



# THE CAFCS NEWS

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*An Affiliate of the American Association of Family & Consumer Sciences  
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## MAJESTIC COLORADO

On display at the Colorado Capital Building June 2 through August 20, 2009

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Iris Franklin, Laurel Kubin and Pat Frankenbery have designed and stitched a landscape quilt called "Majestic Colorado" and it is on display at the Capitol for the CQC quilt show. It was created during a several long weekends in Iris's quilting studio in Meeker. The landscape quilt is representative of the state of Colorado with the Eastern plains, Rocky Mountains as well as the Western slope. Iris, Laurel and Pat have no idea how many different pieces of fabric are included in the quilt to give the look of Colorado as each of them brought many fabrics from their "stashes." Please take the time to stop by the Capitol during the show to check out "Majestic Colorado" as well as many other original one of a kind quilts.

The Colorado Quilting council (CQC) is sponsoring the biannual quilt show to display old, new and antique quilts made by Colorado quilters. This is a wonderful show of several hundred quilts in a spectacular setting. Many wonderful and unique quilts will be displayed throughout the Colorado State Capitol building June 2 through August 20, 2009. The show will be open during the normal building hours, Monday through Friday, 7:30am until 5pm.

# Maximizing Resources In Tough Times 2009 Conference

**The Annual CAFCS Conference was held April 23-24 at the Hilton Garden Inn in Fort Collins.**

## Presentation Reviews

### ***Living Sustainably - It's Your Choice***

Presented by Luann Boyer, CSU Extension Agent in Morgan County  
luann.boyer@colostate.edu.

The workshop looked at sustainability from a holistic approach - social, economic and environmental. Participants learned how to look at what they are doing now to have a life that is deeply satisfying, fulfilling and appealing while also being socially, economically and environmentally responsible.

By working through several activities, CAFCS members took a hard look at what was really important in their lives and what are the barriers that prevent them from living sustainably. They then analyzed the list and made some decisions about what they could do differently regarding the amount of time they spend on activities, the amount of "stuff" they accumulate, and what environmental changes could occur for sustainable living.

To learn more about this timely topic, information for "Living Sustainably: It's Your Choice" (EC1614) is available from Oregon State University Extension publications at [www.oregonstate.edu](http://www.oregonstate.edu).

### ***Getting Older, Eating Better - The Changing Body and New Challenges***

Presented by Ann Zander, CSU Extension Agent in Boulder County.  
azander@co\_boulder\_co\_us

Physical changes occur as a person gets older that can affect the ability to eat and use the nutrients from food. This workshop discussed the challenges related to nutrition and aging including increased risk for disease, limited resources, medication interactions, decreased activity, and living alone. Diet related diseases include heart disease, stroke, cancer, diabetes, and hypertension.

To meet these challenges, older adults need to select nutrient dense food so they have the nutrients available that are needed to help prevent disease - including more fruits and vegetables, added fiber, and adequate calcium. Also important is to consume an appropriate level of fluids, including water as well as other beverages that are nutrient dense.

### ***Managing Resources in Tough Economic Times***

Presented by MaryAnne Heyman, MSFP, CFP®  
Fort Collins, CO  
maryanneh@financialdesign.us

Oftentimes, comfort can be found by looking at the present with historical perspective. The facts are that this is NOT the great depression. The current recession presents huge challenges, but MaryAnne Heyman tried to help the audience by giving sound advice as to how we can best meet these challenges as Family and Consumer Sciences professionals, as consumers, as employees and as family members. MaryAnne reminded the audience that the economy is a cycle of ups and downs of various lengths and degrees, and that every economic contraction is followed by an expansion. The presentation compared programs and actions such as unemployment insurance, FDIC insured accounts, TARP and others to provide hope that this recession will not turn into a depression. There were no safety nets in place during the 30's to prevent the Great Depression. She encouraged the audience to turn off the bad news and create an action plan that would stimulate personal confidence and gratitude for the good things in life. In short, the presentation focused on accentuating the positive, getting involved wherever we can to help ourselves, our families, our neighbors and our communities rebuild a future based on quality of life instead of quantity of things.

## **Preparing for Unexpected Natural Disasters**

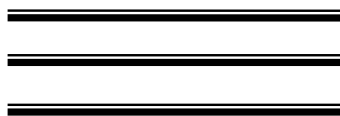
Are you and your family prepared to take care of your basic needs for a few days if a natural disaster or quarantine were to keep you at home? A member of the Red Cross emergency preparedness team taught us what we should do to be prepared. The American Red Cross has several informational brochures families can use as they begin to develop an emergency preparedness plan. Contact your local Red Cross office for more information.

Some of the key recommendations were:

- Get a kit of emergency supplies – including food and water for at least three days, warm clothing, filter masks, medications, duct tape and heavyweight garbage bags or plastic sheeting, and cash (preferably coins and bills of smaller denominations)
- Make a plan – have a contact list with phone numbers; have an out-of-town contact who may be able to contact family members easier; plan a place for family members to meet if

the home has been destroyed or people cannot return home; decide how to assemble your family and where you will go if you need to evacuate; know emergency plans at school and work

- Be informed – know where to find information in case of an emergency; watch television and listen to the radio for official instructions; check the [www.ready.gov](http://www.ready.gov) web site
- Keep important documents together in a safe place – include birth certificates, insurance information, medical information, and any other documentation you would need in case of an emergency; have it easily accessible so you can grab it quickly, if needed.



**A hearty welcome to our new President Linda Valentine. She will need all our support!!!**



## **Linda Valentine Presents the 2009 Marcile Wood Community Service Award to Judy Clock**

Judy is a true example of service to others. She has been active in her community, church, and professional organization.

Judy was a FACS teacher for 28 years. During that time, she was active in CAFCS, NEA/CEA, and other professional organizations, and served on the Career and Technical Education advisory committee. She served in a variety of leadership positions in CAFCS, including Public Policy Vice President and two

terms as CAFCS president. She is currently the Executive Director for CAFCS.

Judy has always been involved in her community, as well. She has served as president of the Eagle Lions Club, was event chair for American Cancer Society Relay for Life, and other community projects. She is active in her church and helps with the music. She is well-known and respected in her community, as well as by CAFCS members.

The following people were recognized for their years of membership in CAFCS at the April 24 annual meeting:



60+ years

Pauline Gunn  
Grace Torgan  
Velma McGaugh  
Kate Archer

50+ years

Betty Stephenson  
Lois Rasmussen  
Mary Helen Solomon  
Eleanor Millikin  
Velma Hildebrand  
Lois Bjork  
Mildred Weidemann

40 years

Joan Eustice  
Beryl Jacobson  
Lorna Nelson  
Karen Turner

30 years  
Janice Lockman

10 years  
Teri Gilbertson



**THE CAFCS NEWS**

is the quarterly 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.

## Remarks from Outgoing President Suzie Tucker:

I'm writing to remind you to enter your volunteer hours on the AAFCS website. These hours using family and consumer sciences skills will demonstrate the unpaid contributions we make to local families and communities in our Second Century of Giving.

Your Board has worked as the planning committee for our recent annual conference—attended by 28% of our membership. Our quilt committee did elegant work: AAFCS has a photo of their art that will be on display this summer at the State capitol. Marianna Goslau made pillows and Judy Clock stuffed them. (Judy also had the challenge of keeping me organized.) All sold at the conference, but you can order others...

My thanks also go to Laurel Kubin who provided local arrangements and computer assistance. Luann Boyer not only presented but organized the schedule and flyer you received. Linda Valentine handled awards along with Dawn Mallette and Patti Kuretech. Judy Clock and Carole Makela handled registration, and Carole's students shared their legislative posters, as well. Virginia Vincente from the Wyoming affiliate also found us a wonderful keynote speaker and provided Wyoming publicity for us. Mary Anne Heyman integrated varied material to address the economic change. Thanks also go to those who introduced speakers and who included suggestions in their conference evaluations. I've learned lots these two years as your president, and I know you will support Linda Valentine as she continues our work this summer.