



President's Message Cherie Mingus KAFCS President

Greetings KAFCS members!

I hope each of you have enjoyed making summer memories with family and friends. Educators are back in the classroom, while extension agents and other FCS specialists are busy planning activities for their upcoming year. Fall is fast approaching which means we will soon be experiencing another well-planned, educational, and fun KAFCS Fall Workshop.

I, along with several other KAFCS members, attended the 108th AAFCS Annual Conference and Expo in Dallas, Texas during June. The theme was "Financial Fitness: Trends, Innovations and Impacts". This is the second year of the AAFCS Signature Initiative "FCSfit". If you haven't taken the **FCSfit** pledge, you can do so by logging onto the AAFCS website. There are also **FCSfit** Resources available to use in your classroom and/or your community.

Members of KAFCS, I challenge each of you to recruit at least one new member this year. As members of AAFCS/KAFCS we are the **ONLY** professional association for family and consumer sciences students and professionals from multiple practice settings and content areas. Download a membership form at aafcs.org and present it to a prospective member. Be sure to inform the prospective member reasons why you belong and why he/she needs to be a member, too!

I look forward to serving as your President for a second time along with a board of excellent officers for 2017-2018. Best wishes for a great year and I hope to see each of you September 20 in Georgetown at our annual fall workshop!



KAFCS President Cherie Mingus enjoyed Dallas in a BIG way during the AAFCS Annual Conference and Expo in June.

Dates to Remember

2017

- September 20 KAFCS Professional Development Workshop
Georgetown
Registration Deadline: September 13
- December 3 FCS Dining In Day
See article on pg. 6

2018

- January 15 Award Nominations due to Caylen Knight
See article on pg. 5
- February 1 Scholarship Applications due to Sally Mineer
- February 13 FCS Educator Day
See article on pg. 8
- April 16-17 KAFCS Annual Meeting
Location: TBA
- June 24-27 109th AAFCS Annual Conference & Expo
Atlanta Marriott Marquis
Atlanta, Georgia



2017–18 KAFCS Officers

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Certification Coordinator

Sally Mineer

AAFCS Development

Cherie Mingus

Finance

Rachael Price

Archives

Hannah Mayrand

Newsletter

Celeste Moore

Nominating

Allison Lewis

Public Relations and Marketing

Jennifer Burton

Annual Meeting Arrangements

RaAnn Miller

Annual Meeting Program

RaAnn Miller

Strategic Plan

Caylen Knight

HUGS: Helping Undergraduate & Graduate Students

We are starting another school year and FCS Students are returning or starting their college classes. As we recruit FCS students to join the student units of KAFCS/AAFCS at the different universities, it is important to be able to help them with financial support.

As professionals, we all remember back to our days as a college student trying to decide what to be a member of. You can help make that decision a little easier with a contribution of \$25 for student annual dues or \$50 to help a new professional join our association.

As members of AAFCS we can proudly say that student unit members can continue this professional group long after graduating and use it to help jumpstart their career in Family and Consumer Sciences.

As a KAFCS member, please encourage your college students and new professionals to take advantage of the opportunity that these programs offer. If you have questions, please contact Sally at smineer@uky.edu. Forms for these new members are on our website, kafcs.com.

If you are willing to help sponsor a student please send a check and mark HUGS donation to:

Sally Mineer
242 Scovell Hall
University of Kentucky
Lexington, KY 40546-0064

IN MEMORIAM



Dr. Peggy Meszaros, a native Kentuckian and former KAFCS member, was a visionary leader for Family & Consumer Sciences. She began her career as a high school home economics teacher and later went on to become the highest ranking female administrator at Virginia Tech. Along the way she served as Associate Dean for FCS Extension in Oklahoma and Dean of the College of Human Environmental Sciences at the University of Kentucky. In every capacity she was an advocate for individuals, families and communities and was a role model for many. Dr. Meszaros died in April 2017. She will be greatly missed.

As a memorial to Peggy's professional collaborations and friendships, AAFCS members, colleagues and friends have the opportunity to contribute to the **AAFCS Centennial Scholars Research Grant endowment fund** which Peggy and Dr. Sharon Nichols established in 2009. Dr. Nichols is matching any \$100 contribution (up to \$5000) for gifts made by October 15, 2017.

Participants in the KAFCS Fall Workshop on September 20th will have the opportunity to be a part of the KAFCS contribution to the Fund to honor Dr. Meszaros. If you are unable to attend the Fall Workshop and would like to contribute through KAFCS (and take advantage of the matching opportunity) please make a check payable to KAFCS and note the "Meszaros Memorial" on the check.

Send your check to:
KAFCS Treasurer
Rachael Price
105 Baton Rouge Road
Williamstown, KY 41097



Helen M. Stevens, 1974-75 KAFCS State President and Life Member, died on Saturday, July 22 at the age of 100.

Miss Stevens was a State Specialist in Family Economics and Home Management with the University of Kentucky. She had been Assistant Professor of Home Management and Family Economics, Director of Home Management Laboratories and Acting Chairman Department of Home Economics, Middle Tennessee State University. Miss Stevens had also been an Extension Agent in Morganfield and Elementary teacher in Ohio County.

In addition to her leadership in KAFCS, her other membership activities included Omicron Nu, Kappa Omicron Phi, Delta Kappa Gamma, Epsilon Sigma Phi, AAUW and EWRT.

Helen was born in Dundee, Kentucky.

*Help Our FCS Colleagues
in Texas!*

**Text FCS4HARVEY to 91999
to donate**

100% of the donations will be used to help AAFCS members and FCS professionals in Texas rebuild their programs, schools, and workplaces. Funds will be managed and distributed by the Texas Association of Family & Consumer Sciences.



Helping Family & Consumer Sciences Harvey Victims in Need



Kentucky Association of Family & Consumer Sciences

Fall Professional Development Workshop September 20, 2017 – Georgetown, KY

Come Learn how to Blend FCS: from Arts to Apples

- 9:30 am Registration/Refreshments at Georgetown Cardome Center
- 10:00 am Begin tour
County Judge Executive, George Lusby
Scott County/Georgetown Tourism
- 12:00 pm Lunch & Tour at Country Boy Brewing (must wear closed-toe shoes for tour)
- 2:00 pm Evan’s Orchard presentation, farm tour, & apple tasting



PDU s available for the day!



KAFCS Fall Professional Development Workshop

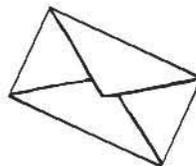
Registration is limited and on a first-come, first-serve basis! This form is due by September 13, 2017.

Name: _____ Cell Phone #: _____ E-mail address: _____

Your title/school: _____

Mailing Address _____ City: _____ Zip: _____

- KAFCS Member \$30.00 _____
- Student Member \$25.00 _____
- Non-members \$40.00 _____
- Scholarship Donation _____
- HUGS Donation _____
- TOTAL _____



Checks payable to: **KAFCS**

Mail registration to: *KAFCS Treasurer
Rachael Price
105 Baton Rouge Road
Williamstown KY 41097*

Awards and Nominations

Dear Member,

As a KAFCS member, you have the exciting opportunity to join us at our annual meeting this year. We look forward to congratulating many hard working FCS professionals as they are recognized for their accomplishments. Thanks to your nominations and involvement in KAFCS, we are able to acknowledge the great things your colleagues are doing throughout the state to promote Family and Consumer Sciences.

Who can you nominate for an award this year?

KAFCS Awards

- **KAFCS Leader Award:** FCS professionals who have made contributions on the national level and have been a member for at least 8 years.
- **KAFCS New Achiever Award:** FCS Professionals who have been a member for at least 3 years but no more than 8 years.
- **KAFCS Outstanding Student Award:** FCS student either in undergraduate or graduate program.
- **KAFCS Outstanding Professional Award:** FCS active professional on the state level.
- **Friend of KAFCS Award:** Any citizen and/or organization that promotes family life.
- **Wiley-Berger Award:** FCS professional who has done any volunteer work that is beyond their job description.

Additional State Awards

- **Karen Davis-Parker Outstanding Extension FCS Professional Agent Award:** Awarded by the Kentucky Extension Association of Family and Consumer Sciences
- **Teacher of the Year Award:** Submitted by the Kentucky Association Teachers of Family and Consumer Sciences

[We Challenge You!](#)

This year when you attend one of our annual meetings, invite at least one of your FCS colleagues to join you. Then, take it a step further and encourage them to apply for membership at www.aafcs.org/join

I Want to Nominate Someone, Now What?

Please visit www.kafcs.com for additional information on the awards nomination process. Nominations can be sent to Caylen Knight at caylen.knight@boone.kyschools.us

Nomination Deadline: January 15, 2018

Awards will be recognized at our 2018 Annual Meeting. Recipients will be notified by February 15, 2018.

There is no scarcity of opportunity to make a living at what you love; there's only scarcity of resolve to make it happen.

~Wayne Dyer

FCS Day: December 3rd

On December 3rd, we will celebrate Family and Consumer Sciences Day. It is a great way to promote family and consumer sciences programs. We are encouraging families to make and eat a healthy dinner together on December 3rd.

Family mealtime benefits the whole family. Research shows that family mealtime improves nutrition, fosters family traditions, strengthens family communication and teaches life skills, such as food preparation, budgeting and meal planning.

The goal is to have 200,000 families eating a healthy meal together on December 3rd. To sign up for Dining In on December 3rd go to: <http://www.aafcs.org/FCSday/commitment.html>

The web site shows where others have committed to Dine In and includes ideas for encouraging others to participate and resources to use promoting the event. Groups as well as individuals can sign up. Encourage student organizations, community groups and friends or families to participate, i.e. Extension Homemakers Clubs, local Chamber of Commerce members, Rotary Clubs, FCCLA, 4-H Clubs, college student clubs, honor societies, sororities, fraternities, etc. Put the link in your local newspaper articles and newsletters. Anyone can participate. It isn't just FCS professionals.

This is a great way to promote healthy eating and strengthening families in one simple activity. Take a photo of your family preparing a healthy meal and post it to Facebook, Twitter, and/or Instagram using #FCSday and #healthyfamselfie.

Have a great night preparing a healthy dinner for your family and friends!

#FCSday

#healthyfamselfie

"Dine In" With Us!

What You Can Do
(choose one or more!)

- 1 Commit to "Dining In" on December 3.
- 2 Prepare and eat a healthy meal with your family on December 3.
- 3 Take a photo of your family preparing a healthy meal and post it to Facebook, Twitter, and/or Instagram using #FCSday and #healthyfamselfie.
- 4 Change your Facebook profile photo to the I'm "Dining In" logo.
- 5 Wear an I'm "Dining In" sticker.
- 6 Ask your friends and family to "Dine In."
- 7 Pin your favorite family meal recipes to a "Dining In" Pinterest board.
- 8 Follow AAFCS on Facebook, Twitter, and Instagram for ideas and updates.
- 9 Share our social media posts or create your own posts about family mealtime.
- 10 Visit www.aafcs.org/FCSday for more ways to get involved and access resources!

www.aafcs.org/FCSday
#FCSday #healthyfamselfie

ASAE THE POWER OF(A) AWARDS 2015 SILVER WINNER

AAFCFCS SERVICES ASSOCIATION OF FAMILY & CONSUMER SCIENCES

FCSfit

#FCSfit

FCSfit is an **AAFCS Signature Initiative** spanning three years that is focused on setting small, realistic goals and delivering resources and community support to our membership and our supporters as they "**model the mission**" of AAFCS, and make informed decisions about their own well-being, relationships, and resources with the goal of achieving an **optimal quality of life**. Let's get FCSfit!

Year One: Physical Well-being (Kicked off at the 2016 AAFCSac in Bellevue, Washington)

Year Two: Financial & Resource Well-being (Launched at the 2017 AAFCSac in Dallas, Texas)

Year Three: Emotional Health & Relationship Well-being (Launches at the 2018 AAFCSac in Atlanta, Georgia)

2017 Award Recipients



Teacher of the Year
Phyllis Sweatt



Outstanding Student
Michaela Mineer



Wiley-Berger Award
Sarah Henry



New Achiever
Rachael Price



Karen Davis Parker Award
Whitney Hilterbran

Teacher of the Year Award

Phyllis Sweatt teaches Foods and Nutrition, Culinary, and Fashion and Interior Design at Bowling Green High School. She is also a superior advisor for the Family Career and Community Leaders of America chapter at her school as evident by her students' success in STAR events competition at the regional, state, and national levels. In addition, she is known for her dedication and involvement in her KATFACS Region, in which she currently serves as president. Above all, Phyllis has displayed Family and Consumer Sciences in action through her commitment to community service, mentorship, and leadership throughout her career.

Outstanding Student

Michaela Mineer is a Junior at the University of Kentucky with a dual degree in Family Sciences and Communications with a minor in Community and Leadership Development. She is a very active member of various professional organizations on campus; she serves as president for both the UK Association of Family and Consumer Sciences as well as the Phi Upsilon Omicron Iota Chapter. She is involved in numerous other activities on campus that truly demonstrate her heart of Family and Consumer Sciences. She has internship experience with Kentucky and National student organization Family Career and Community Leaders of America.

Wiley-Berger Award

Dr. Sarah Henry has been an extraordinary member of various professional organizations and honors societies including Home Economics Club, Phi Upsilon Omicron, Omicron Delta Kappa, Phi Delta Kappa and, of course, KAFCS. She is known for her contributions and expertise in education in various positions around the state including Scott County High School, Dept. of Education in Western Kentucky, University of Kentucky, Morehead State, and University of Louisville. It is evident that her career in Family and Consumer Sciences was very strong and that she was a leader in many capacities.

New Achiever Award

Rachael Price earned her degree from the University of Kentucky. During her time as a student, she was active in the KAFCS student unit and held various leadership positions. After graduating and being hired as an FCS extension agent for Mason County in May 2013, Rachael continued to hold leadership positions in KAFCS including her current role of State Treasurer. She has been a strong leader in our organization and has provided much guidance and leadership along the way. Rachael has transferred to serve as an Extension Agent in Grant County and continues to show her dedication to the profession.

Karen Davis Parker Outstanding Extension Agent for Family and Consumer Sciences Award

Whitney Hilterbran is an Extension Agent for Scott County. This year, she coordinated a thoughtful, meaningful, and useful project that is certainly award winning. The planning of this project took a bold step of revamping a local traditional holiday workshop of crafts and sweets into a modern workshop with healthy tips for the holidays. "Healthy Holidays" was the new name for this workshop. During this workshop, members got to learn how to make cost effective yet healthy appetizers for the holiday season and learned sanity-saving tips for managing the stress of entertaining during the holidays.

Friend of KAFCS

The Woodford Inn has strongly supported the Kentucky Association of Family and Consumer Sciences by hosting numerous business meetings for our board, hosting our fall annual meeting, presenting as a guest speaker at our meeting, serving us delicious food, and demonstrating quality hospitality services to their community and our organization. This year's Friend is a place where you go for a weekend getaway, host an event, or simply order a delicious meal at the conjoining restaurant.

Mark Your Calendar!

February 13, 2018



Family & Consumer Sciences Educator Day

This important event will highlight the value and achievements of family and consumer sciences educators and programs.

Family and consumer sciences (FCS) educators work in secondary education, higher education, and Extension education positions and will be the focus of recognition, paying tribute to the positive impact that they have on individuals, families, and communities every day.

Stay tuned for FCS Educator Day promotional resources!

More Ways to Fill the FCS Educator Pipeline

Whether you are a current or former FCS educator, program participant, or program supporter, you can make a difference in many ways:

1. Visit www.aafcs.org/FCSEdPipeline.asp for background information and links to campaign resources!
2. Commit to **recruiting** family and consumer sciences educators using the online commitment form. Your commitment pin will show on our interactive map!
3. Download and use the **tools** on our campaign page that work best for your recruitment efforts.
4. Get involved in the "Say Yes to FCS" **social media campaign** each month. Visit our Storify page to see social media posts! <https://storify.com/aafcs>
5. Talk with potential family and consumer sciences educators about **career opportunities** and direct them to www.aafcs.org/SayYestoFCS.asp.

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

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