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The FCAAE Insider

Volume 8, January 2025



From the Executive Director

All of us at FCAAE wish you a very positive and happy 2025! As 2024 comes to an end we want to give credit where it's due and say thank you to ... YOU ... for your participation, your enthusiasm, your support, and the sense of community that you bring to our organization. FCAAE only exists *because* of you and *for* you.

Our winter semester is open for registration. We hope you will make time for you in this new year. Please look at our class offerings and pick what best suits you. Even if the class has begun, as long as there are seats, you are welcome to register. Check our class listings today at www.fcaae.org.

We look forward to seeing you in class!



Sue Goodwin

Executive Director
Fox Chapel Area Adult
Education (FCAAE)

Our Amazing Instructors

FCAAE Swim Program Supervisor Published a Novel!

Annie Kayser, our swim supervisor and instructor, just published her first novel! Congratulations!!!



Annie Kayser surprised and thrilled us with a newly published novel. We know that she's an amazing swim instructor and swim program supervisor...but an

Out of the Ashes has been in Annie's head for a long time, just waiting to be written. And after 25 years, it's finally here. *Out of the Ashes* was published by [Word Association Publishers](#) in October, 2024.

"*Out of the Ashes* spans 15 years, taking place between 1960 and 1975. Many things happened during those years that are now considered "ancient history" and because of that, I had to dig." Many people helped and supported Annie while she worked on *Out of the Ashes*. Especially meaningful is that her mother was the "original editor", and is now gone and will never see the book in print. But her voice is heard throughout Annie's novel.

Annie is now working on parts two and three of *Out of the Ashes*. Although this novel took 25 years to write, we won't have to wait so long for the rest of the series. Now that her first novel is out, the ideas are flowing.

For Annie, this book has been a journey. "It has been, and continues to be one...for both myself and Billy, my main character."

author? We had no idea. It turns out that Annie has a dual BA degree from Duquesne University in English and Journalism.

We're happy that FCAAE is a part of Annie's journey, too. When she's not writing her novel, you can find [Annie at the pool teaching swim](#) and supervising the swim program. Maybe she'll autograph your copy of *Out of the Ashes*.

[How to purchase *Out of the Ashes*:](#)

Send an email to: outoftheashes1960@gmail.com

Buy it on the publisher's website: [Word Association Publishers](#)

Kindle version: available on [Amazon](#)

FCAAE Clay Instructor Was Highlighted on TV!



Karen McKee, FCAAE's incredible clay instructor, was recently highlighted on CBS Pittsburgh. She was kind enough to give a shoutout to FCAAE! Watch the video (below):



Karen works primarily in porcelain clay, which she loves for its smoothness and purity but also for its challenges. She explains that "Porcelain is harder to work with than stoneware clay. It's much less forgiving as you touch it."

Karen says she has had a 20+ year "love affair with clay from the first timid touch as a student." She was initially inspired in 1970 by her best friend, who was a potter. Over time and with her friend's support, her skills grew. Karen creates functional pieces to be used in everyday living...mugs, bowls, casseroles.

Karen explained that while she works "the quiet rhythm of throwing and trimming pots is a moving meditation. It is peaceful and beautiful and above all, it tells the truth in the touching of the clay and its memory of your touch. I simply want to make pots that make people happy and that are timeless."

Get inspired by Karen; take one of her [FCAAE courses](#), where she teaches both hand building and wheel throwing. Once you try it, you may begin a love affair with clay, just as she did!

Look for Karen's beautiful work on **Facebook** and **Instagram**
<https://www.facebook.com/Robyns-Nest-Pottery-188088481272880>
<https://www.instagram.com/inkladee55/>

It's Too Cold to Go Outside!!

Try Our Online Fitness Courses!

It's winter now. It's hard to stay fit. These frigid cold gray days don't help motivate you to exercise! Who wants to get dressed and head to the club, gym, or park? Well, you can forget about shoveling the driveway and scraping ice from the car. FCAAE has a solution for you! Online fitness classes!

Live online workouts allow you to interact with the instructor and are also recorded so you can re-watch the video throughout the week.



Chair TriYoga with Julie DeDomenico boosts flexibility and balance, strength, alignment, flexibility, and breathing while in a seated position.



Beth offers **online and in-person strength and fitness training**. Don't own your own workout equipment? Keep reading. We have suggestions.

And what if you need exercise equipment while at home?

If you want to work out at home but you don't have all of the equipment that's usually present in an in-person class, don't let that equipment hold you back. Here's a listing of alternatives that you probably already have in your home. Maybe you can come up with some other substitutions!

- Soup cans (not empty!), water jugs, any type of heavy bottle can replace hand held weights
 - Bungee cords, tights instead of resistance bands
 - Robe ties or belts for yoga straps
 - Chairs, sofas, tables, counters help with many exercises and offer resistance or replace a workout bench
 - Stairs are a great exercise aid
 - A wall for support and resistance exercises
 - PVC pipe or broom handle for balance exercises
 - Pillows, blankets, towels
-

Four Types of Exercise

National Institutes of Health (NIH)

This [link](#) to an article from the NIH explains each of the four types of exercise that will help us age gracefully. They are balance, endurance, flexibility, and strength. *FCAAE's live and in-person classes offer these and promote a balanced mind and body.*

Thank you to all who donate, support, register, and teach for FCAAE. We would not exist without you!!



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