



of Michigan the **fce** news

FOR AND ABOUT THE
MICHIGAN ASSOCIATION FOR FAMILY & COMMUNITY EDUCATION

OUR MISSION

To strengthen individuals, families and communities through education,
leadership, and action.

FALL 2018



MAFCE President's News

This is my last article as President. I would like to thank you for supporting me during my two years as President. There were many changes but because of our membership numbers getting smaller and our dues staying the same we had to cut some things. The board probably seen the most cuts and changes: only one board meeting a year, cut in the amount they get to attend the convention, staying in homes instead of a hotel during the board meeting, having only one day board meeting, having to send their reports by email ahead of the meeting and having to bring food for our dinner and breakfast meals. They were also asked to ride together to the meeting and convention to save on the mileage costs. County Presidents: Remember to send in your 2019 new presidents form to Sheri so the President and Treasurer have the correct names and addresses. Our membership numbers keep dropping but if we put effort in having a program each meeting, members have a reason to attend. Each county president has a list of programs that I am willing to send you for the cost of printing and postage. As soon as you know where your District meeting will be, the cost, and who and where to send the registration, please inform Joyce Weiss. Also remember to send her your educational form. The new Cultural Arts chairman is Virginia Neumann. Her address is 1423 Thumm Rd. Gaylord, MI. 49735. Our Michigan Heart of FCE winner was Doris Reber from Lapeer, MI. We have 2 new members on the 2019 MAFCE board Judith Gereau is the West U.P. District Director and Lorraine Rice is the East Central District Director. Some members chose to move to a different position on the board and they are: Mary Lou is now our Secretary and June is the North Central District Director.

NAFCE has 3 new Hearth Fire booklets: Aging in Place, Aging Well; Someone's in the Home Eating Healthy Food; and Asking a Friend: How Does Aging Affect My Senses. The workshops were on Wills, Trusts, and Funeral Plans and Stop This Epidemic Now: Opioids. These booklets can be bought from NAFCE, check out their web site - it is very easy to use now.

As promised, I would give you information on brain diseases. This time we will learn about Multiple Sclerosis and Picks disease. Multiple Sclerosis is when the body's own immune system attacks and damage the fatty material called myelin that surrounds nerve cells. Myelin is important for protecting and insulating nerves so that the electrical messages that the brain sends to the rest of the body travel quickly and efficiently. During an MS attack myelin is damaged and destroyed and patches of nerve cells become expose and then scarred. This renders the nerve cells unable to communicate messages properly and leaves them open to attacks from the immune system. This means that the brain cannot talk to the other parts of the body properly resulting is loss of motor function. Some MS symptoms include: loss of coordination (walking), speech difficulties, hand shaking (tremors), loss of bladder and bowel control, extreme fatigue, sight impairments, memory lapses, vertigo and weakness and loss of sensation (pain/tingling). No cure has been found but there are therapies that help improve patient's overall quality of life and minimize long term disability (by reducing inflammation, delaying the progression of the disease, reducing the frequency and severity of acute attacks and improving walking speed) Physical, occupational, speech and cognitive therapy also are used for improving function. There are many drugs that can be prescribed to help symptoms.

Picks disease is a kind of dementia similar to Alzheimer's but far less common. It affects parts of the brain that control emotions, behavior, personality and language. It's also a type of disorder known as frontotemporal dementia or frontotemporal lobar degeneration. When you have Pick's disease, the tau proteins don't work the way they should. You may also have more of them in your brain than other people. This abnormal clump of tau proteins is called Pick bodies. Pick bodies "derail" you transport system. The track is no longer straight, and nutrients in the brain can't get where they need to go. This causes brain damage that can't be reversed. It affects more men than women. People of Scandinavian descent are at a slightly higher risk of getting it than others. Up to 25% of people with Picks disease received a gene from a parent. Experts aren't sure why it happens in other cases. Symptoms are: act aggressively toward others, uninterested in everyday activities, mood swings, trouble feeling sympathy, trouble with unplanned activities, rash decisions, repeat actions over and over, say and do inappropriate things and has a sweet tooth. Problems with Language problems are: problems recalling names of common objects, problems copying simple shapes with pencil and paper, problems understanding written words and they speak very slowly. Occasionally people might also have memory loss, problems moving, stiff muscles, trouble urinating, trouble with coordination. How it is different that Alzheimer's is they don't have delusions and they do not get lost. The Diagnosis is done by a pencil and paper test, or by asking questions, blood test (DNA), MRI of the brain, PET scan of the brain, a lumbar puncture, or a biopsy of the brain. There is no cure or medication to slow down the disease. Some may live for about 10 years with the disease.

I hope to see you at our next convention in Gaylord, October 9-11 at Tree Tops, keep that on date on your calendar and save \$3.50 each week and you will have enough saved for your registration fee.

Stay warm and healthy,

Kathy Couchene
MAFCE President

From the Vice President for Education:

As in the past few years, I am happy to report that we had 14 educational displays entered into the 2018 MAFCE convention. Entries were provided by Bay, Calhoun, Delta, Eaton, Lapeer and Otsego counties. Thank you to all the counties that entered and for all your hard work.

The following is a list of winning entries. A cash prize was awarded in the amount of \$50 (1st place), \$30 (2nd place) and \$20 (3rd place).

EDUCATION:

- 1st - Delta - Navidad in Mexico
- 2nd - Bay - Do You BUJO (bullet journaling)
- 3rd - Calhoun - Ticks

ACTION:

- 1st - Lapeer- Lapeer in Action
- 2nd - Bay - FCE Gets Loony
- 3rd - Eaton - Crosswalk Teen Center

LEADERSHIP:

- 1st - Bay - FCE Promotes Leadership in Our Youth (Eagle Scout Project)
- 2nd - Delta - Character Counts

HEARTFIRE (DIABETES)

- 1st - Bay - Sugar? I'm Already Sweet
- 2nd - Otsego - Do I Have Diabetes?
- 3rd - Delta - Diabetes - Don't Sugar Coat It

I would also like to encourage all counties to send in their accumulated monthly educational reports to me by February 1, 2019. I need ample time to type all the reports, so your cooperation would be greatly appreciated. I will also be re-running for the office of Vice President in 2019 and would welcome your support.

Joyce Weiss

LOWER PENINSULA INTERNATIONAL DAY 2018 - Marie Haas, Chairman

Fourteen of us met on Wed. August 22nd at Kimball Firehall #1 for the first part of the program which was: A Typical Day in the Life of a Lighthouse Keeper. Our speaker, Carl "Bill" Jahn and his wife Marsha brought in a lot of hands-on artifacts, a few reproductions, several pictures and a couple of articles from magazines that went with a couple of the artifacts. The program was very interesting and having the hands-on displays made the history come alive. After the program, several of us took a mini tour of the fire station, the engines and trucks, by the time we were finished with the mini tour it was time to go to lunch, our table was ready when we got there, we all sat around talking, laughing and enjoying each other's company. Food was good too. Most of us went on to Fort Gratiot

Lighthouse Park, where Bill took our group to the Old Fort Gratiot Hospital which also has a very interesting history. After the hospital there were several brave people that climbed the 94 steps to the top of the lighthouse. If climbing the 94 steps up to the top of the lighthouse didn't take their breath away, the view certainly did. We visited the gift shop then gathered in the parking lot, said goodbyes and went on our way.

2018 Convention Report

	2018 PROPOSED INCOME	2018 PROPOSED EXPENSES	2018 ACTUAL INCOME	2018 ACTUAL EXPENSES
AV Equip (piano, extra mike, etc.)		\$300.00		
Chairman Expenses		\$100.00		
Choir		\$0.00		
Committee Mileage/.20		\$500.00		\$720.80
Committee Registration Convention (5)		\$750.00		\$750.00
Educational Packets		\$100.00		
Educational Speaker (FCL replacement)		\$100.00		
Entertainment		\$300.00		\$90.00
Evaluations		\$0.00		
Folders/Printing		\$150.00		92.65
Hostess Allowance		\$20.00		\$2.99
Keynote Speaker		\$100.00		\$100.00
Meals & Tour		\$9,500.00		\$7,366.26
Meeting Space		\$1,500.00		\$1,200.00
Misc. (name tags, etc.)		\$100.00		\$50.77
Program Sharing		\$0.00		
Registration Expense		\$25.00		
Secretary Expense		\$50.00		\$15.00
Special Guest Meals		\$40.00		
Table Favors/Centerpieces		\$100.00		\$24.25
Workshop Gifts/Stipends & expenses		\$150.00		\$85.00
Installation of Officers		\$75.00		
Contingency Fund	\$1,000.00			

Registration - 65 @ \$150	\$13,500.00		\$8,625.00	
Tour			\$1,225.00	
Cash Raffle	\$450.00		\$336.00	
Game of Chance	\$550.00		\$400.00	
Mystery Game Night	\$60.00		\$138.00	
Trade Show	\$30.00		\$50.00	
Donations			\$165.00	
TOTALS	\$15,590.00	\$13,960.00	\$10,939.00	\$10,497.72

2018 CONVENTION PROFITS = \$441.28

Collected during 2018 Convention

Coins for Friendship =	\$40.71
Water for All =	\$52.26
Intrepid Heroes Fund =	\$38.40

Convention Committee report for 2018 convention.

The pre-convention tour was planned by Jacquie Whidby. We left from the McCamly Plaza Hotel and went to the WMU Aviation building in Battle Creek where we learned all about their program for pilots and aviation mechanics. We were able to see some of the airplanes that they use and we were scheduled to do some other things, but I led people back to the bus so we missed out on them.



Hawley checking it out



Merle
Members on the tarmac

We had someone join us to tell us about the Marshall history mile where we visited the monuments of the Underground Railroad, a monument made of rocks that a man had collected, So Journeyer Truth, and WC Post. We went to see a Post Cereal Collection and then to Asian Buffet where some of our MAFCE members not on the tour joined us. We

returned to the hotel and played Snoop, Snoop, Snoop. Gifts were donated by MAFCE members and earned \$138 for our treasury.

The MAFCE convention was held in Battle Creek at the McCamly Plaza Hotel October 57. Jacquie Whidby recruited the color guards; the Keynote speaker, Richard Schlatter; classes and entertainment. She did a great job with each of these assignments. A very special thank you to Jacquie for all the hard work she did for the convention. Janet DeGroot had Joan Milhoan help her with making the first timers' zipper corsages. They also provided materials and instructions for painting rocks on Wednesday night. Janet worked with Janice Hamilton on decorations and treats for each meal. Janice was also in charge of "What's in a Cereal Bowl?" Since our theme was "Start Your Day the FCE Way", Janice decided that instead of "What's in a Box?" that we change it to "What's in a Cereal Bowl?" Nancy Conkey from Eaton County was in charge of hostesses and the evaluations and the press release and getting people to share "What's New with You?" on Friday morning. Janice was in charge of getting people to pray before our meals.

Joyce Weiss was our secretary and she put the program together and had her daughter design the cover for the program and the folder. Our treasurer, Faye Lipinski took care of the reservations and did a lot of work on letting the committee know who was going to be in the classes, the reservations, etc. plus writing checks for the expenses of the convention.

Our president, Kathy Couchene asked the presidents to find out why more people do not come to convention. This year we only had 65 registered including the 3 one day people. It is very difficult to find a place to hold the convention for less money than we spent and next year the rates for the hotel will be about the same. It will be held at the Treetops Resort near Gaylord October 9-11, 2019. If you need a roommate, there will be a number in the newsletter before the convention telling you where to call so that you will be able to share a room and save on the cost.

Gloria Crandall told about the National Association for Family and Community Education convention that she and Larry attended in Texas this summer. Gloria represented Michigan at the convention. She has a thumb drive with new programs on PowerPoint. If you need a program, call Gloria.

Remember that scholarships are available for convention. You may sign up for a scholarship every 4 years. Our state dues help to provide the scholarships along with the raffle tickets that we sell each year.

Classes this year at convention included: Opioids/Prescription Meds by Kristi Angelo, Senior scams by Zana Macki and Sassy Seniors by Traci Jo Hubbard, How Battle Creek Became Cereal City by John Ceva, Fun with Flowers by Gayle Scantlen and Solutions for Those Impacted by Dementia by Sheri Sherban. I heard from some people telling me that they would like to have been able to take all of the classes.

We elected new officers at the annual meeting. The officers for 2019 will be: President, Sheri Drake; Past President, Kathy Couchene; Vice President for Education, Joyce Weiss; Secretary, Mary Lou Wisniewski; Treasurer, Faye Lipinski; District Directors – North Central, June Owen; West UP, Judith Gereau; East Central, Lorraine Rice; Southwest, Arlona McCallum and Southeast, Kristine Mueller. Editor – Sharon Rajewski.



From Left to Right Back Row: Arlona, Judith, June, Faye, and Sharon Front row: Mary Lou, Kathy, Sheri, Kristine and Joyce

Our entertainment on Thursday night was Bob Holderbaum from Battle Creek. Arlona met Bob when she was looking for a program for JIL (Jackson, Ingham and Livingston counties). We were having a style show using clothing from Goodwill. At the time Bob was working for Goodwill and someone suggested that he would be good entertainment. We had him for that program and I was one of the models. I had my clothing layered and after modeling one outfit, I took that off and modeled another one when it was my turn. My last outfit to model was a swimsuit. This spring I ran across information about Bob and wondered if he still performed so I went to the internet and sure enough, he is still entertaining with his guitar and his ukulele and singing. I contacted him by e-mail and he asked if I was who he thought I was and I confessed that I was. How could he forget with a name like Arlona and a model that ended up with a swimsuit?!!!!!! Even though it has been about 14 years since that first program, he remembered. He did a fantastic job and was well liked.

Sheri told us that she would like to have "Sleep" be the study for her tenure as president. Kathy had the brain and wrote articles about the brain in the MAFCE News on each issue.

Arlona read the following poem before introducing Bob Holderbaum.

"\$5.37!"

That's what the kid behind the counter at Taco Bell said to me.

I dug into my pocket and pulled out some lint and two dimes and something that used to be a Jolly Rancher.

Having already handed the kid a five' spot, I started to head back out to the truck to grab some change when the kid, with the Elmo hairdo, said the hardest thing anyone has ever said to me.

"It's OK. I'll just give you the senior citizen discount,"

I turned to see **who** he was talking to, and then I heard the sound of change hitting the counter in front of me.

“Only \$4.68” he said cheerfully.

I stood there stupefied. I am 56, not even 60 yet! A mere child! Senior citizen? Noooooo Way!

I took my burrito and walked out to the truck wondering what was wrong with Elmo. Was he blind?

As I sat in the truck, my blood began to **boil**. Old? Me?

I'll show him I thought. I opened the door and headed back inside.

I strode to the counter, and there he was waiting with a smile.

Before I could say a word, he held up something and jingled it in front of me, like I could be that easily distracted by some trinket! What am I now? A toddler?

“Dude! Can't get too far without your car keys, eh?”

I stared with utter disdain at the keys. I began to rationalize in my mind!

**“Leaving keys behind hardly makes a man elderly!
It could happen to anyone.”**

I turned and headed back to the truck.

I slipped the key into the ignition, but it wouldn't turn.

What now?!

I checked my keys and tried another.

Still nothing.

That's when I noticed the **purple beads** hanging from the rear-view mirror.

I had no **purple beads** hanging from my rear-view mirror.

Then a few other objects came into focus.

The car seat in the back seat.

Happy meal toys spread all over the floorboard, A partially eaten doughnut on the dashboard.

Faster than you can say **ginkgo biloba** I flew out of the **alien** vehicle.

Moments later I was **speeding** out of the parking lot, relieved to finally be leaving this nightmarish stop in my life.

That is when I felt it, deep in the bowels of my stomach: **hunger!**

My stomach growled and churned, and I reached to grab my burrito,

Only it was nowhere to be found.

I swung the truck around, gathered my courage, and strode back into the restaurant one final time.

There Elmo stood, draped in youth and black nail polish.

All I could think was, **“What is this world coming to?”**

All I could say was, **“Did I leave my food and drink in here?”**

At this point I was ready to ask a Boy Scout to help me back to my vehicle, and then go straight home and apply for Social Security benefits.

Elmo had no clue.

I walked back out to the truck, and suddenly a young lad came up and tugged on my jeans to get my attention.

He was holding up a drink and a bag.

His mother explained, **“I think you left this in my truck by mistake.”** I took the food and drink from the little boy and sheepishly apologized.

She offered these kind words:

“It's OK. My grandfather does stuff like this all the time.”

All of this to explain how I got a ticket doing 85 in a 40-mph zone.

Yessss, I was **racing** some punk kid in a Toyota Pries.

And no, I told the officer, I'm **not too old** to be driving this fast.
As I walked in the front door, my wife met me halfway down the hall.
I handed her a bag of cold food and a **\$300** speeding ticket.
I promptly sat in my rocking chair and covered up my legs with a **blankey**.
The good news was that I had successfully found my way home.

(author unknown)

Submitted for the MAFCE News November 4, 2018 by Arlona McCallum

2018 Fund Raiser Report

Thank You to all who participated in our annual fund raiser. There were 825 tickets sold which is 82.5% of the tickets available for sale. Our profit from this year's fund raiser is \$3075.00. That is an increase from last year's sale of \$430.00.

The winners of our 2017 fund raiser are:

Elinor Thorpe, Battle Creek

K. Jankowski, Metamora

Ellen Murdock, Lansing

Beth Ann Fitzpatrick, Beaverton

Kathy Couchene, Escanaba

Sue Howard, Lapeer

LCFCE, Lapeer

George Wildt, Stanwood

Karen Briggs, Saginaw

Kristine Mueller, Lapeer

With membership declining, we hope you will consider buying a ticket for yourself and taking 3 or more tickets to sell. Also, consider having your study group buy tickets for a possibility of winning money for your club. As you can see by the above list, Lapeer County FCE was a winner. Let it be our goal to increase the amount of tickets sold for 2019.

Faye Lipinski, State Treasurer



Keynote Speaker Richard Schlatter told us of his entry into ArtPrize 2017 in which he won first place with his portrait of Abraham Lincoln made by using all pennies. If you stand in front of the portrait 2-3 feet you will see different hues and tones of brown: burnt umber, rosy brown, russet, chocolate, auburn, bronze, sepia to copper. There are 3 mystery coins in the portrait - one from 1891, a 1901 Indian head, and one blank penny. He averaged 32 hours of work on the portrait a week placing first penny on Feb. 12, 2017 (Lincolns birth) and last penny was placed by his grandchildren on April 15, 2017 (date of Lincolns death). There are 1,681 steel pennies used on his shirt. The steel pennies (zinc coated steel) were made in 1943 as copper was needed for ammunition for WWII. There was a total of 24,500 (\$245) pennies used and is 8 feet x 12 feet. The total weight of pennies is 140 lbs. but the total weight of picture is about 400 lbs. There were 5 lbs. of glue used and the total amount of time spent on it was 465 hours. Every year from 1909-2017 are represented. No chemicals or paint were used but it was covered with a coat of UV resistant clear acrylic to prevent oxidation and to enhance the natural color of the coins. Before use the pennies were cleaned with lemon juice and water then hand polished with a cloth.

GONE BUT NOT FOROTTEN



Pictured left to right:
Barb Bartlett - Cheboygan County
Lois Danielson - Kent County
Audrey Gahn - Cheboygan County

Margaret Seay - Lapeer County
2018 STATE BOARD

PRESIDENT

Kathy Couchene
5240 17th Road
Escanaba MI 49829
906-786-3876
davidcouchene@charter.net

VICE PRESIDENT OF EDUCATION

Joyce Weiss
2283 E North Union
Bay City MI 48706
989-415-0533
Juicem2000@hotmail.com

TREASURER/MEMBERSHIP CHAIRMAN

Faye Lipinski
51 E Markel Road
Munger MI 48747
989-659-2567
johnlipi@tds.net

NORTH CENTRAL DISTRICT

Paula Badder
4066 S Ranger Road
Brimley MI 49715
906-437-5374
pebadder@jamadots.com

SOUTHEAST DISTRICT

Kristine Mueller
2072 Kendra Street
Lapeer MI 48446
810-356-5497
worshiperkmm@charter.net

EDITOR & APPOINTED WEBMASTER

Sharon Rajewski
730 S Huron Rd
Linwood MI 48634
989-697-3460
serajewski@charter.net
www.MAFCE.org

PRESIDENT- ELECT

Sheri Drake
4905 Drake Rd
East Jordan MI 49727
231-582-3577
dsdrake527@gmail.com

SECRETARY

June Owen
617 W Stewart
Gaylord MI 49735
989-619-2764
wjowen@voyager.net

WEST U.P. DISTRICT DIRECTOR

Nancy Berta
307 Silver Creek Road
Marquette MI 49855
906-249-3097
nrb815@yahoo.com

EAST CENTRAL DISTRICT

Mary Lou Wisniewski
7187 N Portsmouth Road
Saginaw MI 48601
989-893-2086
cherry_bmj@hotmail.com

SOUTHWEST DISTRICT

Arlona McCallum
18440 29 ½ Mile Road
Springport MI 49284
517-857-2531
arlona@springcom.com

APPOINTED HISTORIAN-GRATIOT:

%Renee Smith
345 S Olson
Sumner MI 48889

REMINDER: If you are interested in running for a Board position, contact the nominating committee for details.

REMINDER: If you are interested in being appointed for a state committee chair, contact your State President. She would love to hear from you.

2018 STATE COMMITTEE CHAIRS

BUDGET COMMITTEE CHAIR

Faye Lipinski
51 E Markel Road
Munger MI 48747 Escanaba MI 49829-9552 989-659-2567
johnlipi@tds.net

CHARACTERCOUNTS COMMITTEE CHAIR

Judith Gereau
4735 18th Road
906-786-4725
gereaujudith@yahoo.com

CULTURAL ARTS COMMITTEE CHAIR

Nancy Thomas
3100 N Morse Road
Fountain MI 49410
231-462-3146

EDUCATION COMMITTEE CHAIR

Joyce Weiss
2283 E North Union Rd
Bay City MI 48706
989-415-0533
Juicem2000@hotmail.com

INTERNATIONAL COMMITTEE CHAIR U.P.

Paula Badder
4066 S Ranger Road
Brimley MI 49715 Lapeer MI 48446 906-437*5374
pebadder@jamadots.com haasfull@yahoo.com

INTERNATIONAL COMM CHAIR-LOWER MI

Marie Haas
72 Edgewood Drive
810-728-1187

NOMINATIONS COMMITTEE CHAIR

Sheri Drake
4905 Drake Rd
East Jordan MI 49727
231-582-3577 906-249-3083 dsdrake527@gmail.com

SCHOLARSHIP COMMITTEE CHAIR

Audrey Warren
120 Shimon Court
Marquette MI 036
audreywarren@juno.com

NATIONAL FCE Headquarters Suite 106 73 Cavalier Blvd.

Florence KY 41042
859-525-6401
Fax 859-525-6496
Email nafcehq@fuse.net
Website www.nafce.org

**Michigan Association
For Family and Community Education
Non-Profit Organization
51 E Markel Road
Munger MI 48747**

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2019 DATES TO REMEMBER

- Nov 1 - Membership deadline to Treasurer
- Feb 1 - FCE newsletter deadline
- May 1- East Central District Meeting - Gratiot County
- May 2 - Southwest District Meeting - Hillsdale County
- May 3 - Southeast District Meeting - St Clair County
- May 8 - West UP District Meeting - Delta County
- May 9 - North Central District Meeting - Manistee County

June 1 - FCE newsletter deadline

County Newsletter rotation for reports: Feb 1 – deadline for Southwest and East Central Districts
June 1 – deadline for North Central and West U.P. Districts
Nov 1 – deadline for Southeast District