



THE CAFCS NEWS

Published by the Colorado Association of Family & Consumer Sciences

March 2009

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

Maximizing Resources in Tough Times

2009 CAFCS Annual Conference

April 23 - 24, 2009

Hilton Garden Inn
Fort Collins, Colorado



Conference Schedule

Thursday, April 23:

5:00 p.m. CAFCS Board Meeting
6:30 p.m. Registration
7:00 p.m. Opening General Session Keynote Speaker Dessert

Friday, April 24:

8:00 a.m. Registration
8:30 a.m. Breakout Sessions
9:30 a.m. Break and View Student Posters
9:45 a.m. CAFCS Business Meeting & Centennial Celebration
11:15 Breakout Sessions
12:30 p.m. Lunch and Awards
Closing Speaker: Jill Taylor

Certified Humorist

3:00 p.m. Adjournment
4:00 p.m. Optional Tour of the CSU Historic Costume Display

Breakout Sessions:

Resource Management for Tough Times
Emergency Preparedness
FCS Role in Educating for Sustainable Living
Nutrition, Health and Wellness

Lodging Information:

Hilton Garden Inn
2821 E. Harmony Road
Fort Collins, CO 80528
970-225-2900
1-800-HILTONS

Hilton Garden Inn has a room block at a rate of \$79 for this conference plus tax of 9.7%. This rate is good for 3 days

before or after the conference. Ask for group code **FCS** and make reservation by **April 1st**.

Registration DUE:

Postmarked Monday, April 6

Make Checks Payable to: CAFCS

Mail Registration to: Carole J. Makela, CAFCS Treasurer

**906 Sandy Cove
Fort Collins, Co 80525**

AAFCF/CAFCS Member :

Full Conference \$ 75.00
Former AAFCS/CAFCS Member with Voucher: \$ 75.00
Full Conference, Must Include Voucher with Form
Non Member: Full Conference \$ 95.00

Student Registration Info:

Full Registration \$ 45.00
Friday Only/ Lunch \$ 30.00
Friday with NO Lunch \$15.00
Guest: Friday Lunch \$25.00

Form and information
www.coloradoafcs.org
President's Message

The CAFCS Board is inviting Wyoming AAFCS members and recent members to join us at our conference this April. If there is enough interest, we will begin discussion of a possible merger of the affiliates. Your perspective is important, so do keep in touch. If you are interested in focusing on this issue, do let me know.

You'll see it other places, but don't forget that April 1 is the deadline for early bird registration for our 100th Anniversary celebration in Knoxville, TN, June 25 through 28th.

Did you see the front-page Denver Post article on 2/23/09 about FCS education? There is a new FCS fact sheet on the AAFCS website for use in educating communities about the work we do.

If a strong local secondary education program is in danger of being cut, contact Marilyn Swierk with the details of the situation. In addition, if the program needs a support letter, address the program's strengths and the name and title of the person to get the letter. In return, AAFCS will email you an electronic version that can be printed on a color printer. You can then deliver the letter.

Marilyn's email address is msinnovate@aol.com.

There are two new public policy resolutions for your consideration on the AAFCS website. We'll talk about them at our April meeting. The topics are the UN Millennium development goals for 2015 and health literacy.

I hope this issue finds each of you doing well.

smttucker1@msn.com
Susie Tucker,CFCS

Lillian Fountain Smith Conference—Nutrition

A new date for Lillian Fountain Smith conference—2009 only. Instead of June, this year's one-day conference will be **October 17** in conjunction with the American Dietetic Conference in **Denver**. The theme is "Navigating the fish paradox: Human health value vs. safety and sustainability issues". For more information go to <http://www.fshn.caahs.colostate.edu/LFSC/> or call 970-491-7435. PDUs will be available.



LET THE CELEBRATION BEGIN!
AAFCS is celebrating its 100th birthday!
Many activities and

campaigns have been in progress, and will continue throughout the year. The centennial celebration will be a highlight of the annual conference in Knoxville this summer.

The AAFCS web site contains many ideas for ways we can celebrate. Visit the website at: www.aafcs.org and check the AAFCS Centennial Celebration link under "What's New" for more information.

***Centennial Celebration Fund Cherishing the Past & Celebrating the Future**

***Join an AAFCS Community**

***Second Century of Helping (SCOH)**

As of February 3, 2009, the Colorado affiliate (CAFCS) reported 77 hours of volunteer service ranking 14th among the affiliates. The top ten affiliates have reported from 1,210 hours (MI) to 152 hours (RI). The per member amount for Colorado is 0.95 hours. Your volunteer efforts are well known, now is the time to report them at <http://www.fcs.uga.edu/ext/aafcs/stats.php?s=co&staterame=Colorado>, there is no reason why Colorado should not be in the top ten. SCOH ends June 1, 2009 with recognition at the annual conference and expo in Knoxville. Let's be among the affiliates recognized for what many

members already have done or are doing. Do your reporting now!

Career Paths of Prominent FCS Leaders Virginia Vincenti

The University of Wyoming AAFCS student unit officers have been exploring the possibility of sponsoring a career exploration panel event of nationally prominent FCS professionals. We have identified a number of very accomplished women, but have not contacted them pending determination of the financial feasibility of such an undertaking. While in Laramie, the UW Department of FCS Grad Program Committee and the Child and Family Studies faculty have expressed interest in having one or two of these leaders also serve as consultants the day after the student event focused on our graduate program and graduate student recruitment.

We are exploring the possibility of opening this panel event to the campus in collaboration with the student government and the Campus Activity Center, African American Studies program, Women's Studies, the UW's President's Advisory Committee on Minorities' and Women's Affairs (PACMWA) just to get some possibilities. We are wondering if CAFCS and/or college student members would want to be collaborators as well.

Teachers might also want to bring FCCLA or other secondary students to hear the panel. The students tentatively suggested March, but that is too soon since the funding is still being explored.

If you are interested, please contact Natalie Ferguson, student President nferguso@uwyo.edu and Virginia Vincenti, advisor, vincenti@uwyo.edu 307-766-4079 or 307-399-9753 as soon as possible.

The Cooperative Extension online eXtension

(pronounced ee-extension) information delivery system (www.extension.org) is available 24/7/365 and has experts who can answer questions directly from consumers. eXtension combines the efforts of more than 70 land grant universities to provide a one-stop shop to access the best educational materials developed by Extension faculty across the nation. Many of the personal finance experts who answer consumer questions have advanced degrees and certifications in financial planning. To access the eXtension personal finance Web site, visit http://www.extension.org/personal_finance.

Visitors can learn about everything from investing, retirement, and estate planning to organizing

household records and teaching children about money.

Other features include frequently asked questions, news and upcoming events, learning lessons, and online calculators.

National Institutes of Health: Health Information

<http://health.nih.gov/>

The Health Information portion of the National Institutes of Health website covers a wide range of topics. This consumer-oriented site includes Quick Links, on the left side of the page, to such topics as "Child & Teen Health", "Men's Health", "Minority Health", and "Seniors' Health". To browse health categories, the visitor can browse several different ways.

They can browse under "Body Location/Systems", "Conditions/Diseases", "Procedures", and "Health and Wellness". On the left side of the page the visitor can also choose to search for Health Topics alphabetically and for those more inclined toward audio learning, visitors can listen to NIH Radio by clicking on "MP3 audio reports" on the right side of the page. The Research in Action feature in the top middle of the page offers insight into how humans hear. Just click on the picture above Research in Action to be taken to the article. For visitors who just can't find what they need on the Health Information site, there are a slew of Related Links near the bottom of the page, including Health Information on the Web, Health Newsletters, Health

Databases, and Federal Health Agencies. [KMG]

AAFCS STUDENT PROJECT

<http://www.aafcs.org/students/res/ITKJanFeb.pdf>

EYEGLASSES for the 2009 Conference—Students are collecting no longer used eye glasses. Colorado students will appreciate donations at our spring conference. Your unused glasses will be taken to Knoxville as a contribution.

CAFCS gives three awards to recognize our members

Each of us is where we are professionally because someone made a difference to us and impacted our life. We have an opportunity to recognize them at our annual conference each year, and to thank them for their contributions to our lives and profession. Please consider nominating someone for one of the three awards given. Below is a brief description of each:

CAFCS Professional of the Year recognizes an outstanding member who has made significant contributions to the profession as well as the association, including creative and/or innovative activities promoting FCS. Nominees should also provide encouragement and support for other association members and demonstrated leadership in other community

organizations or associations.

CAFCS Marcile Wood Community Service award

recognizes a member for outstanding service to the community through activities other than those related to his/her professional position. While preference is given to members of the Home and Community Section, all CAFCS members can be nominated.

CAFCS Teacher of the Year recognizes an outstanding teacher for programs that are timely and newsworthy and expand the focus of family and consumer sciences. The nomination should focus on one area or program rather than the broad FCS program in their school. The person nominated for this award is eligible to submit for National Teacher of the Year the following year.

Complete guidelines and nomination forms can be found on the CAFCS website or can be obtained electronically by contacting Judy Clock at judy@hitchingpostbnb.com.

Nominations can be submitted by email or snail mail to President-elect Linda Valentine. Address: 2427 W.

25th Street, Greeley, CO 80634 Email: scott_valentine@comcast.net

Columbine Block Pillow 16" x 16".

CAFCS is selling either kits or finished pillows as a fund raiser. Contact Marianna Goslau if you are interested in having one. MVG4GOZ@aol.com



World Home Economics Days 2009 – 2012 “Home Economics beyond 100 years: Empowering for the digital world” Home Economics Education supports Education for Sustainable Development Using Information and Communication technologies.

From the beginning the aims of Home Economics Education was to empower and strengthen the well-being of families and communities, and to facilitate the development of attributes for lifelong learning and living situations. The International Federation for Home Economics (IFHE) – a

global network of home economics experts - is an (INGO), having consultative status with the United Nations (ECOSOC, FAO, UNESCO, UNICEF) and with the Council of Europe. Home Economics content draws from multiple disciplines, synthesizing these through interdisciplinary and trans-disciplinary inquiry. This coalescing of disciplinary knowledge is essential because the phenomena and challenges of everyday life are not typically one-dimensional.

Based on these facts and with the view to the current global challenges IFHE supports the UN Decade of Education for Sustainable Development DESD (2005 – 2014)

The UN Decade of Education for Sustainable Development has the following main thrusts which guides IFHE in the implementation of relevant plans:

- Public understanding of the principles behind sustainability.
- Mainstreaming Education for sustainable development into all sectors.
- Life-long learning for all, considering the phenomenal rate of change in knowledge while also ensuring that education reflects local culture and social needs.

International Non-Governmental Organization

- Relevance to all nations, particularly in addressing the social, environmental, and economic knowledge, skills, perspectives, and values inherent in sustainability.
- Specialized training programs.

INTERNATIONAL FEDERATION

FOR HOME ECONOMICS

is an International Non Governmental Organization (INGO) in consultative Status with the United Nations (ECOSOC, FAO, UNESCO, UNICEF) and with the Council of Europe

Looking for Military Personnel with an undergraduate or graduate degree in Home Economics or Dietetics

Do you have a degree in home economics, family & consumer sciences, or dietetics and have served in the U.S. Military? If so, Project Identify and Recognize wants to honor you for your military service and to document your service to the country and profession by the Centennial year 2009 of the American Association of Family & Consumer Sciences (AAFCS).

All military servicewomen, on active duty, reserves, or veteran with an undergraduate or graduate degree in home economics, family & consumer sciences, or dietetics, are eligible to receive this distinguished honor.

If you meet these two criteria (degree and military service) register with Project Identify and Recognize by completing a confidential "personal data form" which can be obtained from the Project Director, Ms. Janett Gibbs. Military personnel or friend of the deceased can contact Ms Gibbs by telephone/fax (706) 546 6372 or e-mail jangibbs@ix.netcom.com There is no fee to register.

Each honoree receives a Certificate of Appreciation and beautiful Recognition brooch, designed especially for the Project. The brooch features the Betty Lamp, the symbol of AAFCS, flanked by the furled flag of the United States. Crowning the brooch in a protective manner is the American eagle with massive outstretched wings. There is no cost to the honoree to receive the Certificate or Recognition brooch.

Project Identify & Recognize is collecting and recording the data to document the accomplishments and contributions of these professionals to the US Armed Forces and the profession.

The sponsors are The American Association of Family & Consumer

Sciences, formerly Home Economics, and the International Federation of Home Economics.



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

HOMES and HOUSING

A recent conference in the United Kingdom explored the topic of House to Home to answer the question 'what makes a house a home?' Their website

(www.homerenaisancefoundation.org/) highlights some of their deliberations with a conclusion 'the home is a space that once constructed needs to be managed.'

Two green home sites address information and advice related to green building and remodeling and living in a healthier, green home. The Green Home Guide

www.greenhomeguide.org by the U.S. Green Building Council identifies green home programs—where to find them, remodeling guidelines, informational and educational resources. A second site to visit is: www.greenhomeguide.com.

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