



Kentucky Association of Family and Consumer Sciences

NEWSLETTER

Winter Issue 2006



President's Message Brenda Owen KAFCS President

"Moving and Grooving: Making Kentuckians Healthier in 2006", our theme for the 84th annual meeting will boost our resolutions to maintain good health for ourselves and others. You don't

want to miss the state meeting this year. It is one for all of us to attend. I want to thank Marisa FitzGerald for her efforts in planning this energizing and informative program. This conference will update you on the latest research on obesity, and motivate you to strive for good health. Invite a friend and make plans to attend this most outstanding conference. Pack your bags to arrive early so you can take advantage of all the conference has to offer.

Thursday morning tours include the Frazier Arms Museum and the award-winning Jefferson County Food Service Center. The Frazier Arms Museum holds in trust a collection of arms, armor, and related historical artifacts. You will be interested to know that the family Bible of Daniel Boone is at the museum. And history buffs will find the bow of Apache warrior Geronimo, the pistols of General George Armstrong Custer, and Theodore Roosevelt's "Big Stick." For more information go to the Frazier Arms website and take the *Courier Journal* Guided Tour.

If you've never been to the Jefferson County Schools Nutrition Service Center, you will be totally amazed at its size and scope. This huge building provides warehousing and food production support to all 149 dining sites in the district. The Center provides for the consistent quality of school meals, while enabling schools to offer a wider variety of menu items. They recently received an award for making changes toward healthier school lunches.

The conference theme focuses on many aspects of health and obesity issues. We will hear from leading researcher Dr. Joan Griffith, on the topic of childhood obesity as well as from Mrs. Glenna Fletcher, Kentucky's first lady, who will give an update on what is being done in the state through the *Get Healthy Kentucky* program.

The opening general session on Friday offers more health information from Wendy Carlin, program coordinator for *Partnerships for a Fit Kentucky*. Concurrent sessions offer most interesting programs concerning relief for hurricane victims, organ donation, Jefferson County food service program. Also featured will be a presentation of the AAFCS commemorative lecture by Dr. Joyce Rasdall. Please keep Joyce in your thoughts and prayers as she continues her battle against cancer.

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Annual Meeting Keynote Speaker: Dr. Joan R. Griffith



Our keynote speaker at the opening luncheon on Thursday will be Dr. Joan R. Griffith, a pediatrician with the Kentucky Children's Hospital in Lexington. Her presentation, entitled *Obesity and Our Kentucky Youth*, is sponsored by the Lamplighter Fund of the Kentucky HEIB.

Dr. Griffith is credited with conceiving and implementing the first and only university-based pediatric weight management clinic in Kentucky known as the U.K.TEAMS Clinic. This multidisciplinary pediatric weight management program provides a greatly needed community service and is designed to be a reference source for future research in the area of pediatric obesity. Dr. Griffith is also medical director for the Pediatric Exercise Physiology Laboratory at UK.

Currently Assistant Professor of Pediatrics at the University of Kentucky, Dr. Griffith brings a wealth of expertise in the area of pediatric obesity. We are fortunate to engage such a qualified resource to be our 2006 Lamplighter presenter.

Staying Healthy Through Laughter

Thursday evening at the Derby Dinner Playhouse promises a delicious buffet dinner followed by an enjoyable show, "Do Black Patent Shoes Really Reflect Up?" This is a delightful musical about Catholic school in the 1950's and 60's. This story captures the comedy, music and tenderness of growing pains and will tickle the funny bone of anyone who ever went to school, public or private. The play begins as the main character, Eddie Ryan, returns to his alma mater to search for his "first love". His memories become the focus of the play and the audience is taken back to certain events like the first day of school, going to confession for the first time, and the senior prom.

It has been said that laughter is a very powerful medicine. It can lower stress, dissolve anger and unite families in their resolve to overcome troubled times. In this way this performance enhances our theme of making Kentuckians healthier.

Be sure to **register by February 6** using the enclosed registration form to attend this special event.



**Annual Meeting Registration Form Enclosed.
DEADLINE: February 23**

MEET YOUR OFFICER NOMINEES

For President-Elect:



Sharon Collins is a Family & Consumer Science teacher at Warren East Middle School in Bowling Green, Kentucky. She is in her ninth year of teaching for the Warren County Board of Education. She has a B.S. degree in Home Economics from Georgetown College. She received her teaching certification and a M.A. degree in Secondary Education from Western Kentucky University. She has served as the Vice President for Professional Development for KAFCS (2003-2005). She is currently the

President-Elect for the Western District. She has previously served as President at the district level. A member of the Kentucky Association of Teachers of Family & Consumer Science, Sharon served in various offices including the Region IV President. She received the KAFCS New Achiever Award in 2001. Sharon serves as the Beta Club Advisor and the Nutrition Advisory Council Advisor as well as serving on various committees in her school.

For Vice President for Program Planning:



Ann Bradley is Letcher County's Extension Agent for Family and Consumer Sciences. She has served in this position for what seems to her like a very short 38 years. After Ann received her B.S. Degree from Eastern Kentucky University she immediately began her Extension career in Letcher County. In KAFCS she has served as Scholarship Selection Chair for several terms and has been an officer in the Eastern District.

For Vice President for Service:



Brooke Jenkins is the Magoffin County Extension Agent for Family & Consumer Sciences. Brooke is currently serving as KAFCS Treasurer and has previously served as Secretary/Treasurer for the Eastern District. In 2005, she received the KAFCS New Achiever Award. Brooke is also involved in the Kentucky Extension Association of Family and Consumer Sciences where she is currently the Northeast Area President and has received state and national recognition for programming. She graduated from the University

of Kentucky in 2000 and 2004 with a BS in Family & Consumer Sciences Education and an MS in Vocational Education. Brooke resides in Salyersville, Kentucky and spends her free time with family and friends, gardening, traveling and reading.

For Treasurer:



Martha Perkins has been the Rowan County Extension Agent for FCS for 27 years. Her programming interests include health and wellness. Martha received a Bachelor's degree in Textiles, Clothing and Merchandising, and a Master's degree in Home Economics Education, both from U.K. She is presently serving as the KAFCS Eastern District President, and has also served as the Eastern District President-elect and Secretary/Treasurer. She is a member of the

Kentucky Extension Association of Family and Consumer Sciences, Epsilon Sigma Phi honorary Extension fraternity, and Gamma Sigma Delta honorary agriculture fraternity. In her community Martha is active in the Morehead First Baptist Church and serves on the Rowan County Literacy Board, Youth Service Center's and Family Resource Center's advisory boards, and chairs the community's Storybook Christmas committee.

Election: Members will vote at the annual business meeting, Thursday afternoon, March 2. Installation will take place during the closing luncheon, March 3.

AAFCS Leadership Workshop

Brenda Owen, President and Ginny Ellington, President-elect attended the AAFCS Fall Leadership Workshop, October 29-31 in Indianapolis. Betty Chamness Trost, AAFCS Vice President for Affiliates, introduced the conference theme, "Strengthening Leadership Skills for AAFCS and Beyond." Don Bower, President, gave an enlightening presentation "GCVS Leadership Challenges in the Era of Rapid Change" after which Betty led us through activities and discussions that would assist participants in leading their affiliates in the coming year.

During a Conversation Café we discussed the future of Family and Consumer Sciences and other issues facing the organization including: membership recruitment and retention, student recruitment, certification, state and national development funds, public policy, newsletters and websites. Brenda was invited to share Kentucky's updated website.

It was a very informative and exciting three days. We traveled home full of enthusiasm and ideas for our state meeting and other activities of the organization. We would like to thank KAFCS for sending us to this workshop.

--Ginny Ellington

Help a Student to Attend Annual Meeting

What better way to encourage professional development among our university students than to assist them in paying registration fees to attend our annual meeting! A space has been added to the registration form to indicate your contribution of \$40, \$30, \$15 or any other amount toward a student's registration fee.

Students are our future. Let's give them our support.

(President's Message from Page 1)

In addition to educational programs, stretching and exercising breaks will be incorporated by YMCA trainers. Both aerobics and yoga are on the program so bring tennis shoes and comfortable clothing. We can do a quick shoe change during our breaks in order to perform these exercises with ease.

At the closing luncheon we will recognize members who excel in our profession and outstanding student members, and we will install new officers. Don't miss this closing session for your last opportunity to network across the specializations. As extension agents, teachers, university students and professors, dietitians, retirees, and guests share their experiences we begin or renew friendships with people who share in our love of the Family and Consumer Sciences profession.

I invite you to attend the 84th Kentucky Association of Family and Consumer Sciences Annual Meeting at the Executive West in Louisville, Kentucky. Renew your personal resolutions for good health. Renew your professional commitment to teach others how to be healthier, and last but not least enrich your friendships with each other.

I look forward to seeing you in Louisville!

KENTUCKY ASSOCIATION OF FAMILY AND CONSUMER SCIENCES ANNUAL MEETING PROGRAM

Executive West Hotel, Louisville, KY

March 2-3, 2006

“Moving and Grooving: Making Kentuckians Healthier in 2006”

Wednesday, March 1

6:30-10:30 p.m. ET
KAFCS Pre-conference
Board Meeting and Dinner

Thursday, March 2

8:00 a.m.-12:00 p.m. ET
Registration

8:45 a.m.

“Louisville Tours”

Meet in hotel lobby for carpooling.
Wear comfortable clothes/shoes.

Tours

*Tour Times will be
9:00 – 11:30 a.m.*

Frazier Arms Museum

Once you depart the Executive West, a brief drive will bring you to the historic West Main Street. You will arrive at the Frazier Historical Arms Museum, which holds in trust one of the greatest collections of arms, armor, and related historical artifacts. Carpooling strongly suggested. Maps/directions will be available at the KAFCS registration desk. Cost: \$9.00 admission - self guided tour

Jefferson County Schools Nutrition Service Center

Visit a national award winning school food service operation. Jefferson County recently received an award for making healthy changes in schools. Carpooling strongly suggested. Maps/directions will be available at the KAFCS registration desk.

Tour provided by: Julia Bauscher,
Manager

12:30-2:30 p.m.

KAFCS Opening Luncheon

Welcomes:

City of Louisville: Mayor Jerry E.
Abramson

Vice-President, Professional

Development: Marisa FitzGerald

Meeting Co-Chair: Amelia Brown

Western District President: Joyce Rasdall

Eastern District President: Martha Perkins

Keynote Address:

Joan R. Griffith, M.D., M.H.A.
Pediatrician, Kentucky Children's Hospital and
Asst. Professor, UK College of Medicine
Obesity and Our Kentucky Youth
Dr. Griffith's appearance is sponsored by the
Kentucky HEIB Lamplighter Fund

2:30-2:40 p.m. - Break
Moving: Light Aerobics

2:40-3:40 p.m. - *Get Healthy Kentucky*
Glenna Fletcher, Kentucky's First Lady

3:40-4:00 p.m. - Break
Grooving: Yoga

4:00-4:40 p.m.
KAFCS Business Meeting
Presiding: Brenda Owen, President

4:40-5:10 p.m.
District Meetings and Student
Section Meeting

5:40 p.m.
Meet in front lobby to carpool to Derby
Dinner Playhouse

6:00 p.m.
Derby Dinner Playhouse Doors Open

Dinner and Show
Performance: *Do Black Patent Leather
Shoes Really Reflect Up?*
A delightful musical about Catholic school in
the 1950's and 60's. This story captures the
comedy, music, and tenderness of growing
pains and will tickle the funny bone of anyone
who ever went to school (public or private).
For more information: www.derbydinner.com

9:45-10:45 p.m.
Heart & Soul - P/GS Section

Friday, March 3

8:00-9:00 a.m. - Registration
Continental Breakfast

8:00 a.m.-12:00 p.m.
Sharing Professional Excellence
Showcase and Expo
(Commercial exhibits, poster
presentations, silent auction)

General Session

9:15-10:45 a.m.
Partnership for a Fit Kentucky
Wendy Carlin, Program Coordinator

Lori Rice, HEEL (Health Education
Thru Extension Leadership)

10:45-11:15 a.m.- Break/
Exhibits, Hotel checkout

11:15 a.m.-12:15 p.m.
Concurrent Sessions:
Oral Research and Program
Sharing
Presiding: Susan Kipp

KAFCS Members Giving Back
Amelia Brown and Marisa FitzGerald

AAFCS Commemorative Lecture
FCS Profession: Our Legacy, Our Destiny
Dr. Joyce O. Rasdall

*How to Implement Award Winning
Changes in Your School*
Cheryl Sturgeon, Director of Jefferson
County School Food Service

12:15-1:45 p.m.
Closing Luncheon
Presiding: Brenda Owen

Greetings: Kelsey Shuler, P/GS

Introduction of Guests, Past
Presidents, 25+ Year Members

Development Fund Contribution:
Ginny Ellington

KAFCS Awards:
Pam Sigler, Awards Chair
Alice Ann Bradley, Scholarship Chair

Installation of Officers

Incoming President's Address:
Ginny Ellington

Silent Auction Winners: Debra Cotterill

Evaluation/Announcements/Adjournment

Scholarship Shapeup Auction

The tradition of a silent auction to support the scholarship fund will continue at the KAFCS annual meeting. We need your support to keep the scholarship fund well and fit. Items that pertain to fitness would be wonderful; other items, and especially handmade treasures, make for a lively auction, too. And of course, don't leave your check-book at home. You and your checkbook could get a great workout doing some competitive bidding. If you are unable to attend the meeting, you may send auction items with fellow members or mail them to me at 800 US 68, Maysville, KY 41056. Also, I am sure fellow members would love to be a proxy and bid for you. Please join me in the effort to shapeup the scholarship fund. I'm looking forward to seeing you in Louisville.

--Debra B. Cotterill

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Plan now to attend the AAFCS 97th Annual Convention and Exposition in Charlotte, NC, June 22-25, 2006.
Theme: LifeSkills Solutions for Thriving in Threatening Times

AAFCS Holds Future Search Summit

I was pleased to be among the individuals invited to the AAFCS Future Search Summit held December 2-4, 2005 at the Carter Presidential Center in Atlanta, Georgia. The Summit was organized after the annual AAFCS meeting in June when those in attendance did not reach consensus on proposed models for restructuring AAFCS. The overall goal of the summit was to create a shared vision of the future of Family and Consumer Sciences and the Association. Sixty-five individuals from across the country were in attendance. They represented high school students, parents, FCS professionals, business/industry interests, corporate/community media and professional associations.

In preparation for the summit, state associations were asked to hold "conversation cafés" in which members responded to questions about the profession. These related to the importance of Family and Consumer Sciences to members, concerns and optimism about the future of the profession, and possible actions to make the future of the profession a reality. KAFCS held a "conversation café" in Lexington on November 21st and others responded by e-mail to the questions. This information was

summarized and made available to the participants prior to the summit.

Two facilitators with expertise in the "future search" process guided the participants through a well-planned agenda. The sessions focused on reviewing the past, analyzing the present and defining the future. The closing session culminated with confirming common ground (what do we clearly want) and completing action plans. The broad areas of common ground included focus and branding of the field, communications and marketing, AAFCS membership, coalitions and collaborations, Family and Consumer Sciences research, advocacy and public policy, disseminating of FCS knowledge across the lifespan and the unifying focus of the profession consistent with principles adopted at the 1993 Scottsdale Conference. You may find *A Report of the 2005 Summit: What is the Future of Family and Consumer Sciences?* online at www.AAFCS.org.

The AAFCS Board of Directors will review action plans for the broad areas of common ground and determine next steps.

--Jewell Deene Ellis

Re-Gifting Sale to Benefit Scholarships

Do you have "stuff" that you absolutely love, but do not have room for? This year in addition to our annual silent auction we will have a "Re-Gifting" sale. FCS professionals will have the opportunity to give back to other friends and colleagues. Both the Silent Auction and the Re-Gifting sale at the annual meeting will assist in providing scholarships to upcoming professionals in the field of Family and Consumer Sciences. Items may be left at the registration desk as you arrive at the meeting. Please place a label on the item for the Re-Gifting Sale. If you have any questions, e-mail me at Amelia.Brown@uky.edu or call me at 859-257-5582. If you do not plan to attend the meeting but wish to send a contribution, you may make checks payable to KAFCS and mail to me at Fayette County Extension Service, 1140 Red Mile Place, Lexington, KY 40504. KAFCS appreciates your continued support of this project!

--Amelia Brown