



North Carolina Extension Association of Family & Consumer Sciences

The Professional Association for North Carolina Cooperative Extension
Family & Consumer Sciences Educators

"RISE TO NEW HEIGHTS" 2008 Annual Meeting Educational Workshops

Each workshop is offered twice, so you get to attend two.

Guests may attend these workshops if space is available. Check at the Registration Desk upon arrival at Lake Junaluska.

Low Impact Living

Wendy Patoprsty, Natural Resources- Environmental Education, Watauga County

Need ideas on how to work as an extension team? Wendy will discuss the role of the Watauga County staff in addressing one of the "hottest" issues of our time, how to lead a more sustainable lifestyle.

Foothills Fresh: How FCS Agents Can Promote Local Food

Leigh Guth, FCS Agent, Lincoln County

Encouraging local food is healthy for families, growers, the economy, and the environment. Hear about how FCS agents in Catawba, Cleveland, Gaston and Lincoln County team with agents from other disciplines to promote "Local Farms, Local Food, Local Fun"

Show Me the Money!!! Grant Writing 101

Kate Gavenus, Director of the Mayland Community College Foundation will teach this introduction to grant writing. Gavenus is a successful grant writer who has the majority of her grants funded. This workshop will help you with the basics of grant writing, helping you select foundations, common questions foundations will ask, and how to avoid common mistakes.

Using Web Based Tools to Make Working Together Easier

John Dorner, Area Agent, Information Management

The web has changed from just being a place to get information to being a place to share and collaborate. In this session, you'll learn about tools that are easy to use and you can start using today. If you can use a word processor, then you can use these tools! Think about how powerful it would be if you could share your bookmarks and comments about them with your colleagues or if that new co-worker could see what sites you thought were useful. Stop emailing documents back and forth - work on them collaboratively. Use the internet to have video conference calls or just one-on-one long distance calls for free - and show what you are talking about. Publish your newsletter articles as they are written, give daily or weekly updates on your projects. Let your friends know what you are doing today!

Steps To Effective Pre-retirement Strategies (STEPS)

Steve Norris, Benefits Coordinator, CALS Personnel Office will provide access to experienced professionals in the field of financial planning. Learn about financial products available through payroll deduction that should benefit those who are newly hired to those who are getting ready to retire. Take a STEP closer to reaching your retirement goals.