



North Carolina Extension Association of Family & Consumer Sciences

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

2008 ANNUAL MEETING "RISE TO NEW HEIGHTS" August 5-7, 2008

The 2008 Annual Meeting will be held at the Lambuth Inn at Lake Junaluska, August 5 – 7. The members of the West District have worked hard to pull together a great meeting, at which we hope that members will relax, rejuvenate, and renew themselves while participating in educational workshops and educational tours. This year, John Dorner, IM Area Agent, put our registration process online, which was a tremendous help.

The educational workshops include:

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.

Educational Tours include:

Tour of Blue Ridge Food Ventures

Blue Ridge Food Ventures (BRFV), an initiative of Advantage West Economic Development Group and the North Carolina Department of Agriculture, is a shared-use, value-added food processing center centrally located in Asheville to serve food entrepreneurs throughout western North Carolina. It provides services to those wishing to start or grow small businesses in the food industry, to local farmers who wish to add value to their products through processing, and to caterers and bakers needing a certified kitchen. This regional "kitchen incubator," a first for North Carolina, joins others throughout the U.S. in spurring the development of small businesses, promoting local agriculture and creating jobs.

Tour of NC State Research Station in Fletcher

Take an outdoor wagon ride and learn first hand about the research taking place in apple, tomato, herb and ornamental crop production. Project leaders or their technicians will facilitate an overview of the work being done at each site visited - orchard, field, garden, etc. - and explain how their research will eventually affect product quality and selection as well as the consumer's pocketbooks. Each instructional segment of the tour will last approximately 15 minutes. FCS Agents will be encouraged to contribute insight, pose questions and share comments.

Indian Village

This village is an authentic replica of an 18th century Cherokee community. Cherokee guides explain the history, culture and life-style of their ancestors. Watch Cherokee craftsmen demonstrate their skill in making arrowheads, baskets, blowguns, beaded belts, ceremonial masks, dugout canoes, pottery, and wood carvings. You'll also enjoy the replica of a 7-sided Council House and typical Cherokee homes as they were 250 years ago. Adjacent to the Village is the mile-long Nature Trail that provides visitors the opportunity to walk through the woods and see a variety of trees, plants and flowers indigenous to the western North Carolina area.

Museum of the Cherokee Indian

"To perpetuate the history, culture, and stories of the Cherokee people"

To accomplish this mission, the museum maintains a permanent exhibit, extensive artifact collection, archives, education programs, artist series, and a gift shop. The museum also publishes the Journal of Cherokee Studies.

The Museum of the Cherokee Indian opened in 1948 and moved to its present facility in 1976. Its exhibit was totally renovated in 1998, when a new 12,000 square foot exhibit was installed. The museum is a non-profit organization with 501(c)3 status, and it operates self-sufficiently based on admissions revenue and gift shop sales.

Both groups may visit the Qualla Craft Cooperative. We will have a quick history lesson and explanation of how the Co-op operates. Visitors will be given time to visit and shop.

Let's Go Downtown: The Revitalization of Downtown Waynesville

This workshop/tour will help you as an FCS agent understand the role you can help play in Community Development, specifically downtown revitalization. Buffy Phillips Messer, Executive Director of the downtown Waynesville Association will share the history, the process, the do's & don't's, and the economic importance of Waynesville's successful downtown revitalization project.

The mission of the Downtown Waynesville Association is to undertake revitalization activities within the Service District and downtown area based on the guidelines of the North Carolina and National Main Street Programs, while preserving and sustaining the social, cultural, economic and historic role of the downtown as the center of the Waynesville community.

Tour of NC Arboretum

The Arboretum focuses on the education, economic development, research, conservation, and garden demonstration with respect to landscape, architecture, and plant sciences.

The 434-acre site is nestled in one of the most beautiful natural settings in the United States. Mountain peaks bound the property's visual perimeters and 1.8 miles of the Bent Creek stream run through the center of the Arboretum. Enjoy a guided tour through the Heritage, Mountain Spring, Bonsai, Quilt and Plants of Promise Gardens.

We are looking forward to seeing everyone and hope that it is a rewarding week for all.

Submitted by:
Renay Knapp
President-Elect, NCEAFCS