



# THE CAFCS NEWS

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*An Affiliate of the American Association of Family & Consumer Sciences  
Dedicated to improving quality of life for individuals and families since 1908*

## Annual Conference 2008 Renewable Energy and Issues Resolution



*Conference tour welcome at NREL, National Renewable Energy Laboratory*

### Renewable Energy and

**Issues** *Facilitated by Luann Boyer, CSU Extension Agent, Morgan County*

Participants at this session discussed questions on three approaches on how the United States might solve the thread of unstable sources of energy.

Approaches discussed and some questions were:

#### A. Reduce Our Dependence on Foreign Energy

What can we do if a foreign nation cuts off our oil supply?

Do you think our energy dependence affects US foreign policy?

Should we drill in areas currently protected such as wildlife refuges in order to achieve greater energy independence?

#### B. Get Out of the Fossil-Fuel Predicament

1. Would you buy renewable energy products such as solar panels which are more expensive and less convenient to reduce use of fossil fuel?

2. Should we think about renovating existing nuclear plants and building new ones?

3. Should development of renewable energy products depend on private investment or government funding?

#### C. Reduce Our Demand for Energy

1. What would it take to convince people in your community to conserve energy?

2. What lifestyle changes would you be prepared to make to conserve energy?

3. What government regulations related to manufacture and use of energy consuming products do you think US citizens will accept?

If you would like to sponsor a community forum on energy options in your school or community, contact Luann Boyer at 97-542-3544 or [luann.boyer@colostate.edu](mailto:luann.boyer@colostate.edu) Please take a few minutes to review this resolution and give any comments and/or suggestions for revisions by **April 1** to Luann Boyer, a member of the AAFCS Public Policy Committee. Email her at [luann.boyer@colostate.edu](mailto:luann.boyer@colostate.edu) or call 970-542-3544 (work) or 970-867-9060 (home). You can also share your comments with CAFCS President Suzie Tucker who will be voting on the final resolution at the AAFCS Senate in June.

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## President's Message

Based on state assessments and committee input, the AAFCS Board of Directors will be considering three recommendations for action. They are only in draft form at the moment, but ideas that members shared with me and the CAFCS Board have been heard. The recommendations for AAFCS leaders' consideration include:

- Provide professional development and encourage allegiant membership by strengthening communications opportunities between seasoned AAFCS professionals and new/potential members through *regional conferences* and *AAFCS Communities* network participation.

- Improve awareness and initiate collaboration with state, local and national associations and their activities to members, potential members and general public that promote and support AAFCS.
- Organize and present annual meeting to include multiple professional development opportunities.

Promote the organizations at colleges and universities to inform non-members of the benefits of AAFCS and to increase membership at the active and student level.

Develop another member category for those in the first five years in the profession at a reduced rate to develop AAFCS loyalty.

Implement a payment plan for dues to provide options for multiple payments over the membership year.

It seemed that the last one contained very separate ideas, so I separated the ideas for your consideration. If you have feedback, please contact me at [smttucker1@msn.com](mailto:smttucker1@msn.com).

I am grateful for Luann Boyer's attention to detail in updating and simplifying our bylaws. Members approved her work at annual meeting, and Judy Clock will place the new bylaws on our website. Luann's experience in this work with other organizations has been a serious help.

Elsewhere in the Newsletter, you'll hear more about annual meeting, which included fabulous networking and professional development opportunities. If you were unable to attend, let me know if there is a better time of year or week so we can see each other. Carole Makela reminded me that one-half of our members used to attend at least part of the meeting, but we're down to about 30%. We need to hear more about your needs and interests to increase attendance next year...

The Board will have a conference call shortly so do contact me with your ideas, or submit ideas through the CAFCS website...

If you haven't done so already, do look at AAFCS's webpage to see what's happening in the Communities. Lots of idea sharing about regional and national issues affecting families and communities is happening.

Susie Tucker,  
CAFCS President

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## 2008 CAFCS AWARD WINNERS

Congratulations to **Dawn Mallette**, 2008 CAFCS Professional of the Year; and **Lorna Nelson**, recipient of the Marcile Wood Community Service Award. **Debbie Nelson** has been nominated for AAFCS Leader For those who were not able to attend the

Awards Dinner, here are highlights of their nominations.



**Dawn Mallette** is a teacher educator for consumer and family studies at Colorado State University School of Education and Director of Continuing Education for the School. In this position, she works daily with potential students advising them as they prepare for their role as professionals in Family and Consumer Sciences. Dawn certainly knows what they need to be prepared for since she was a Junior and Senior High School teacher herself.

Dawn has published several articles in professional journals and received over \$400,000 in grants for improvement of education systems and curriculum. She has been appointed to many local, state and national committees and boards to address teacher licensure, standards and assessment.

Besides CAFCS and CATFACS, Dawn is a member of American Association of Career and Technical Educators and America Association of Career and

Technical Administrators. As a member of CATFACS, Dawn has served in many offices and on many committees including President.

She has served on various CAFCS committees including co-chair for the membership committee. Dawn has served in leadership roles nationally for AAFCS. In 1996, she was recognized for her contributions with the national award of AAFCS New Achiever in 1996.

One of the nomination supporters stated it best:

I think the most outstanding thing about Dawn is her commitment to teaching new professionals about the professional organizations - both of them. She is really good at conveying the message that involvement in CAFCS and CATFACS is a way to stay connected to other FCS professionals and to learn new things. She not only says it is important to serve in leadership positions, she models it by getting involved herself in both organizations.

**Lorna Nelson** has not only been involved professionally with CAFCS, but participates in a variety of community service activities, including providing leadership for many of them. She helps with her church, does home delivered meals, works with the Needlework Guild, is an Extension volunteer, and even has time to provide leadership

for the Denver Home and Community Section of AAFCS.

Lorna has served in several offices for Denver Home and Community Section chairing committees, publishing the yearbook, and has been president and is currently secretary. She represents them on the CAFCS Board AND serves as co-chair for the newsletter committee. She's the one you send information to and then magically it becomes the wonderful newsletter that keeps the members informed.

Her nomination included these comments: Whenever Lorna is in an organization or group, she becomes the leader due to her enthusiasm and professionalism. Lorna is a supportive friend to all members of Denver Home and Community. She is the glue that keeps the members informed and active. Most importantly, she exemplifies the values significant to home life - a wonderful wife, mother and grandmother.

### **Debbie Nelson Nominated for AAFCS Leader**

Colorado AAFCS affiliate has nominated Debbie Nelson for the prestigious AAFCS Leader Award. Announcement of those selected will be later this spring and they will be recognized at the Pacesetter Dinner in Milwaukee. Congratulations to Debbie - good luck!!

CAFCS WEBSITE  
The correct address is  
[www.coloradoafcs.org](http://www.coloradoafcs.org)

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**30th Lillian Fountain  
Smith Conference** is  
scheduled for June 12 and  
13, 2008 at the Fort Collins  
Marriott. Topics this year  
include organics, cancer  
and nutrition and new  
perspectives on eating  
disorders. PDUs will be  
available for  
AAFCS/CAFCS attendees.  
More information available  
at  
[www.fshn.caahs.colostate.edu/LFSC](http://www.fshn.caahs.colostate.edu/LFSC)  
or by calling 970-  
491-7435

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### **AAFCS Identity Theft Resolution**

The AAFCS Public Policy  
Committee has submitted  
for membership review and  
comments a resolution from  
the Iowa affiliate regarding  
Identity Theft. All attending  
CAFCS Conference in  
January received a copy in  
their packets and others can  
get a copy by linking from  
the AAFCS home page.  
Under What's New, select  
Respond to the Proposed  
Identity Theft Resolution.  
You'll then be directed to  
the resolutions page where  
you can view or print a  
copy.

*AAFCS Resolutions serve as  
the framework for addressing  
policy on issues as well as*

*developing strategic plans for  
the association. An example  
is the follow up work being  
done related to the Alternative  
Energy Resolution (originally  
submitted by Colorado)  
passed by the 2007 AAFCS  
Senate. The AAFCS Public  
Policy Committee is  
developing a strategic plan on  
Sustainability Education which  
addresses energy alternatives.  
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### **2008 CAFCS Conference Workshop Summary**

**Childhood Obesity** presented  
by Luann Boyer, CSU  
Extension Agent, Morgan  
County

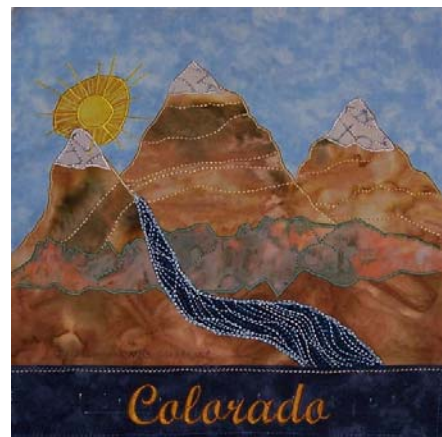
Childhood Obesity is a public  
health epidemic in the United  
States with 9 million children  
overweight, 3 times the  
number from 1980. The  
number of overweight  
preschool age children  
increased 35% in the past 10  
years. Nationally, 14.8% of  
preschoolers and 15% of  
school age children overweight  
in the United States (CDC  
Statistics). In Colorado, 2004  
data reports 14.8% of school  
age children and 9.7% of  
preschoolers are overweight.

Overweight children have a  
70% chance of being  
overweight adults, and 40% of  
children born in 2000 are  
expected to develop diabetes.  
It also increases incidence of  
heart disease, asthma and  
arthritis. There are also  
emotional and social  
consequences: lower self-  
esteem, depression, school  
absenteeism, and ridicule from  
peers.

Factors influencing food intake  
for overweight children  
include inability to self  
regulate the amount of food  
eaten, lack of variety of  
healthy foods, too much "fast  
food," eating oversized  
portions, and skipping  
breakfast. Also an important  
piece is decreased activity by  
youth such as less physical  
activity in school programs,  
and more time in front of  
video, television, or computer.

The goals of Healthy People  
2010 related to childhood  
obesity are: 1) increase daily  
physical activity of children; 2)  
reduce time spent doing  
passive activities; 3) decrease  
high sugar and high fat foods;  
4) increase fruits, vegetables,  
whole grains and skim milk; 5)  
create social and monetary  
incentives that reinforce  
environmental and behavioral  
changes.

Colorado Children's Campaign  
report: [www.coloradokids.org](http://www.coloradokids.org)



### **Colorado Family and Consumer Science Quilt Block**

**American Association of Family & Consumer Sciences 99<sup>th</sup> Annual Conference & Expo** June 19 – 22, 2008, Milwaukee, WI

***Evolving Technology: Impact on Individuals, Families and Communities***

[www.aafcs.org/meetings/08/index.html](http://www.aafcs.org/meetings/08/index.html)

**REGISTRATION**

**Early Bird Full Registration Rates** (valid through April 1, 2008)

**AAFCS Member (except Student) \$365\***

AAFCS Student Member \$99  
Nonmember \$449

Register today at [www.aafcs.org/meetings/08/reg.html](http://www.aafcs.org/meetings/08/reg.html).

**HOUSING**

**Hilton Milwaukee City Center** 509 West Wisconsin Avenue  
Milwaukee, Wisconsin 53203 .  
**Attendee Room Rate: \$135** (single or double)

For more information about AAFCS, please visit [www.aafcs.org](http://www.aafcs.org).

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How much energy are appliances using when not in use but plugged in (standby power)? In addition to energy use by

numerous appliances (electronics, too) and various brands and models, this site allows one to tour homes in a number of countries to see how much energy appliances use. A great site for learning activities. See <http://standby.lbl.gov/data.html>

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***The President's Advisory Council on Financial Literacy***

***Dr. Tahira Hira, Iowa State University and past AAFCS President is one of the members of this Council.***

The Council was created on January 22, 2008 by President George W. Bush. The Council's purpose is to help keep America competitive and assist the American people in understanding and addressing financial matters. Each member of the Council represents an industry involved with the delivery of financial education to American citizens. The President and the Secretary of the Treasury have tasked the Council to work with the public and private sector to help increase financial education efforts for youth in school and for adults in the workplace, increase access to financial services, establish measures of national financial literacy, conduct research on financial knowledge and to help strengthen public and private sector financial education programs.

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*IFHE enhances the "World Home Economics Day" 21st March 2008*

**"Home Economics Supporting Sustainable Development and Quality of Life for All"**

The International Federation for Home Economics (IFHE) is an International Non-Governmental Organization (INGO), having consultative status with the United Nations (ECOSOC, FAO, UNESCO, UNICEF) and with the Council of Europe.

IFHE enforces the aim of Sustainable Development and Quality of life with its international work.

One of the main important subjects regarding Sustainable Development and Quality of life is **Water**. Following the International Decade for Action for Water for Life (2005-2015) and the International Year of Sanitation (2008) the World Home Economics Day 2008 focuses on Water.

**Water is essential for life**

Water is crucial for sustainable development, including the preservation of our natural environment and the alleviation of poverty and hunger. Water is indispensable for human health and well-being.

Among the themes that are central for the "Water for Life" Decade are: scarcity, access to sanitation and health, water and gender,

capacity-building, financing, valuation, Integrated Water Resources Management (IWRM), trans-boundary water issues, environment and biodiversity, disaster prevention, food and agriculture, pollution and energy.

Home Economists around the world support training programs for sustainable consumer behavior especially the sustainable usage of water including school programs to change hygiene practices.

Based on the Home Economics Day 2008 many Home Economics association will highlight the importance of water for all and all related aspects.

**For more information please see the following links:**[http://www.who.int/water\\_sanitation\\_health/hygiene/envsan/sanitchallenge/en/](http://www.who.int/water_sanitation_health/hygiene/envsan/sanitchallenge/en/)

[http://www.unicef.org/wes/index\\_hygiene.html](http://www.unicef.org/wes/index_hygiene.html)

<http://www.un.org/waterforlifedecade/issues.html#sarcity>

Home Economics News (December 2007), Published by the International Federation for Home Economics, pp. 6 & 7.

**Education Manager,  
The Soap and Detergent  
Association**  
**Salary Range and Benefits:**  
Competitive salary, excellent

benefits and metro accessible location

The Soap and Detergent Association (SDA) has an immediate opening for a highly motivated individual to serve as **Education Manager in a newly created position** for this \$6 million, 22 person non-profit trade association located in downtown Washington, DC. This position reports directly to the Vice President of Education and Meetings and works closely with the meetings team.

For more information contact Judy Clock

[judy@hitchingpostbnb.com](mailto:judy@hitchingpostbnb.com)

**phone: 970-328-7225**

**FAX: 970-328-7215**

### **National Consumer Protection Week (NCPW)**

highlights consumer protection and education efforts around the country. NCPW 2008's organizers encourage people from coast to coast to master the financial facts of life. It's a sound investment:

Financially savvy consumers are likely to make smarter decisions about managing their money, using credit wisely, and building a solid financial foundation for later.

Every day, consumers conduct some type of financial transaction requiring an educated decision: shopping for a mortgage or auto loan; understanding and reconciling credit card statements and utility bills;

choosing savings and retirement plans; comparing health insurance policies; understanding their credit report and how it affects their ability to get credit and on what terms; simply deciding how to pay for a purchase. Education is the first line of defense for consumers to manage their money wisely and protect themselves against frauds or rip-offs.

Consumers can find practical – and tactical – tips from NCPW partner organizations about how to make well-informed financial decisions, avoid credit scams, and protect their personal information at on this site.

This site has information from federal, state, and local government agencies, and national consumer advocacy organizations. Use it to promote NCPW in your community, or at your school, job, or club. The Outreach Toolkit has promotional materials you can download and use.

### **National Renewable Energy Laboratory-**

*report and photos courtesy of Jan Wright*



At the conclusion of this year's State Conference, sixteen CAFCS professionals attended a tour of the National Renewable Energy Laboratory (NREL) and the National Wind Technology Center (NWTC). This two part educational experience proved enlightening and helpful in further understanding and supporting the Referendum proposed by Colorado and accepted last years at AAFCS. Many members had been unaware of Colorado's national leadership position in renewable energy. The tour began at NREL, located near Denver West and was led by Public Relations educator, James Bosch, pictured here in the visitors' center. He gave CAFCS members an overview of the entire research facility. Then, donning protective eyewear, members visited several of the laboratory facilities observing solar and bio-mass research in

progress and had the opportunity to interact with several of the research engineers actively conducting their projects.



The individual laboratories were amazing in the scope of research in progress, but it was also interesting to realize the entire building facility has been designed, decorated and positioned to reflect total energy efficiency. Several members noted components they felt they could incorporate into their personal homes or offices.

With protective eye wear removed, members formed a procession of cars and drove to the National Wind Technology Center, located between Golden and Boulder. There they were ushered through the security gate by Senior Engineer Alan Wright, who headed the tour of

that facility. Alan, who just happens to be married to CAFCS member, Jan, guided the tour with his Colleague, Jim Johnson, in providing an overview of wind energy research. Individual centers at the NWTC included the test center for wind turbine blades; explanation of how wind energy is converted to the power we use, such as through Xcel Energy; a drive through visit to the Center's "wind farm", where a variety of small and large independent wind turbine designs provide data for engineering research; and a stop at the large test turbine which is the research "Lab" for Alan. Alan, shown on site, is explaining the research he does in designing wind turbine controls and was able to start his research machine, explaining blade pitch and wind turbulence.



Several members shared their appreciation for the

depth of the presentations, the knowledge of the researchers, their ability to answer technical questions in terms which could be understood and applied and the evident passion for the work projects that were shared. This "field trip experience" was a great capstone for this year's State Conference.

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**Commemorative Stamps are Available for AAFCS's 100 Years**

There is a choice (or you can get both) Ellen Swallow Richards or the AAFCS Centennial logo which are legitimate USPS stamps. In addition to choice of size (recommended that the large size is suited only to the largest of envelopes), medium or small is suggested, one can selected the denomination of stamp that is best suited for your mailing.

The stamps can be ordered from [www.zazzle.com](http://www.zazzle.com). When on the site, type AAFCS into the 'search' space. The stamps are sent to you, you do not download them.

This is the least each of us could do to make AAFCS visible in 2008-2009. Twenty stamps would get the message out to others that many times.

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