritis, and tools that can help are shared.

Julie will do Food Preservation Can Meat class, Homer, November 12, 2023

Matanuska Farm Open House will be December 8, 4-6pm.

The next Certified Food Protection Manager class will be January 29, 2024.

NEAFCS conference will be September 16-19, 2024.



District Reports

Anchorage
Nancy Heckart, President
October 25, 2023

Our council shrank to 10 members in town for the winter. We have one member, Debra Mestas recovering from surgery. We have 3 active members, 2 members who will be in and out of the state for travel for short trips and 3 that are snowbirds and will come back next spring. Elaine does sneak back in for a family Christmas. The members in town plan to continue working on fleece blankets for Hope Center for homeless women. We will sell Rondy buttons on Fridays from noon to six in December up until Christmas and then pick it up again in late January. We sell them at Carrs on Abbott Loop Road. We are also going to look for some events to explore just for fun in Anchorage for those spending the winter in Anchorage.

Homer
Rosie Burgess, President
October 25, 2023

We wrapped up the 2024 conference and submitted the necessary paperwork for audit. Homer club members who attended conference shared highlights with the Homer group.

All the recipes shared at conference have either been emailed or snail mailed to everyone who signed up to receive them. If you haven't gotten your copy please contact me. reburges2@gmail.com.

We were so happy to be able to have our meeting at Rieta Walkers's new home. We celebrated her housewarming with pie! Rieta made Loretta Braden's mince meat pie using the recipe Loretta shared at conference, and Rosie Burgess made a pumpkin pie. We discussed the possibilities of having a retreat in 2024. The Quality Inn has given us a definite maybe that their facility will be available on April 5,6 and 7. "Old Time Stories Matter" will be the theme. Each attendee is asked to research a person of interest to them and share their story with the group. Be creative, you can dress in costume, make a skit or PowerPoint presentation or just tell us about them, whatever you like.

We plan on having the Tea on Saturday and ask each person to bring a dish to share.

We'll keep you posted when we have confirmation from the hotel.*

* Rosie has received confirmation that the Quality Inn is available for April 5, 6 and 7. So the Retreat is on! Please plan to attend; think about what person you want to tell the group about.

Mat-Su District
Barbara Thomas, President
October 25, 2023

See the Mintues.

Northern District
Helen Bernstein, 17-Mile
President
September 21, 2023

Coming from Florida to Alaska was an overwhelming experience for me. Luckily my daughter and granddaughter were at JoAnne's store checking out when a nice lady in line asked my daughter what she was going to make. They had a brief conversation about Homemakers FCE. My daughter took the lady's name and number and gave them to me as soon as they got home. I called Addie within minutes of receiving her name and number! The rest is history. That was 2 1/2 years ago.

I went to the next meeting and have been going ever since, almost 3 years now! We have a lovely group of ladies from their 50s on up into the 90s in age.

In January of this year we made and provided knitted hats to the

following: Meals on Wheels - 36,
Alaska Housing Project - 125,
headbands (ear warmers) 18,
fleece hats 10, stuffed bears 8,
homeless shelter - 55, Carol
Price Center - 65

February - As a group we cut out,
sewed, and embellished 170
stockings for the hospital in
Seattle that cares for newborns
and mothers who need extra care.

We discovered this year that
there is also a great need for
the same here at home. We have
decided that we will be making
every attempt to get stockings
made for local groups.

March we continued making 135
stocking for the Children's
Hospital in Seattle. We also made
85 for North Pole Rotary. And we
cut out 261 stockings for next
year.

In April members purchased books
for our Raise-a-Reader® packets.
We sewed burp cloths and blankets
to go in the packets. Leslie
Shallcross came to install our
new officers.

May we began creating and sewing
for future bazaars in an effort
to make funds to purchase more
material. We also had our first
bazaar of the year. During the
bazaar, we did an all out push to
tell people what we do and who we
are. We were well received. We
have continued to sew baby
blankets and adult bibs and paint
wooden Eskimo dolls. June cut
them out and Ellie painted them
in an authentic manner.

In June Scott Teeples, Oregon FCE
President, was in Fairbanks, and
several of us had the opportunity
to go to lunch with him and his
2 daughters.

June and July we continued
sewing, creating, and painting,
all be it on a much smaller scale
as we took a summer break form
May to August. However, some of
us kept meeting to make items for
this year's craft fairs.

Over all we have made (extra):60
hats (knit), 10 scarves, 7
(strip) baby blankets, 12
Christmas stockings, 4 adult
bibs, 23 painted wooden Eskimos,
400 Christmas cards for local
soldiers.

We are always looking for ideas
to make and sell.

We've gained 2 new members this
year, but the year isn't over!

See the Minutes for Barbara
Thoma's report on October 25.

Tok-a-Tan

Amanda Smith
October 25, 2023

The Tok-A-Tan Homemaker's Club
has been busy this past summer
and fall! We have started a
project of making Comfort Quilts
to donate to our local Fire
Department. They can be used for
people that have been victims of
house fires, car accidents, and
wherever else the Fire Department
feels would be best. To date our
club has completed 15 quilts and
we presented them to the
Department at our October

meeting. We are busy with our Fall Bazaar planning as well, and are excited to have a few changes to it this year! We switched locations last year, and were very pleased with how that turned out. So this year we will do the same location as last. A few local women rented the kitchen last year at our bazaar and served authentic Mexican food, which was delicious! Everyone is very excited to have them again this year! We are hoping to add in some silent auctions also, and continue with our baked goods table. All of our proceeds go to a scholarship we offer high school graduates each year."

from the Editor

Rieta Walker

I've been very busy. I began moving to town in September and I went Outside to a granddaughter's wedding in October. I'm continuing work on sorting "stuff" that accumulated over 40 years.

Even so I worked hard to get the newsletter out in a timely manner, but alas I could not.

Best Thing Since Sliced Bread

Have you heard that expression? What is the best thing since sliced bread? When was bread first sliced?

"Sliced bread was sold for the first time to the public in 1928

by the Chillicothe Baking Company in Missouri."

During World War II, bakery sliced bread was stopped for about 6 weeks. Homemakers protested as slicing bread was time consuming. My mom made all our bread, and she didn't understand why slicing bread was such a big deal.



Food Security

NAFCE Three Year Project

fce FLASH

With comments by your Editor

The topic of the three-year project that all states will work on is Food Security. "Food is vital to survival."

Comments: As I stated earlier I was brought up to regard wasting food as very serious, but it was never actually called a sin.

Whenever I discard food that has gone bad, I feel guilty, I think of Anne Frank who wrote that she and those hidden with her had rotten cabbage for a meal, and I pray that I'll never be in a situation where I'd have to eat food like that, that I'm discarding.

Alaska Association for Family and Community Education

Fall Board Meeting via Zoom

October 25, 2023 10 a.m.

Call to order - Meeting called to order at 10:11 a.m. by President Mabel Quilliam.

Pledge of Allegiance was said by all.

Alaska Homemakers Creed - Read by President Mabel Quilliam

Roll Call - Members present are Secretary TJ Barnes, Homer Representative Rosie Burgess, CES Agent Julie Cascio, Mat-Su Representatives Bonnie Dinkel, Finance and Budget Nancy Heckart, Treasurer Jill Martinson, President Mabel Quilliam, Northern District Representative Barbara Thoma, Membership Barbara Thomas, and *FaCEs* Editor Rieta Walker. Absent are Vice President Sue Selk and Historian Mary Hensel.

Approval of minutes- Julie Cascio moved to accept the minutes as published in *FaCEs*; Jill Martinson seconded; motion to accept

Agenda - Barbara Thomas, Mat-Su president asked to be early on the agenda and gave these reports:

Membership - Membership packets were given out at conference and so far Jill has received only two back.

2024 Alaska FCE Annual Conference dates were discussed with North Star Bible Camp for the weeks of September 16 or September 23. Discussion included possibly limiting our conference to one less night and leaving Thursday morning provided with a sack lunch. If we want CES Agents there, they have a conflict for the week of the 16th. The issue of positive feedback from the camp was discussed with the proposal that only one or two designated people approach the workers. Alternate locations for conference were discussed and Jill and TJ volunteered to scout the suggested locations.

Correspondence - none

Reports - All reports are limited to 5 minutes. Full reports will be published in *FACES*.

Officers Reports

Treasurer Jill Martinson has e-mailed the Treasurer's Report. The only correction was the date, updated to say "as of

the previous meeting". There was discussion regarding the President's expenses at National Conference. Discussion included a reminder to apply for the James Matthew Scholarship and possible ideas for fund raisers to off-set the cost of attending.

CES Update, Julie Cascio: Discussion included Leslie and Julie attending an AgrAbility conference, back and arthritis issues programs, food preservation and canning class in Palmer, November 12, Matanuska Farm has an open house coming up, and the next Certified Food Protection Manager class is January 29.

District Presidents' Reports

Anchorage District - Nancy Heckart: The snowbirds have gone south, everyone else is recovering from conference. They have had only one meeting since conference and are working on blanket projects.

Homer District - Rosie Burgess: 2023 Alaska FCE Annual Conference was wrapped up, audited, and the \$570.00 deficit was covered by direct donations from members present at Conference in addition to the raffle. Homer club has had one meeting since Conference and combined it into a regional meeting. Discussion included growing membership and possibilities of holding a Spring Retreat. The theme will be "Old Time Stories Matter" and it will be held on April 5-7, 2024, at the Quality Inn if those dates are available. Attendees will report on important people in our history.

Northern District Helen Bernstein was not present. Barbara Thoma called in to report they have not met since Conference and Northern District would prefer September 16 over the 23 for the 2024 conference.

Standing Committees

FaCES, Rieta Walker, Editor: All reports due by November 1. Attendees of the State Conference are encouraged to send written accounts to Rieta to share in the newsletter.

Finance and Budget: Nancy Heckart Nothing to report since Conference

Scholarship Committee: Discussion included that the scholarship committee may not be needed and that it would take a bylaw change at our annual meeting to delete the scholarship committee; therefore, we need an appointment/nominee for appointment.

Unfinished Business

2023 Conference Audit was completed by Rosie Burgess, reviewed by Nancy Heckart and the report will be published in FaCES by Rieta Walker.

New Business

Rieta Walker made a request to find permanent homes for our treasured ivory gavel and artist signed Alaska Flag instead of the items being passed from president to president. Suggestions included AK Child & Family, successor to the Jesse Lee Home where Benny lived when he designed the flag or a museum in Kodiak for the flag, and UAF or possibly a mining museum for the gavel which was carved by a USSR & M. Co. (United States Smelting, Refining & Mining Company), dredge master. The consensus is permission granted.

National Report: For liability insurance purposes, clubs are to report to their president where and when they meet. An example would be: three clubs meet once a month for a business meeting at a private residence and once yearly at a public location. Club presidents are to report to the State President, Mabel Quilliam, by the end of November.

Open Discussion: Rosie Burgess asked President Mabel Quilliam about printing the newly revised Member Handbook. Mabel said she can send it to the district presidents to print themselves. Nancy Heckart suggests using Word and it could be sent to her as a trial. Mabel agreed to send it as a draft so it can be edited, if needed.

Next Meeting is April 17, 2024, at 10 a.m. via Zoom. This will be printed in *FaCEs* and a reminder will be sent in February.

Meeting adjourned at 11:34 a.m.

TammyJean (TJ) Barnes
Alaska FCE Secretary

Alaska FCE Treasurer's Report

October 24, 2023

Jill Martinson, Alaska FCE Treasurer

Bank balance as of September 21, 2023		\$10,295.86
Income:	Ways and Means	\$1020.00
	Books	<u>+40.00</u>
	Total income	\$1060.00
Balance plus Income		\$11,355.86
Expenses:	Conference overage	\$570.00
	Officer expenses	118.13
	National Delegate expenses	837.94
	Officers and Editor grants	320.00
	First timer scholarship	<u>+100.00</u>
	Total expenses	<u>\$1,946.07</u>
Final Balance		\$9409.79
Dedicated Funds		
	State Scholarship fund	\$600.00
	National Delegate Fund	\$1,266.64
	Conference Development Fund	<u>+\$930.00</u>
	Total Dedicated funds	\$2796.64
Working budget		\$6,613.15