

Utah Association of Family & Consumer Sciences
UAFCS NEWSLETTER

Volume 95 Issue III

Spring 2005

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2004-2005

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President's Message:

As a UAFCS board, we want to thank everyone who attended the annual UAFCS meeting in November. I would like to give special thanks to Christine Gutke and the section chairs for planning such a great conference.

We just received some wonderful news from AAFCS. UAFCS has been selected as the winner of then national "I'm A Winner" membership contest. We will receive a \$500 cash prize. We earned this award because our membership this year increased at least 5% over last year.

Finally, please pay special attention to the following information. The UAFCS board met and discussed potential by-laws changes for our organization. This discussion came from the fact that our current by-laws state that elected and appointed board members will assume office June 1st of each year. This worked when our annual meeting was held in the spring. Now, however, the annual meeting is in the fall. A new board does not have a full year to plan the annual meeting. Also, in reading the by-laws we discovered that there is no statement outlining the treasurer's position. Your UAFCS board met and approved the proposed by-laws changes. We are now sending the vote out the all UAFCS members.

Please take a minute and read the proposed by-laws changes that are included with the ballot and officer election information you receive from Maribeth Clarke. I have included the identified sections as currently written followed by a copy with the proposed changes. As a board, we believe these changes will allow UAFCS to run more smoothly and allow for a time frame for new officers to begin their terms.

If approved, the officers who are serving or will take office June 1, 2005 will serve a slightly longer term to allow for the change to take place at the 2006 annual meeting.

Carolyn Chipman
UAFCS President

Resolved: Family Rituals Are A Top Priority in 2005

Family Relations and Child Development: Rea Gubler

As the year progresses, Family and Consumer Sciences (FCS) professionals may want to consider adopting a new year's resolution **that focuses** on preserving and strengthening family rituals. Recent research addresses the importance of family rituals in everyday life and emphasizes that rituals serve as a positive force in the long-term development of children. Steve Wolin and Linda Bennett divide rituals into three categories:

- (1) Family celebrations --Holidays
- (2) Family traditions—vacations, birthday activities
- (3) Patterned family interactions—dinnertime, bedtime

As FCS professionals, we have been trained to appreciate and promote all types of family rituals. We recognize that rituals provide a sense of continuity that increases a child's sense of security. Often, the ritual activity serves to enhance adult/child communication, and build strong emotional relationships. During times of trauma, rituals serve as protective, positive forces, giving children feelings of security and closeness.

Noted family therapist, William Doherty, uses the term the 'intentional family' to reference families that plan for building and maintaining family ties. He suggests seven major principles for establishing rewarding family rituals:

1. Get agreement between adults in the family
2. Expect that cooperation from children will emerge gradually
3. Have as much participation as possible from all family members
4. Have clear expectations of what will happen and who will do what
5. Reduce conflict through open communication and respect for others' feelings
6. Protect rituals from the demands of other activities
7. Be willing to change or modify the rituals as needed

The 'intentional family' has a plan to ensure that family rituals remain a top priority. FCS professionals serve in a variety of capacities that enable us to encourage members of families to re-commit or resolve to strengthen and maintain family rituals that are critical to the well-being of American families.

References:

- Doherty, William J. *The Intentional Family*. New York: Avon, 1997
Brooks, Jane B. *The Process of Parenting*. New York: McGraw Hill, 2004

Interior Decorating Information At Your Fingertips? – Try Online

Marilyn K. Albertson, M.S., CFCS, UAFCS Housing & Interior Design Chair
Utah State University Extension – Salt Lake County

Do you want to know what are the newest trends in paint, wall-covering, flooring, window-covering and more? Do you feel stressed for time when trying to make interior design decisions for your home? Do you live in an area that makes it difficult to do a lot of comparison shopping? One way to start your interior design planning is to go online. There are some great internet sites you can visit to try decorating your rooms online before you try the real thing in your home using current trends. This can help you explore your interests, personal tastes and needs prior to venturing out to the stores and save you a lot of time and frustration.

These virtual decorating sites allow you to see what the decorating techniques may look like according to room types, fibers, wall coverings, window treatments, colors and more. The Better Homes and Gardens website discusses current trends in all aspects of home decorating and can be found at bhg.com/bhg/. Springs Window Fashions has a virtual decorator site to help you pick window coverings, flooring types, color schemes and more. The address is virtualdecorator.baliblinds.com.

If you want to learn about paint, the Rohm and Haas Paint Quality Institute is a great site at www.paintquality.com/quality/index.html where you can learn about all types of paint. You can learn about low odor and very low VOC (volatile organic compounds [solvents]) content in paints for people with allergies. You can also explore colors by moods they create and decorative paint techniques. If you want to learn all about flooring and carpeting you can go to www.weardated.com. At this site information is provided what you need to know before you buy, choosing carpeting and how to care for carpet after you purchase. Shaw flooring also has a good website at www.shawfloors.com that covers various types of flooring.

Another site features an online magazine called DesignerSpeak at <http://designerspeak.com>. It addresses interesting topics each issue. For example on issue included great information on space planning with charts for figuring in different types of furniture in a room. It also includes current color trends, quick fixes, eclectic design, outdoor rooms, decorating techniques to avoid, recommended interior design books and magazines by topic as well as reviews of home products available online by store.

There are many more sites but these can get you started.

UAFCS AWARDS*Suzanne Jorgensen,**Utah State University FCS Agent, Garfield County***UAFCS Members:**

Please take a moment and consider nominating a friend or colleague for a professional award. Presentations of these awards will be made at our Annual Meeting. A description of each award is given below. A nomination form is also in this letter. Thank you so much for your continued support in UAFCS

UAFCS Leaders Award: Honors a member who has been involved in the profession more than five years and has made noteworthy contributions to the Family and Consumer Science profession. Utah's selection may compete for the AAFCS award the following year and the procedures for nomination will follow national guidelines.

UAFCS New Achievers Award: Honors a member who has been involved in the profession less than five years and has made a noteworthy contribution and/or developed an outstanding program in the field of Family and Consumer Science. Utah's selection may compete for the AAFCS award the following year and the procedures for nomination will follow national guidelines.

Teacher of the Year Award: Honors a secondary Family and Consumer Science teacher/member for innovative programs and/or instructional methods which motivate students to apply their knowledge and skills to situations outside the classroom. Utah's selection may compete for the AAFCS award the following year and the procedures for nomination will follow national guidelines.

UAFCS SCHOLARSHIP AWARDS 2005

Graduate Scholarship: One graduate scholarship will be awarded to an AAFCS/UAFCS member who is enrolled in a post-baccalaureate program with a research topic on some aspect of Family and Consumer Science. The amount of this scholarship will be \$300.

Undergraduate Scholarship: Three scholarships will be awarded to a junior or senior enrolled in a Utah college or university, majoring in some aspect of Family and Consumer Science and who is an active member of AAFCS/UAFCS/SMS. Each recipient receives payment of membership dues plus registration to UAFCS Conference. Must be in a 4-year program: i.e. BYU, USU, SUU

Winnifred C. Jardine Scholarship: One Scholarship will be awarded to a high school graduate whose career goal is that of an educator in Family and Consumer Science. The amount of the scholarship is \$500, to be distributed at the end of the first semester (or quarter) upon proof of continued enrollment in the Family and Consumer Science major.

Check out our website: www.aafcs.org/Programs/awards.html

NOMINATION FORM for AAFCS/UAFCS AWARDS

Name of Award _____ Name of Nominee _____
Current Member of UAFCS? Yes ___ No___ Title/Position _____
Home Address _____ Work Address _____
Home Telephone _____ Work Telephone _____

Professional Responsibilities:

Professional and Leadership Activities:

Awards and/or Honors Received:

Community Activities/Service:

Other: Family Facts, Personal Interests, Etc:

On an attached sheet, you may add additional information describing this nominee's outstanding qualities and contributions. Emphasize why this individual is particularly suited for the designated award. Please be specific.

Nominated by: _____ Telephone _____
Address/City/Zip: _____

**All nominations should be submitted by May 20, 2005 to:
Suzanne Jorgensen, PO Box 77, Panguitch UT 84759
Email: suzannej@ext.usu.edu or Fax 435-676-8239**