

KENTUCKY FCS

CONNECTING PROFESSIONALS. TOUCHING LIVES.



Fall Issue 2012



President's Message
Martha H. Perkins
KAFCS President



Recently when I was traveling in the western part of the United States, I was given a list of 10 Codes of the West. Think about how these codes apply to your professional and personal lives.

1. Live each day with courage. Perhaps this is the courage to try a new program or to go back to school, or for a student to try for that job you really want, or the courage just to go to work that day.
2. Take pride in your work.
3. Always finish what you start.
4. Do what has to be done. Could this be finishing that report that's due, or trying to reach that hard-to-reach student?
5. Be tough, but fair.
6. When you make a promise, keep it.

7. Ride for the brand. We all ride for several brands, whether it's for our university, our school system or our professional association.
8. Talk less and say more.
9. Remember that some things aren't for sale. By the same token, some things can't be bought, like the people we meet and friendships we make through our work.
10. Know where to draw the line. Sometimes that's the line between our professional and personal lives. We're all better professionals when we have some time away from the pressures of the job.

Thank you for the opportunity to lead your organization this year. Details about the 2013 annual meeting will be arriving in your inbox in a few months. Be sure to send in your registration on time and I hope to see you there!



American Association of Family & Consumer Sciences

104TH ANNUAL CONFERENCE & EXPO

JUNE 26 – 29, 2013

Hyatt Regency Houston • Houston, Texas





L-R Front row: Anna Sullinger, Martha Perkins, Jackie Jensen.

Back row: Rachael Chihak, Pam Sigler, RaAnn Miller, Kim Henken, Amber Meeks.

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ginnye@insightbb.com

Successful State Meeting — 2012

KAFCS met March 23–24 at the Crowne Plaza Hotel in Lexington. Theme for the meeting was “Building Partnerships for Creating Healthy and Sustainable Families.” The tour this year was “Green Build Tour,” a tour of Lexington Habitat for Humanity.

The full meeting began with lunch sponsored by the Kentucky Beef Council and recognition of all exhibitors who were present at lunch. Speakers Michala Riggle and her mother, Emlyn Riggle, discussed Michala’s project “Beading to Beat Autism.” The enthusiastic teen explained her project to the audience, which is also the project the student unit adopted to work on this year, raising money for the Autism Research and Treatment Center (see “Beading to Beat Autism” on page 5).

The Kentucky Association of Electricians sponsored a break after which Joanie O’Byrne, Director of Development for Center for Courageous Kids spoke.

The business session was held with reports being given by officers and the election of the 2012-13 officers.

During the “Ebony and Ivory Banquet” scholarships were presented to Rachael Madden, a student at UK, and Kelly McDaniel, of ECU. Awards were presented to Pam Sigler, Outstanding KAFCS Professional; Brooke Jenkins-Howard, Outstanding KAFCS Leader and Lindsey Wood, ECU, Outstanding Student. Dr. Kathy Croxall, Assistant Professor at WKU, completed the evening explaining the AAFCS Branding Initiative.

On Friday, the program included “Partnering for Better Health” with speakers who have successful projects within the high schools, 4-H and FCS Extension. Those participating were Doug Wilson, agriculture teacher at Jackson County High School, who works with the FCS teacher making and selling jam, “Jammin’ with the Generals”; Dr. Stephanie Blevins, “4-H Means Business”; and Jackie Walters and Diana Drury, FCS Extension Specialists, explaining the new “Farm to School and Nutrition Education Programs” and new curriculum.

During the closing session, recognition of past presidents, 25- and 50-year members as well as first time attendees were announced. University updates were given by Dr. Ann Vail, UK; Dr. Diane Leggett, ECU and Dr. Kathy Croxall, WKU.

Approximately 60 members enjoyed the meeting.

The 2013 Annual Meeting will change venues— DoubleTree Suites on Richmond Road—and will be held February 20–21. See you there!

HUGS: Helping Undergraduate & Graduate Students

The new school year has begun! Which means that our Family and Consumer Sciences students have returned to campus—along with many new faces! As we recruit students into KAFCS/AAFCS, it is wonderful to be able to offer them financial support and mentoring opportunities as part of their membership. With a contribution of \$30, you can support half of a student member's annual dues and develop a relationship that could last a lifetime.

When you were a student, you probably had an instructor, supervisor, or mentor who impacted your personal and professional life. You probably also thought, at some point, that there was no way you could ever really repay them for all that they had given you or done for you. Maybe not, but you can pay it forward by becoming that kind of support for one or more current students.

If you currently work on a college campus, please also encourage your colleagues to join KAFCS/AAFCS and to become HUGS mentors. The Helping Undergraduate and Graduate Students program has been a signature program for the association for many years. To become part of it, please e-mail ginnye@insightbb.com for more information or send a \$30 check (or more), made payable to KAFCS, along with your current contact information, to:

KAFCS HUGS
c/o Ginny Ellington
664 Cindy Blair Way
Lexington, KY 40503

Thanks for your support!!!!

Student Unit Officers

The following students are serving as officers of the KAFCS Student Unit. Feel free to contact any of them if you have committees on which you would like student input or if you have ideas or other opportunities for them to network with professionals.

Chair Rachael Chihak
r.chihak@gmail.com
Junior at U.K.

Chair Elect Shelby Rose
shelbylynnrose@att.net
Sophomore at U.K.

Secretary Rachel Madden
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Junior at U.K.

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Junior at E.K.U.

Treasurer Kayla Brackman
kbrackman11@yahoo.com
Sophomore at U.K.

AAFCS Annual Meeting Report June 24–27, 2012 Indianapolis, IN

Twenty eight Kentucky affiliate members attended the AAFCS annual meeting in June in Indianapolis. The theme of this year's meeting was "Connecting Professionals: Leadership in Action."

The opening session keynote address featured author Dr. Gary Bradt, who encouraged us to "dig through the rubble of change and find our next golden opportunity." The capstone general session keynote speaker was financial educator Cassandra McConnell. Between these two events, there was a packed schedule with educational sessions, expo exhibits, learning labs, committee meetings, networking opportunities and more.



Kentucky members in the spotlight included Nancy Edwards (left), who was recognized as a 50-year member; Ingrid Adams, candidate for president-elect; and Kathy Croxall, candidate for nominating committee.

Session presenters included Ann Vail, RaAnn Miller, Ingrid Adams, Martha Nall, Kathy Croxall and Hazel Forsythe. Grace Angotti serves on the AAFCS Development Committee. Martha Perkins and Pam Sigler served as senators. Former KAFCS executive secretary Marianne Lorensen received the Dye-Leverton Fellowship.

Twenty Kentucky affiliate members and guests enjoyed Kentucky Night Out at The Weber Grill, with much barbeque, networking and laughter.



IN MEMORIAM



Mary Agnes Whitworth Ludwig, 60, passed away January 14, 2012, after losing her battle with colon cancer. She was a long-time member of AAFCS/KAFCS, 2009-10 KAFCS president-elect and 2008 Teacher of the Year.

Mary was a graduate of Southern High School (1969), the University of Kentucky (1973), and the University of Louisville (1998). A national award winning Family and Consumer Sciences teacher, Mary taught parenting and fashion and interior design at the Westport Teenage Parent Program for 17 years.

KAFCS NEEDS YOU!!

The Kentucky Association of Family and Consumer Sciences will be looking for members to contribute their talents to the work of the association in the following offices starting June 2013:

President-Elect: Works closely with the president, selects date and place for annual meeting, responsible for product sales at AAFCS and attends AAFCS Leadership Conference.

Vice President–Professional Development: Presents a tentative annual meeting program, working with the Annual Meeting Program and Annual Meeting Arrangements Chairpersons. Oversees Certification Coordinator, Scholarship Funding Committee and Research Committee.

Secretary: Records all minutes of the Executive Committee, Executive Board and general membership meetings. Maintains a record of bylaw and policy revisions as submitted by the Bylaws, Policy and Handbook Chair.

The President-Elect position entails a three year commitment to service on the executive board, one as president-elect, one as president, and one as past president. The other offices are for a two-year term.

If you are interested or you know someone that you think would be interested in one of these positions, please contact Ginny at ginnye@insightbb.com.

Service on the KAFCS Executive Board is a great opportunity to get to know professionals across the state.

AWARDS TIME AGAIN!!!

It's time to nominate outstanding members of KAFCS for professional recognition. The awards that continue to national competition are:

KAFCS Leaders Award

KAFCS New Achievers Award

KAFCS Teacher of the Year Award

(this award recipient is submitted by the KY Association Teachers of Family and Consumer Sciences)

KAFCS Wiley-Berger Award

KAFCS Awards:

KAFCS Outstanding Student Award

KAFCS Outstanding Professional Award

Friend of KAFCS Award

Other State Level Awards:

Outstanding Dietitian Award

Awardee must be a member of both AAFCS and the American Dietetic Association.

Awardee shall be selected by the KY Dietetic Association with the recipient's name and information forwarded to KAFCS by **Oct. 15**.

KAFCS Karen Davis-Parker Outstanding Extension FCS Professional Agent Award

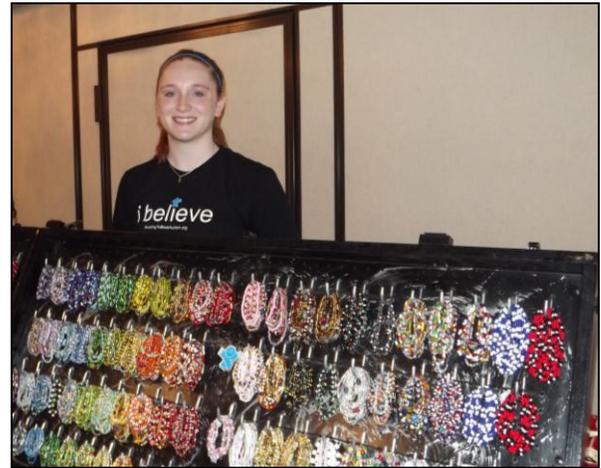
Awarded by KEAFCS and recognized by KAFCS. Criteria include an outstanding project or activity plus evidence of professional involvement in FCS and Extension organizations. Applicant must belong to AAFCS.

Please take time to nominate your deserving colleagues for these awards! We know that KAFCS members are doing great things, and we want to give them a chance to shine!

Please visit www.kafcs.com for additional information on the nomination process.

2012 KAFCS Award winners will be notified no later than December 1, and they will be recognized at the annual meeting in March 2013. Those being nominated for 2013 AAFCS Awards will also be notified by December 1 and will work with the Awards Chair to submit national nominations.

Nomination deadline: October 15, 2012



Beading to Beat Autism

This past year at the state KAFCS meeting the student unit took on Beading to Beat Autism.

The Beading organization was started when a young girl, Michala, felt the need to contribute to an experimental procedure for her younger brother, Evan, who is autistic. After giving her mother all that she had, \$7.35, she decided that she would help raise the rest of money for her brother. With much support from her "peeps," Michala beaded bracelets and sold them, raising nearly \$300,000 in six months.

Now Michala is on a new mission! After seeing what a success the experimental treatment was for her brother, she not only wants to continue to raise autism awareness, but also plans to raise \$300,000,000 to build an Autism Research and Treatment Center. She is recruiting everyone that is willing to bead and sell bracelets for this cause.

As a student unit we have accepted her challenge by beading and selling bracelets to beat autism. We are slowly reaching our goal of selling 300 bracelets to raise \$900 to send back to Michala. It is truly amazing to see what a young girl with such determination can achieve.

As Michala says, "You gotta believe!"

To find more information or make donations go to www.beadingtobeatautism.org.



KAFCS Professional Development Day



Farm 2 School Tour

October 3, 2012

**Do you have an interest in local food systems?
Are you teaching youth about nutrition
or the economic impact of agriculture in Kentucky?**

Tour Good Shepherd Farm – producer of sheep milk cheese. Learn about the dairy operation, cheese production, and shearing of the animals. The farm is open for school and group tours.

Kentucky Market Pavilion will serve lunch and provide an opportunity to see an array of Kentucky Proud food and craft products.

Receive a copy of the new Kentucky Farm 2 School curriculum and talk to:

Jackie Walters, R.D., U.K. Cooperative Extension Service

Tina Garland, Kentucky Department of Agriculture



Finish the day with a self-guided tour of Kentucky Proud agribusiness in Montgomery County.

Cost:

\$15 per person/KAFCS Student Members

\$20 per person/KAFCS Members

\$25 per person/Non-Members

Tentative Agenda

- 8:30 a.m. Registration opens at the Bath County Cooperative Extension Office in Owingsville
- 9 a.m. Consolidate into cars
- 9:15 a.m. Travel together to Good Shepherd Sheep Farm
- 9:30 a.m. Tour Good Shepherd Sheep Farm for a dairy, cheese and shearing tour
- 11:45 a.m. Return to Bath County Extension Office
- Noon Lunch at Kentucky Pavilion
Learn about marketing of Kentucky Proud food and craft products
- 12:45 p.m. Farm 2 School Curriculum
Jackie Walters, UK Cooperative Extension Service
Tina Garland, Kentucky Department of Agriculture
Participants will receive a hard copy of the new curriculum
- 2 p.m. Leave for self-guided Kentucky Proud Tour in Montgomery County

Registration Deadline: September 28

KAFCS Professional Development Day Registration
Farm 2 School Tour
October 3, 2012

Name _____

Address _____

Organization/Affiliation _____

Phone: _____

Email: _____

KAFCS Student Unit Member	\$15	_____
KAFCS Member	\$20	_____
Non-member	\$25	_____
HUGS Sponsorship	\$30	_____
Donation to scholarship		_____
Total enclosed		_____

Send registration to: Pam Sigler
University of Kentucky
242 Scovell Hall
Lexington, Kentucky 40546-4702
psigler@uky.edu



Registration Deadline: September 28, 2012

KAFCS NEWSLETTER is published as a service to members. Send news, photographs and comments to:

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OR

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www.kafcs.com • www.aafcs.org

See more great photos from the 2012 KAFCS Annual Meeting at KAFCS.com!



Left to right: Rachael Madden, UK, Scholarship Recipient, and Sally Mineer, Scholarship Chair. (Kelly McDaniel, ECU, Scholarship Recipient, not pictured). Lindsey Wood, ECU, Outstanding Student, Brooke Jenkins-Howard, Outstanding KAFCS Leader, and Pam Sigler, Outstanding KAFCS Professional, receive awards from Marjorie Baker, Awards Chair.

Dates to Remember

2012

October 3 KAFCS Professional Development Day, Owingsville

October 15 Awards Deadline (see page 5)

November 6 Fall Executive Board Meeting, Fayette Co. Extension Office

2013

February 19 Spring Executive Board Meeting, Lexington

Feb. 20–21 KAFCS Annual Meeting, DoubleTree Suites, Lexington

June 26–29 AAFCS Annual Conference & Expo, Houston, TX