

Kentucky Association of Family and Consumer Sciences

NEWSLETTER

Winter Issue 2007



President's Message

Ginny Ellington
KAFCS President

The countdown continues!!! I hope each of you has put March 1 and 2 down on your calendars for the KAFCS annual meeting to be held at the Crowne Plaza Hotel (formerly

The Campbell House), 1375 Harrodsburg Road, in Lexington. We think we have some exciting sessions and events that you will learn from and enjoy. Registration materials are in this issue. Please get those in promptly.

The meeting begins with two tours on Thursday morning. One is Ashland, the home of Henry Clay, and the other is a tour of Kentucky Candies. The opening session will begin with lunch on Thursday followed by sessions, business meeting and district meetings.

This year we will hold a "Petals and Pearls" banquet and will be entertained by the Lafayette High School Strolling Strings. We will present awards to members and others who have made outstanding contributions to our organization as well as scholarships to outstanding students. Also, don't forget to bring your petals with the pearls to registration. We will give away a cultured pearl necklace and earrings during the banquet. Each person will receive one chance on the jewelry by attending the meeting, and one extra chance for each petal with a pearl that has been distributed at several of our related meetings.

Friday will bring poster presentations, exhibits, student work and the favorite silent auction. Start looking now for something to donate to this auction, proceeds of which go to the scholarship fund. Other sessions will be held followed by the closing luncheon and remainder of the program and installation of officers for 2007-2008.

Now is the time to nominate members for awards and send in scholarship applications. The deadline for these is February 1 and they may be filled out and submitted directly on the Web site. Go to kafcs.com and click on award, scholarships, etc. and while you're there, look at the other things we have posted.

Sincere thanks to all who are working so hard to make this annual meeting a success and thanks to all of you who have willingly helped make this year a success. Our organization is only as strong as our members ... keep up the good work.

Annual Meeting Speakers are Jewels in KAFCS Crowne



Jennifer Tuma, a nationally known wellness specialist, will speak at Friday's luncheon.

Join us for a wonderful celebration of Family and Consumer Sciences in Kentucky! The newly renovated Crowne Plaza (formerly the Campbell House) in Lexington is a wonderful and welcoming setting for networking, learning and sharing.

Country Boys and the David School

Our keynote speakers include one of the young gentlemen featured in the PBS documentary *Country Boys*, as well as a representative from the David School in Floyd County. Not only was this an eye opening documentary of life in Eastern Kentucky for the nation, but it enlightened many in our own state. The David School provides opportunity for many who would otherwise not succeed. It was founded in 1974 with ten students and it currently enrolls 75-100 students per year.

The Keynote address is titled "The Power of Education and Life Skill Training." This presentation will inspire all of us to continue our work in family and consumer sciences!

Lisa Miller, founder and CEO of Girls Rock!

As a full time mom to 2 preteen girls, Lisa was saddened to realize her daughters were affected by media messages and peer pressure regarding their body image. She recruited her family pediatrician, a psychologist, a martial artist, yoga instructor, school nurse, nutritionist, and local teenage girls to facilitate workshops for girls and their mothers. From these workshops and inspirational sessions, a book soon followed!

Lisa Carter, Director of Archives at the University of Kentucky Library

Lisa's presentation, "Preserving Our History and Securing Our Future", will provide all members an opportunity to learn about the process of archiving and how to become involved in preserving our valuable records.

Jennifer Tuma, wellness specialist

During the closing luncheon on Friday we are in for a rare treat when Jennifer Tuma inspires us with information on Women's Wellness. This young, energetic motivational speaker is the author of *Diets Don't Work*. She is a wellness

(speakers continued on page 2)

(speakers continued from page 1)
specialist and personal transformation coach who has lost over 120 pounds in her effort to set a positive example for others. Jennifer's appearance is sponsored by HEEL (Health Education through Extension Leadership) in the UK College of Agriculture.

Carol Jordan, Director of the Center on Research on Violence Against Women at UK
Carol will enlighten us on the research designed to seek answers to the troubling questions of violence against women.

Our Petals and Pearls banquet will bring a sparkle to your eye! Wonderful food, entertainment and awards will highlight this wonderful evening!

And, of course, sharing sessions, exhibits, poster presentations and new officers will round out our two-day celebration! We look forward to seeing you all there!

--Marisa FitzGerald
Vice President for Professional Development



State Representative Tanya Pullen (D), 98th District from Greenup, spoke on "Women Do Make a Difference in Kentucky" during the Fall Eastern District meeting held in Midway. The Hon. Marie Rader (R), 89th District from McKee, also spoke to the group.

Invitation to all KAFCS members

*University of Kentucky
School of Human Environmental Sciences
Centennial Celebration*

*March 3 • Crowne Plaza Lexington
(the day following the KAFCS annual meeting)*

9 a.m. Registration begins

9:30 a.m.-2 p.m. Program

The program will share highlights from the first 100 years, recognize Centennial Laureates who contributed to UK's success, and introduce the Future 100 who will help HES grow stronger in 100 years to come.

Spend time with alumni as well as current and former faculty, staff and friends.

*Register online at
www.ca.uky.edu/advancement or contact the
Agriculture Office for Advancement at
859-257-7211 for additional information.*



More Annual Meeting Information ...

Students Showcase Jewels of Life

The Student Unit, under the leadership of Chair Kelsey Shuler (EKU), has planned some convention specials. At 4 p.m. on Thursday, Ann Sanderson from Total Image will talk on How to Present Yourself Professionally. At the Student Unit business meeting, officers will be elected and recruitment and programming ideas will be explored. Following the Petals and Pearls Banquet, students will gather in the lobby for an after-hours outing to an undisclosed destination. On Friday, Janice Austin of the UK Elder Care Program will discuss Healthy Aging. Kelsey encourages students to "come and participate with peers and fellow KAFCS members to learn about helping your life while having some fun, food and enjoying many good times." Other Student Unit officers for 2006-2007 include: Chair-elect: Deena Cotterill (UK), Secretary: Katherine Westrick (EKU), Treasurer: Lauren Weber (EKU) and advisor: Susan Kipp.



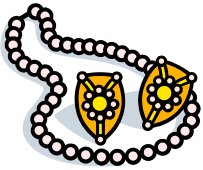
Silent Auction

The tradition of a silent auction to support the scholarship fund will continue at this year's KAFCS annual meeting. We need your support to keep the scholarship healthy and viable. This year you may contribute any item(s) that you feel would appeal to our group: books, handmade treasures, household items, objects of art, jewelry, theme baskets, products unique to your county--you name it. And, of course, don't leave your checkbook at home. The competitive bidding is half the fun. If you are unable to attend the meeting, you may send auction items with fellow members or mail to our KAFCS office, PO Box 1462, Georgetown, KY 40324. Please join me in the effort to increase our scholarship fund. I'm looking forward to seeing you in Lexington.

--Amelia Brown
Auction Chair

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. If you sponsored a student through the HUGS program, be sure to encourage annual meeting attendance. This is a wonderful time to become better acquainted. E-mail your student with a personal invitation. Students are our future. Let's give them our support!



Kentucky Association of Family & Consumer Sciences Annual Meeting

Annual Meeting Program

Crowne Plaza Hotel – The Campbell House • Lexington, KY

March 1–2, 2007

“A Crowne of Jewels”

Wednesday, February 28

6:30-10:30 p.m. ET — Turf Room

KAFCS Board Meeting and Dinner

Thursday, March 1

8 a.m.-Noon ET — Paddock

Pre-Function Area

Registration

9:30 a.m.

“Lexington Tours”

Meet in hotel lobby for transportation or for carpooling.

Wear comfortable clothes/shoes.

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

Old Kentucky Candies and Candy Kitchen Gift Shop

Ashland,

The Henry Clay Estate

Cost: \$7

*Ashland was the home of
Henry Clay, one of
Kentucky's greatest
statesmen.*

*Known as the Great
Compromiser, he served as
U.S. Representative and
twice ran unsuccessfully for
president of the*

*United States. This brick
mansion is a National
Historic Landmark and
contains furnishings of the
period. This tour will
include a tour of the house
and museum book store.*

*For more information, visit
www.henryclay.org.*

12:30-2:30 p.m. — Paddock Room

KAFCS Opening Luncheon

Presiding: Marisa FitzGerald and
Amelia Brown

Welcomes:

City of Lexington: Mayor Jim Newberry

Vice-President, Professional

Development: Marisa FitzGerald

Meeting Co-Chair: Amelia Brown

Eastern District President:

Dr. Jackie Jensen

Keynote Address:

Country Boys and the David

School: The Power of Education
and Life Skill Training.

Sponsored by Kentucky HEIB
(Home Economists in Business)

Lamplighter Fund

2:30-2:40 p.m. — Pool Area

Stretch Break

2:40-3:40 p.m. — Ballroom

Preserving Our History and
Securing Our Future

Lisa R. Carter, Director of
Archives, University of Kentucky
Libraries

3:40-4 p.m. — Pool Area

Snack Break

4-4:40 p.m.

Student Unit program

How to Present Yourself

Professionally

Ann Sanderson, Total Image

4-4:40 p.m. — Ballroom

KAFCS Business Meeting

Presiding: Ginny Ellington,

KAFCS President

4:40-5:10 p.m. — Ballroom

District Meetings and Student

Unit Meeting

6 p.m. — Paddock Room

Petals and Pearls Banquet

Presiding: Ginny Ellington

Entertainment: Lafayette Strolling

Strings

KAFCS Awards

Dr. Sandra Miller, Awards Chair

Sally Mineer, Scholarship Chair

9:45-10:45 p.m. — Students meet

in lobby

Heart & Soul Outing – Student Unit

Friday, March 2

8-9 a.m. — Paddock Pre-Function
Area

Registration

Continental Breakfast

8 a.m.-Noon — Paddock Room

Sharing Professional Excellence

Showcase and Expo

(Commercial exhibits, poster
presentation, silent auction)

9:15-10:30 a.m. — Ballroom

Girls Rock!

Lisa Miller, Founder and CEO
of Girls Rock!

10:30-11:15 a.m.

Break/Check Out of Hotel

11:15 a.m.-12:15 p.m.

Concurrent Sessions:

Realityworks — Paddock Room

Oral Research and Program

Sharing — Magnolia Room

Presiding: Susan Kipp

Center on Research on Violence

Against Women — Terrace Rm

Carol Jordan, Director

Student Unit program

Healthy Aging

Janice Austin, UK Elder Care

Program

12:15-1:45 p.m. — Ballroom

Closing Luncheon

Presiding: Ginny Ellington

Greetings: Kelsey Shuler, Chair,

KAFCS Student Unit

Introduction of Guests, Past

Presidents, 25+ Members

Women's Wellness

Jennifer Tuma, Wellness

Specialist and Life Coach.

Sponsored by the HEEL

Program, UK College of

Agriculture

Development Fund Contribution:

Sharon Collins

Outgoing President's Address:

Ginny Ellington

Installation of Officers

Incoming President's Address:

Sharon Collins

Announcements and Silent

Auction Winners

Evaluation and Adjournment

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

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www.kafcs.com • www.aafcs.org

If you've never been to Reno, Nevada (or even if you have), now's the time to make your travel plans. AAFCS' 98th annual Conference and Expo, June 21-24, will explore the theme "America's Cultural Kaleidoscope: Challenges and Opportunities." This theme promises something for everyone. Visit www.aafcs.org for updates and program information. See you in Reno!

MEET YOUR OFFICER NOMINEES



President Elect

Susan Kipp teaches in the Apparel Design and Merchandising program at Eastern Kentucky University. She has been a long time member of AAFCS/KAFCS and has served at the state level as treasurer, student unit advisor, and member of the membership, annual meeting, and research reporting committees. Susan continues as a 4-H clothing leader and has been active in the training of clothing leaders in the Bluegrass area. She is also actively involved in Phi Upsilon Omicron, most recently as the national Alumni Councilor.



Vice President Professional Development

Rebecca B. Nash, Campbellsville, has been the Taylor County Extension Agent for FCS since 1987. She formerly taught in Scott County Schools and was a graduate assistant at UK. Becky has a B.S. in Home Economics and a M.S. in Education from UK. She is completing a two-year term as KAFCS Secretary. Becky has held various leadership positions in the Kentucky and National Extension Association of Family and Consumer Sciences. In KEAFCS she was Vice President for Public Affairs, Area President and Legislative Chair. She has received several prestigious awards including the National Distinguished Service Award and the Florence Hall Award. She belongs to Epsilon Sigma Phi and Gamma Sigma Delta honorary societies.



Secretary

Since 1999, Pam Sigler has been an Extension Associate for Family and Consumer Sciences for the UK Cooperative Extension Service. In this capacity she serves as program manager for the Expanded Food and Nutrition Program (EFNEP). She taught FCS in Florida for ten years after serving as Department Chair and Instructor for Fashion Merchandising at Midway (KY) College. Pam holds Bachelor's and Master's degrees from UK where she has been accepted into the Doctoral Program in the College of Education. In KAFCS she has formerly served as Secretary. Committee service includes annual meeting planning committee, and awards chair.

Election: Members will vote at the annual business meeting Thursday afternoon, March 1. Installation will take place during the closing luncheon, March 2.