



BUILDING PURPOSE

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Fall NACFM Certification Program

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Insights & Inspirations

Change does not necessarily assure progress, but progress implacably requires change. Education is essential to change, for education creates both new wants and the ability to satisfy them.

- Henry Steele Cammager

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Orlando, Florida
 October 5 – 10, 2008
 First Baptist Church of Orlando




The Fall NACFM Certification Program will be held October 5th thru 10th at First Baptist Church of Orlando, Florida

We will be staying at the Holiday Inn Express, 5605 Major Blvd. in Orlando, Florida.

Check into the hotel will be after 2:00pm on Sunday the 5th

All reservations will be made by the NACFM. Please do not contact the hotel directly.

Each member will be responsible for all transportation to and from Orlando, and all ground transportation while there. Each member will be responsible for their own food during the CP.

A list of topics for the CP will be published soon. We will e-mail everyone when we have all of this information ready.

Click [HERE](#) for a registration form.

President's Message



Remember Your New Year Resolutions?

The year is 2008! It's August and we are about to embark on a new school year. So I have been thinking about where the year has gone and what about those New Year resolutions. You know the ones I'm talking about. The famous, "I'm going to get in better shape or I'm going to lose some weight this year". It sounds hard!

Getting into shape for real-life situations doesn't mean leg pressing 500 pounds on a weight machine at your local gym for bragging rights. But will it help you carry a child, race to silence the fire alarm, or hoist a 40-pound water bottle onto its dispenser in the office without wrenching your back? You bet it will!

to handle daily activities without injury or discomfort. The goal is to exercise with movements that are similar to what you do in real life. For example, if you are spending a lot of time on your feet, exercise done in a standing position will help strengthen your spine and legs and improve your balance.

So are we all going to be the next Mr. Universe? Looking at myself there's not a chance of that happening. But the point is, "do something"!

My favorite saying is "My mind said I could do a particular activity, but after completion my body says "why did you do that". I can't tell you how many times my High School junior boys small group have talked me into doing an activity that later I was so sore I couldn't move. "Thanks to God for Advil"

"....the spirit is willing, but the body is weak"

So! Does this mean we all hit the Gym.? For me, I'm giving it a try! Thanks to my sixteen year-old we have been going to the gym 3 to 4 times a week. Is it working? Well I think so, but it didn't take me eight weeks to get this way, so I'm sure it won't take eight weeks to get it off. But our health and life depends on it. I'm not suggesting you run or walk down to your corner gym and sign up for a life time of fun. It takes a lot of work and dedication. The same amount of work and dedication we put into our daily jobs.

What I am suggesting is we doing Functional Fitness? These are exercises designed to get your body ready

The bible says it best in Mathew: 26:41 "The spirit is willing, but the body is weak" and also in 1st Corinthians 6:19 "Your body is a temple, whom you have received from God"

Sometime we sacrifice ourselves to put others first. Find that time for your own health it's all our kids and grandkids have, and there expecting us to be around for a while.

The American Council on Exercise has a functional fitness circuit workout available at:

www.acefitness.org/getfit/studies/functionfitness.pdf.

Serving Him first, Glenn

AUTOBIOGRAPHY OF ALVERTON A ELLIOTT



I was born in Waterbury, VT July 13, 1942, on my father's birthday. I spent my first 18 years in Glover, VT and as an active member of the Glover Community Church (Congregational) as part of the Lake Region Parish serving four towns. I obtained my B.S. in Secondary Education in 1965 and M.S. in Plant Pathology/Microbiology in 1967 at West Virginia University, Morgantown, WV, and Computer Data Management in 1984 from Webster University.

Sherron [a Presbyterian with a Ukrainian Orthodox background] and I were married April 17, 1964, (yes – she proposed on February 29, 1964) in the Wesley Methodist Church in Morgantown, WV. We have two sons: Nicholas (Carol and two Grandsons – Logan and Ramsey) in Durham, NC and Mathew (Maria and two Grandsons – Thomas and Pietro and the spoiled Granddaughter – Christina) in Lititz, PA).

I entered the USAF in 1971 with tours in VA, CO, USAF Academy (Assistant Professor of Chemistry), NM, Washington, DC (special tour with the Department of Energy) and lots of special tours overseas. The military career found us attending many church denominations with the last being Lutheran. I retired in 1991 from the USAF and came to Los Alamos National Laboratory, Los Alamos, NM as the Accident Investigation Office Leader for six years. I was asked to establish the Office of Nuclear Safety Compliance in 1997 and then the Worker Safety and Health Compliance Office in 2006 and retired (again) in 2007. We joined the United Church of Los Alamos, an Ecumenical Shared Ministry comprising of six denominations: American Baptist, Christian Church (Disciples of Christ), Moravian, Reformed Church in America, Presbyterian (USA) and the United Church of Christ. The Church was formed in 1944 as part of the formation of Los Alamos National Laboratory by the US Army. I have served as one of 12 trustees for the past six years and Chairperson for the past three years.

Welcome New Members

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