



## President's Message Allison Lewis KAFCS President

Greetings KAFCS Members!

To the teachers: I hope your school year has gotten off to a great start! And for those who did not get a summer break, I hope you at least had a couple days to relax.

This summer, Past President Elizabeth Creed and I traveled to Bellevue, Washington for AAFCS Annual Conference along with many other members in our affiliate. While there, we attended the Leadership Council Meeting where we received insight about what is happening at the national level. We examined the role of the Leadership Council, cultivated collaborative relationships among council members, and the signature initiative FCSfit was introduced. FCSfit focuses on setting goals, delivering resources and FCS support, in hopes that the AAFCS membership and FCS community makes informed decisions about their own well-being, relationships, and resources to achieve an optimal quality of life. Each year there will be a new FCSfit topic for members to concentrate on. The 2016 FCSfit topic is Physical Well-Being (Health and Wellness), with relevant topics to come in future years. I would like our local affiliate to focus on ways we can incorporate this into our annual meeting and our daily lifestyles.

In November, I plan on traveling to AAFCS Leadership Fall Council to represent our local affiliate, get updates about what is going on at the national level, and network with members of other affiliate groups to get some insight on their programs, leadership, and professional development opportunities they are offering in their states.

Remember, at our past KAFCS Annual Meeting, I challenged all members to sign up at least one new member by the time our next annual meeting is upon us. I hope everyone is keeping this in mind and sharing information on this great organization.

I am looking forward to joining members for KAFCS Professional Development Workshop on October 14<sup>th</sup> and for our annual meeting next spring.

### Dates to Remember

#### 2016

October 14 KAFCS Professional Development Workshop  
Versailles  
*Registration Form on page 3*  
*Registration Deadline: September 30*

December 3 FCS Dining In Day  
*See article on page 5*

#### 2017

January 15 Award Nominations due to Caylen Knight

February 1 Scholarship Applications due to Sally Mineer

June 25–28 108<sup>th</sup> AAFCS Annual Conference & Expo  
Hyatt Regency  
Dallas, Texas



## 2016–17 KAFCS Officers

### President

Allison Lewis  
allison.lewis@uky.edu

### President-elect

Cherie Mingus  
cheriemingus@gmail.com

### Treasurer

Rachael Price  
r.price@uky.edu

### Secretary

Laura Spiegelhalter  
laura.spiegelhalt@jefferson.kyschools.us

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### VP-Professional Development

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### VP-Membership

Caylen Knight  
caylen.knight@boone.kyschools.us

### Chair-Student Unit

To be elected

### Student Unit Advisor

Sally Mineer  
smineer@uky.edu

### Past President

Elizabeth Creed  
elizabeth.creed@uky.edu

### Executive Secretary

Sally Mineer  
smineer@uky.edu

## Committee Chairs

### Awards and Recognition

Caylen Knight

### Certification Coordinator

Sally Mineer

### AAFCS Development

Allison Lewis

### Finance

Rachael Price

### Archives

Laura Spiegelhalter

### Newsletter

Celeste Moore

### Nominating

Elizabeth Creed

### Public Relations and Marketing

Jennifer Burton

### Annual Meeting Arrangements

Sarah Raikes

### Annual Meeting Program

Sarah Raikes

### Strategic Plan

Caylen Knight

## **HUGS: Helping Undergraduate & Graduate Students**

We are starting another school year and FCS Students are returning or starting their college classes. As we recruit FCS students to join the student units of KAFCS/AAFCS at the different universities, it is important to be able to help them with financial support.

As professionals, we all remember back to our days as a college student trying to decide what to be a member of. You can help make that decision a little easier with a contribution of \$25 for student annual dues or \$50 to help a new professional join our association.

As members of AAFCS we can proudly say that student unit members can continue this professional group long after graduating and use it to help jumpstart their career in Family and Consumer Sciences.

As a KAFCS member, please encourage your college students and new professionals to take advantage of the opportunity that these programs offer. If you have questions, please contact Sally at smineer@uky.edu. Forms for these new members are on our website, kafcs.com.

If you are willing to help sponsor a student please send a check and mark HUGS donation to:

Sally Mineer  
242 Scovell Hall  
University of Kentucky  
Lexington, KY 40546-0064

Thanks for your support!!!!

# Kentucky Association of Family & Consumer Sciences



## Fall Professional Development Workshop October 14, 2016 - Versailles, KY

**9:45 am Registration @ Kroger Café Area**

**10:00 Versailles Kroger**

*Learn about their cheese shop, online grocery ordering, and how the largest Kroger store in the state ended up in small town Versailles.*

**11:15 The Woodford Inn**

*See firsthand hospitality, tourism, and management with this small inn and it's attached restaurant, Addi's. Learn about how this facility, originally built as an orphanage in 1926, is managed as two separate businesses today.*

**12:15 pm Lunch at Addi's**

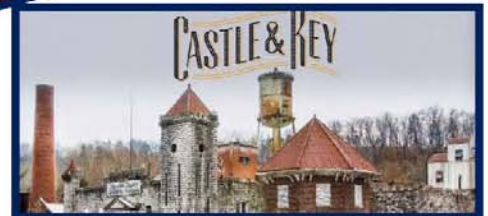
*Experience the customer-side of this business for a delicious lunch.*

**1:00 Representative Rita Smart**

*Hear from former FCS Extension Agent and Kentucky Representative from House District 81 about the work that is being done for families and students across the Commonwealth.*

**2:00 Castle & Key Distillery**

*Hear from the first female master distiller, Marianne Barnes, and how this distillery has come back to life after years of abandonment. Visit the sunken gardens designed by John Carloftis, nationally known horticulture designer.*



**PDUs will be available for the day.**



### KAFCS Fall Professional Development Workshop

Registration is limited and on a first come, first serve basis! This form is due by September 30, 2016.

Name: \_\_\_\_\_ Cell Phone #: \_\_\_\_\_ E-mail address: \_\_\_\_\_

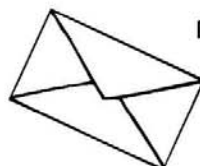
Your title/school: \_\_\_\_\_

Mailing Address \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

<b>KAFCS Member</b>	\$30.00	_____
<b>Student Member</b>	\$25.00	_____
<b>Non-members</b>	\$40.00	_____
<b>Scholarship Donation</b>		_____
<b>TOTAL</b>		_____

Checks payable to: **KAFCS**

Mail registration to: **KAFCS Treasurer  
Rachael Price  
105 Baton Rouge Road  
Williamstown KY 41097**



# Awards and Nominations

Dear Member,

We know that your membership at KAFCS is valuable. Help us show other Family and Consumer Sciences professionals the benefits of joining this organization: networking with diverse professionals, face-to-face learning opportunities, state and national meetings, materials to assist with your curriculum and program areas, and so much more. Within our profession, there are so many hard-working, influential, and truly spectacular people who are deserving of recognition. Who can *you* nominate for an award this year?

## KAFCS Awards

- **KAFCS Leader Award:** FCS professionals who have made contributions on the national level and have been a member for at least 8 years.
- **KAFCS New Achiever Award:** FCS Professionals who have been a member for at least 3 years but no more than 8 years.
- **KAFCS Outstanding Student Award:** FCS student either in undergraduate or graduate program.
- **KAFCS Outstanding Professional Award:** FCS active professional on the state level.
- **Friend of KAFCS Award:** Any citizen and/or organization that promotes family life.
- **Wiley-Berger Award:** FCS professional who has done any volunteer work that is beyond their job description.

## Additional State Awards

- **Karen Davis-Parker Outstanding Extension FCS Professional Agent Award**

**Kentucky Beef Council**  
Friend of KAFCS Award 2016

**Taylor Stewart**  
Outstanding Student  
of the Year 2016

**Anna Sullinger**  
Teacher of the Year Award 2016

## [We Challenge You!](#)

This year when you attend one of our annual meetings, invite at least one of your FCS colleagues to join you. Then, take it a step further and encourage them to apply for membership at [www.aafcs.org/join](http://www.aafcs.org/join).

## I Want to Nominate Someone, Now What?

Please visit [www.kafcs.com](http://www.kafcs.com) for additional information on the nomination process. Nominations can be sent to Caylen Knight at [caylen.knight@boone.kyschools.us](mailto:caylen.knight@boone.kyschools.us)

## Nomination Deadline: January 15, 2017

Awards will be recognized at our 2017 Annual Meeting. Recipients will be notified by February 15, 2017.

*"Empowering Individuals to Improve Their Quality of Life"*

## FCS Day: December 3<sup>rd</sup>

On December 3<sup>rd</sup>, we will celebrate Family and Consumer Sciences Day. It is a great way to promote family and consumer sciences programs. We are encouraging families to make and eat a healthy dinner together on December 3<sup>rd</sup>.

Family mealtime benefits the whole family. Research shows that family mealtime improves nutrition, fosters family traditions, strengthens family communication and teaches life skills, such as food preparation, budgeting and meal planning.

The goal is to have 200,000 families eating a healthy meal together on December 3<sup>rd</sup>. To sign up for Dining In on December 3<sup>rd</sup> go to: <http://www.aafcs.org/FCSday/commitment.html>

The web site shows where others have committed to Dine In and includes ideas for encouraging others to participate and resources to use promoting the event. Groups as well as individuals can sign up. Encourage student organizations, community groups and friends or families to participate, i.e. Extension Homemakers Clubs, local Chamber of Commerce members, Rotary Clubs, FCCLA, 4-H Clubs, college student clubs, honor societies, sororities, fraternities, etc. Put the link in your local newspaper articles and newsletters. Anyone can participate. It isn't just FCS professionals.

This is a great way to promote healthy eating and strengthening families in one simple activity. Take a photo of your family preparing a healthy meal and post it to Facebook, Twitter, and/or Instagram using #FCSday and #healthyfamselfie.

Have a great night preparing a healthy dinner for your family and friends!

#FCSday

#healthyfamselfie

### 2016 KAFCS Annual Meeting Snapshots



Teacher of the Year  
Anna Sullinger



Outstanding Student  
Taylor Stewart



Friend of KAFCS  
Ky Beef Council



Miss Kentucky with KAFCS Officers

## "Dine In" With Us!

### What You Can Do

*(choose one or more!)*

- 1 Commit to "Dining In" on December 3.
- 2 Prepare and eat a healthy meal with your family on December 3.
- 3 Take a photo of your family preparing a healthy meal and post it to Facebook, Twitter, and/or Instagram using #FCSday and #healthyfamselfie.
- 4 Change your Facebook profile photo to the I'm "Dining In" logo.
- 5 Wear an I'm "Dining In" sticker.
- 6 Ask your friends and family to "Dine In."
- 7 Pin your favorite family meal recipes to a "Dining In" Pinterest board.
- 8 Follow AAFCS on Facebook, Twitter, and Instagram for ideas and updates.
- 9 Share our social media posts or create your own posts about family mealtime.
- 10 Visit [www.aafcs.org/FCSday](http://www.aafcs.org/FCSday) for more ways to get involved and access resources!

[www.aafcs.org/FCSday](http://www.aafcs.org/FCSday)

#FCSday #healthyfamselfie

**Kentucky Association of Family and Consumer Sciences**  
**242 Scovell Hall**  
**University of Kentucky**  
**Lexington, KY 40546-0064**

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

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OR

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www.kafcs.com • www.aafcs.org



## **Nominate your peers for KAFCS Leadership!**

The Kentucky Association of Family and Consumer Sciences will be looking for members to contribute their talents to the work of the association in the following offices starting June 2017:

*President-Elect:* Works closely with the president, selects date and place for annual meeting, responsible for product sales at AAFCS and attends AAFCS Leadership Conference.

*Vice President–Professional Development:* Presents a tentative annual meeting program, working with the Annual Meeting Program and Annual Meeting Arrangements Chairpersons. Oversees Certification Coordinator, Scholarship Funding Committee and Research Committee.

*Secretary:* Records all minutes of the Executive Committee, Executive Board and general membership meetings. Maintains a record of bylaw and policy revisions as submitted by the Bylaws, Policy and Handbook Chair.

The President-Elect position entails a three year commitment to service on the executive board, one as president-elect, one as president, and one as past president. The other offices are for a two-year term.

If you are interested or you know someone that you think would be interested in one of these positions, please contact Sally at [smineer@uky.edu](mailto:smineer@uky.edu).

Service on the KAFCS Executive Board is a great opportunity to get to know professionals across the state.