



The National Extension Association of Family and Consumer Sciences (NEAFCS) educates professionals to empower individuals and families to make informed decisions

National Extension Association of Family and Consumer Sciences

South Carolina Affiliate

January 2007

A Message from the President



Happy New Year!

I hope that everyone had a wonderful holiday break with family and friends. It's good to have some time off to recharge our batteries and get a fresh outlook on life.

We want to welcome Dr. Katherine Cason as our advisor. She was recently appointed as the Program Leader for Family & Consumer Sciences.

Lana Tietjen and I were pleased to serve as your voting delegates for the NEAFCS conference held in Denver the first week of October. This year the business meeting was short and there were no major items of change. Tarana, Lana and I attended many excellent workshops that week. I hope you'll consider attending the 2007 conference in St. Paul, Minnesota, September 17 - 20.

In November, I attended the Extension Senate Retreat, and in December, I attended the South Carolina Family and Consumer Sciences Roundtable meeting. It is my pleasure to represent our organization at these meetings, and I'll continue to do so in 2007.

Remember to fill out those award applications soon! It is an online process now, so it's not quite as involved as it was in the past. We want to have a good group of state winners for 2007. Maybe we'll have some regional and national winners.

At the national conference, I received a “booklet of prescriptions” written by Suzanne Vaughan. I’ll leave you with her prescription on Uniqueness:

You are one of a kind.
Never estimate your limitless value.
What will you do today to appreciate who you are?

Best wishes for 2007!

Sue

Susan K. Hovey, MS, CFCS
SCEAFCS President

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From Katherine's Desk



The reason I try to walk forward most of the time is that it affords me the opportunity to look ahead to see where I am

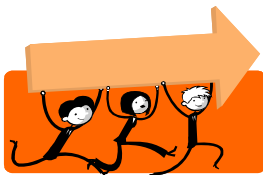
walking, to identify the points of interests along the path I am taking, and to avoid pitfalls that may interrupt my journey. As someone who tries to examine her own motivations for behaviors, I keep my head up and look forward in order that I may be able to smell the flowers and yet still avoid running into a wall. I am not an expert, but with the help of my family, friends, and professional colleagues, I can, for the most part, effectively navigate through the complicated times we live in.

Likewise, within a professional association, it is important to look forward to where you are going, determine how you are going to get there, and know when you got where you wanted to go. I would like to thank Deborah Thomason, past advisor, for her dedication and guidance to SCEAFCS. She has provided excellent guidance to your association. I know that she will continue to participate in and serve the association in the future. If you have comments or suggestions for how I can help SCEAFCS, please let me know. I look forward to working with you!

Katherine L. Cason, Ph.D., RD
SCEAFCS Advisor

Time to Join Up for 2007

It's not too late to join in the fun with your coworkers! Send your membership dues of **\$70.00** to the state treasurer by **January 16th** and be a part of your Professional Association. You won't want to miss out on the newsletters, professional development opportunities and special recognition program. Complete the application and send along with your dues to:



Lana Tietjen
SCEAFCS Treasurer
P. O. Box 1220
Marion, S.C. 29571

SCEAFCS Award Season is Here!

SCEAFCS Award Application Season is here! Take a few minutes to review the awards that are available through our Association. The updated Awards Manual is now available on the web at <http://www.neafcs.org>. Please refer to it for procedures and methods for entering.

Everyone who applies for an award must fill out an online application via the NEAFCS website in the member section. The website will be ready after all dues have been paid and updated. All application forms must be submitted electronically.

Mail a copy of your computer generated award application to me, along with any other required award documentation for judging and for the files. The NEAFCS awards manual lists all of the required documentation for each reward. **Please read those instructions carefully!** All award applications and materials should be submitted to me no later than **March 1, 2007**, so that I will have time to process and mail to NEAFCS.

Mail application materials to me at: P. O. Box 299, Bamberg, S.C. 29003.

Helpful hints for reviewing the awards manual:

- go to <http://www.neafcs.org/>
- click on Awards and Recognition
- click on Members only (you must get an ID and password, if you have never logged on before). Your ID will be your Clemson email address, and National will email your password.
- Click on Awards material. This will give you an explanation of all awards.

Good luck!

Christine J. Patrick

VP for Professional Development/Awards & Recognition



New Resources at the Home and Garden Information Center

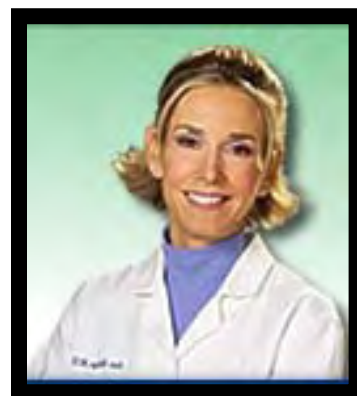
The following new nutrition fact sheets are now available on the HGIC website, <http://hgic.clemson.edu>:



HGIC 4056	Reading the New Food Labels
HGIC 4057	Determining Nutritional Value of Foods
HGIC 4058	Food Labels: Fat and Cholesterol
HGIC 4059	Food Labels: Carbohydrates
HGIC 4060	Serving Sizes for Special Diets
HGIC 4061	Nutrient Claims on Food Labels
HGIC 4062	Nutrient Density

Remember Dr. Ann?

Dr. Ann Kulze was one of the featured speakers at the 2006 SCEAFCS annual meeting at Folly Beach, S.C. Listen to her again while she is a guest on Clemson University's *Your Day* radio program on January 11th. Dr. Ann and host, Rhonda Matthews will be taking live call-in questions regarding healthy eating from 12:30 p.m. until 1:00 p.m. *Your Day* can be heard on any of the local S.C. Educational Radio Station outlets.



Departing thought for this newsletter:

165°F never tasted so good.

Keep smiling. ☺



"That's the second person today complaining their chicken burger wasn't cooked enough!"