



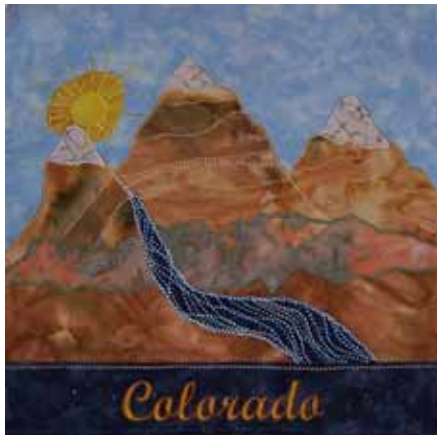
THE CAFCS NEWS

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December 2008

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

CAFCS Gears up for AAFCS 100 Year Celebration



Colorado Family and Consumer Science Quilt Block

**Check out the
Centennial
Celebration
Activities and
become involved at:**

[AAFCS Centennial Celebration](#)

And refer to the attached flyer!

CAFCS Scheduling Its Annual Meeting in Spring 2009

-Susie Tucker

Your entire Board is working to plan our annual conference for this spring. We're thinking that a Fort Collins meeting will allow us to involve students. Once the dates are set, we'll have more to share... If you have a presentation you'd like others in CAFCS to hear, please let Judy Clock or me know.

I've been reading about people who make a difference and the skills they have (Tipping Point and others). It seems to me that we're rich in innovative skills.

I've heard that student enrollment in Consumer & Studies classes locally has been growing after a long decline.

It makes me wonder if the basics of life skills seem even more important in tougher economic times.

I've also read a report (Youth Risk Behavior) of local secondary students self-reported health behaviors. It leads me to the observation that there are many opportunities to apply our body of knowledge.

We've got our work cut out for us, and working together we will continue to make a difference as individuals and as CAFCS.

CAFCS Members Receive Extension Awards !

CAFCS members Laurel Kubin and Luann Boyer were recently recognized for their outstanding work as Colorado State University Extension professionals.

Laurel, Larimer County Extension Director, received the Epsilon Sigma Phi (ESP) Continued Excellence Award from the Colorado Zeta Chapter. This award is given to an experienced Extension professional who has previously received the ESP Distinguished Service Award and has continued to provide excellence in leadership, initiative, and program delivery at the local, state and national level.

Luann Boyer, Morgan County Family and Consumer Extension Agent, received the Alton Scofield Award. This award, sponsored by the Colorado Cooperative Council, is given annually to a field agent in recognition of their outstanding Extension program impacts, community and team collaboration, and leadership at the local, state and national level.

Luann was also recognized by the Colorado Zeta Chapter of ESP with their 2008 Distinguished Service Award. This award is given to one Extension professional who has consistently exhibited

leadership, initiative and excellence in program planning, delivery, and evaluation over a career of 20 or more years.

Luann was also a member of the Northeast Colorado Diabetes Team which received the ESP 2008 Team Award in recognition of efforts for specific educational programs that address national initiatives of the Extension System. The team has conducted extensive diabetes education in Northeast Colorado, including the annual Regional Diabetes Health Fair.

At the recent meeting of National Extension Association of Family and Consumer Science (NEAFCS), the Florence Hall Award was presented to the Northeast Colorado team of Family and Consumer Science agents for "A Healthier Weigh", a health and fitness challenge which focuses on increased activity and improved food choices as a way to achieve weight loss. Luann Boyer is a member of the team.

Congratulations Laurel and Luann!

MEMO TO: IFHE-US Members

RE. Hurricane Ike Relief Fund

Dear IFHE-US Members and Friends:

Now that the clean-up process has begun from the damage caused by Hurricane Ike, we need to see if any of you experienced extreme damage or know of a colleague who lost a lot. Please let me know if you are in this category. One fellow member, Sharon Christie, a long time supporter of IFHE and a Board member, lives in Galveston. She and her husband evacuated on Thursday before the hurricane hit. Janett Gibbs has been in touch with Sharon. She said her husband was allowed back into the area one day recently. She said they lived in a rental house that had lots of water inside and it will have to be completely gutted. They had no renter's insurance (do not know if she could get it due to location.) Sharon said all of their things inside were ruined and worthless now. Gibbs asked her if she would be embarrassed if some of her colleagues sent her a LOVE OFFERING to help her replace her possessions. She said that she felt so many

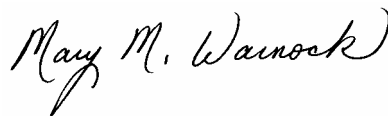
people were in worse shape than they were. When asked if she would accept a donation she said she would and that she would appreciate it very much.

In a conference call of the IFHE-US Board of Directors on October 1, it was agreed that donations made to the HURRICANE IKE RELIEF Fund should go to Sharon Christie. If however, any other IFHE-US member has received similar damage then the donations will be divided so others seriously affected will also receive a portion of the funds as well.

If you would like to contribute to this fund, please make your check payable to IFHE-US and state on the memo line of your check, "Hurricane Ike Relief." Send your check to Nancy Billings, 706 Corlett Drive SE, Huntsville, AL 35802-1906.

We hope to hear from you soon because these funds are needed now. IFHE-US will keep our membership informed about the use of this special fund. Thanks for your caring!

Sincerely,



The IFHE-US Board of Directors

Mary Warnock, President

On a sad note

On Wednesday, October 22, 2008, Marianna Goslau lost her mother. Her mother's ashes will be taken to Baldwinsville, NY next spring for a small memorial ceremony where she will be buried next to Marianna's father. Marianna wishes to send her thanks for the support she has received throughout her mother's illness. The editors and CAFCS send our deepest sympathy to Marianna.

Knitting for a Good Cause

The Fresh City Life project in Denver (at the Library, see link below) has the goal of knitting 5,280 caps for the military to wear under their helmets. This is a great opportunity for those who knit--you or others in your area--knit on your own or form a group. The goal is to have these completed in January. The caps can delivered or mailed to:

Chris Loffelmacher/Fresh City Life
The Denver Public Library
10 W. 14th Ave. Pkwy.
Denver CO 80204

Denver will be having a 26.5 hour, citywide Knitting for Our Troops Marathon on January 23 and 24, 2009, at the Library, to contribute to the goal of knitting and sending 5,280 caps to the USO. All caps that are coming in now count toward that goal!

If you know of any organization or yarn store that might like to sponsor a knitting group on Jan. 23 or 24 (and, no, it doesn't need to be round the clock!) let Chris know and she will get in touch with them...or you can share this information with them. There is no cost to participate in your community, someone needs to be there to turn on the lights and host a group.

For the pattern and related instructions, got to:
www.denverlibrary.org/fresh

Or Carole Makela (970-491-5141) will send you a copy of the pattern upon request--she has been knitting caps. Don't forget to report your time on in AAFCS's 2nd Century of Helping (on the Centennial site in the AAFCS Affiliate and Community Participation section). Is your volunteer time being reported?

**2009 CAFCS Annual Meeting
Making a Change**

Plans are underway to schedule the Annual Meeting for late spring and to move it to the Fort Collins area. From the conference evaluations, members have shared that January is a difficult time to attend. Having the conference in the Fort Collins area will allow us to take advantage of dynamic speakers which will enrich the conference experience for our members. The CAFCS Board is excited about this upcoming event and welcomes your recommendations for speakers. Plans will soon be finalized and you will be updated by email so that you can make plans to join us. Forward suggestions for topics and/or guest speakers to Susie Tucker smtucker1@msn.com:



THE CAFCS NEWS

is the newsletter for members of the Colorado Association of Family & Consumer Sciences. Photos and articles from and about members are welcome.

Editor

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The American Association of Family & Consumer Sciences (AAFCS) is a not-for-profit 501 (c) (3) organization with 10,000 members, dedicated to improving quality of life for individuals and families. The AAFCS and its affiliates may accept charitable contributions, which are tax-deductible to the fullest extent of the law.

**Awards Nominations for
the 2009 CAFCS Annual
meeting
-Luann Boyer**

CAFCS recognizes members each year with awards, but if we don't get nominations, we can't give the awards. Awards available from CAFCS are Professional of the Year, Teacher of the Year, and Marcile Wood Community Service.

To help us find members to recognize, PLEASE nominate a co-worker or fellow professional. Or, better yet don't be shy - nominate yourself!! Just give us a few sentences about why this person should be recognized and we'll do the legwork to find out details for the award.

Nominations can be made at ANY TIME during the year but no later than 30 days before Annual Conference. When the dates for 2009 Conference are confirmed, we'll have a definite due date for nominations. In the meantime, contact me by email:

luann.boyer@colostate.edu
fax: 970-542-3541;
work phone: 970-542-3544
home phone:970-867-9060.

Luann Boyer
CAFCS Past President
Current Awards Chair

**AAFCS 100th Annual
Conference & Expo Flyer,
Attachment to December
2008 Newsletter**

Dear AAFCS Leaders,

November brings colder temperatures, and anticipation of family gatherings. For AAFCS, it brings us another month closer to the 100th Annual Conference & Expo, and our Centennial Celebration!

Some reminders for you as you contact your Communities and Affiliates—

- Hotel registration is open. More information is posted at www.aafcs.org/meetings/09/hotels.html.
- Early-bird registration will open in mid-January 2009. We are extending the full member registration rate to nonmembers to encourage participation in this special Centennial Conference. Full registration (\$365 for everyone except students) includes the Centennial Celebration and commemorative gift. All registration rates are posted at www.aafcs.org/meetings/09/reg.html.
- The “Research to Practice” (RTP) Rounds application will be available at www.aafcs.org/meetings/09/index.html in mid-December 2008. RTP Rounds is a great way to share a lot of information in a short time. Encourage your members to apply.
- Submit nominations for AAFCS 2009 awards by **January 16, 2009**. The guidelines and forms are available at www.aafcs.org/programs/index.html. Check the Award Programs section of the website at the end of November for information on grants, fellowships, and scholarships. The applications for grants, fellowships, and scholarships are also due by **January 16, 2009**. Award, grant, fellowship, and scholarship recipients receive up to \$1,000 of support toward membership and participation in the Annual Conference.
- Submit applications for the Community of ESAE Best Practices Guide by **May 1, 2009**. The application is posted at www.aafcs.org under “What’s New.”



AAFCS 100th Annual Conference & Expo
CELEBRATING THE PAST, SUSTAINING THE FUTURE
June 25-28, 2009 ~ Knoxville, Tennessee

- In order to help you promote AAFCS' exciting Conference and Centennial Celebration, we are providing you with a [press release template](#). Please use this as a guide when preparing a press release to send to your media contacts.

Your Annual Conference Planning Committee is working hard to bring you a memorable and valuable professional development experience in Knoxville. Thank you for your help with keeping members well-informed and promoting the Conference!

Warm regards,

Janet Powell

AAFCO, Inc. | 1000 North 17th Street | Suite 100 | Knoxville, TN 37912