

**PRESIDENT'S MESSAGE**

*Dear Friends of the Connecticut Affiliate of AAFCS,*

Happy New Year!! I know it is not January but a hazard of being a teacher and mother of three is that it also seems like September is the beginning of the year. Besides I am just getting started in the role of President of our affiliate for AAFCS.



To kick off the summer in my new role I attended the National Convention in Seattle. The convention was exhilarating, with so many impressive professionals in our area all in one spot. The convention had two different key but important messages for its members. One message was FCS-Fit. This outlined the importance of wellness in our lives. This year the focus is on physical wellness. However, in upcoming years will focus on financial emotional and familial wellness. Messages we easily understand from the study of our field. The other campaign the national office promoted is "Say Yes to FCS." This campaign focuses on recruiting more teachers in the field of FCS. For more on both of these issues head to our national website page: <http://www.aafcs.org/>

Here in Connecticut our board met on August 11st. We do some goal setting for the upcoming year. The goals we have in place are to bring new members to the organization, provide meaningful programs to the members, support our members in the field, and provide networking opportunities for our members.

**We are planning a very exciting and interesting conference this year. The tentative date is April 27<sup>th</sup> and will take place at a hotel in Cromwell. More information will be coming.**

Also we now have some new connections on Facebook. For those of you that are teachers go to the Facebook page "Family and Consumer Sciences Teachers" and ask to be included. This is a very active group of teacher from all over the country, engaging in conversation about everything that is unique to what we teach. I have picked up several great tips from the others in the group. Also we have a Facebook group for our own state at "AAFCS-CT." It is a closed group, but you can ask to be a member.

Would you like to get more involved in our state affiliate? We would love to have new members join us at our board meetings. We meet the first Wednesday of the month at different locations throughout the state.

All are welcome. If you want further information about getting involved please e-mail me at the address provided.

Best Regards,

*Lori*

Lori Peck  
President, AAFCS-CT  
[loripeck@charter.net](mailto:loripeck@charter.net) or [lpeck@ridgefield.org](mailto:lpeck@ridgefield.org)



## MEMBERSHIP MINUTES . . . . . Which Way Will You Choose?

Our members have a wealth of expertise to share side by side with several related professionals, as all of us remain committed to achieving the optimum well being for families and individuals. Yes, each of us makes a difference in working toward this vision. The affiliates under the guidance of our National AAFCS include educators, nutritionists, counselors, designers, researchers, consultants and administrators. We are mentors & role models, public speakers, team members & collaborators in various capacities in our homes, at our work site and in communities. Many of our members serve in advocacy and leadership roles.

I encourage you to review the membership benefits offered by National AAFCS. The list is lengthy and one that you should consult before switching insurances, looking for discounts for travel, appliances, and education loans to name a few. Aside from these perks updating your credentials via professional development, which could mean a career move and staying on top of new ideas in the field, are key reasons to remain active in *your* organization. Networking experiences with others across the country and globe make the membership invaluable year in and year out for you personally and professionally.

Choose to stay on top of things! Renew *your* membership each year to benefit from *your* professional connection to our National organization. Is there any better time than right now to address public awareness issues surrounding our country and world? Many of us already have leadership and advocacy roles on several fronts afflicting our nation. Some join in with others like AARP to bring the facts forward in order that our voters can make a good judgment on those issues they hold near and dear to their hearts and souls. A number of these will be a focus at the voting table this November. Here again the vision comes forward “ . . . . . The optimum well-being for families and individuals.”

The Choice is *yours*! Remember, AAFCS provides the opportunity to help transform the lives of others. Continue to be an active part in this transformation.

Web site information including the membership application for colleagues:

[www.aafcs.org](http://www.aafcs.org)

[www.ctaafcs.org](http://www.ctaafcs.org)

*Stephanie Fians, Membership Chair  
Connecticut*

## CONNECTICUT AFFILIATE CELEBRATES MEMBERSHIP MILESTONES



The Spring Meeting in May 2016 marked anniversary years of membership in AAFCS. Biography sketches highlighted many personal and professional contributions of four of our members. As you read below you will see that these women continue to grow in their endeavors and contribute in many ways in the workforce and community. Congratulations to these affiliate members!

*Read on . . . . .!*

**Cindy Brenner** is a *fifty-year* member of AAFCS who considers herself a New Yorker though she has resided in New Jersey, Rhode Island, and currently in New Haven, Connecticut. She is an FIT and NYU graduate who focused on Fashion Buying & Merchandising for both of her degrees.

Cindy worked in Syracuse, New York for the Extension Service in Onondaga County. In her professional role she worked with local businesses, taught classes, did regular segments on local morning TV, and edited a monthly newsletter for the Extension Service.

She and her husband have raised two children. Volunteering is extremely important to Cindy. She continues to volunteer at CT's Camp Rising Sun which is an overnight camp for kids with cancer. In her "other" free time she enjoys cooking, gardening, reading and spending time with seven terrific grandchildren.

**Dianne Giancola** is a *fifty-year* member of AAFCS who resides in Stamford, CT with her husband Joe. Her career experiences continue! She is Director of Education for Rit Studio where she creates projects for the web site ([www.ritstudio.com](http://www.ritstudio.com)) as well as Jo-Ann Stores, Michael's, AC Moore and Hobby Lobby. Her work at Rit involves the testing of new products.

Dianne's earlier career experiences include Independent Consultant/Writer, Communications Director at Prym-Dritz Corporation, and Manager for Educational Programs at Coats & Clark. In addition she was Assistant Professor in Textiles & Clothing at Hood College as well as an instructor in Textiles at the State University of NY at Plattsburgh.

Through her work in the sewing industry, Dianne was introduced to the art of dyeing and discovered the infinite possibilities available to those who love and want to create with color. Several years ago this led her to Rit Dye and she has been creating colorful projects for others to dye ever since!

**Marge Winokur** is a *fifty-year* member of AAFCS who now resides in Livingston, New Jersey close by to her family. She is originally from the State of Maine; received her BS. degree from Syracuse University in 1966. Her teaching career began in Washingtonville, NY and then it was on to Fairfield, CT. Her last position was at Carrigan Intermediate School in West Haven, CT. In an among the years of teaching and child raising with her husband by her side she worked for a small Connecticut company involved in the import/export of alternative fragrances.

Marge was a devoted 4-H'er. She gave many hours to judging events in Fairfield County each spring and fall for the organization. She marveled at the projects the kids came up with and shared many comments with the younger ones on their creative ideas and accomplishments.

**Anita Ferron** is a *twenty-five year* member of AAFCS who currently teaches at Daniel Hand HS in Madison, CT. She and her husband Jay reside in West Haven, CT. Anita has been on the Affiliate board since 1999 and currently a liaison for the International Federation of Home Economics (IFHE), a worldwide organization dedicated to promoting our National's mission, vision, and core values.



Anita distinguishes herself in the Child Development arena; in 1999 she was state awarded and received the Celebration of Excellence for her Child Development program. In 2012 she was selected AAFCS/Connecticut Teacher of the Year (TOY) and was a top contender for the National TOY.

A near to her heart FCS organization is FCCLA. She has been an advisor to her high school group for a number of years. A featured project involves redecorating a child's room that has cancer. She along with a colleague completes this activity with students from Hand HS. The goal is to create a space for the young person that is fresh, new and inviting when they return home from their hospital stay. What a mentoring experience for high school students!

Anita's many talents and dedication to education has served her well over the years. She is a role model for her students as her outreach activities take her near and far. Her IFHE endeavors have provided her worldwide travel opportunities, serving on numerous committees and attending Congress meetings for the organization. For the next three years Anita will represent AAFCS at the United Nations. The monthly meetings allow her to share the hands-on experience with two of her students who accompany her to the UN.

A quote from Anita: *"I believe in the mission of IFHE because worldwide we seek out international concerns, educate people, help to formulate government policies, and help them to be enforced. Partnering and working with other NGO's we can make a difference."*

Stephanie Fians, Membership Chair  
Connecticut Affiliate





## FRIEND OF FCS AWARDED

The Connecticut Affiliate was pleased to present the Friend Award at the May 2016 Spring Meeting held in Willimantic, CT. The award is given to an individual who is dedicated to the mission, vision and core values of FCS in our schools and community. This person supports FCS by informing key people in the education arena, in the workforce and the community about the importance and need for our area of expertise for individuals of all ages.

Diane Christiano received the award for her tireless efforts and perseverance to keep our subject matter a priority in the Stratford School System. Her enthusiasm and commitment to FCS places her among the elite and so honored with this award.

Diane has held the position of CTE coordinator for the Stratford Schools for fourteen years. Previously, she was a K-12 career coordinator for Stamford Public Schools and served as a liaison between business and education. Earlier she was employed in the workforce development area and involved with retraining efforts for employees transitioning into the technology area.

Diane is a graduate of UCONN where she received her 6<sup>th</sup> Year Certification in Educational Leadership. Her MAT and BS degrees in Business Administration were awarded from Sacred Heart University, Fairfield, CT. Diane is a certified Global Career Development facilitator.

Our recipient enjoys many hobbies that include line dancing, biking, travel and many, many moments skydiving and face timing with four grandchildren who reside in the State of Texas.

### Congratulations to Diane, our 2016 Friend of FCS!

Stephanie Fians

## PROFESSIONAL OF THE YEAR NAMED

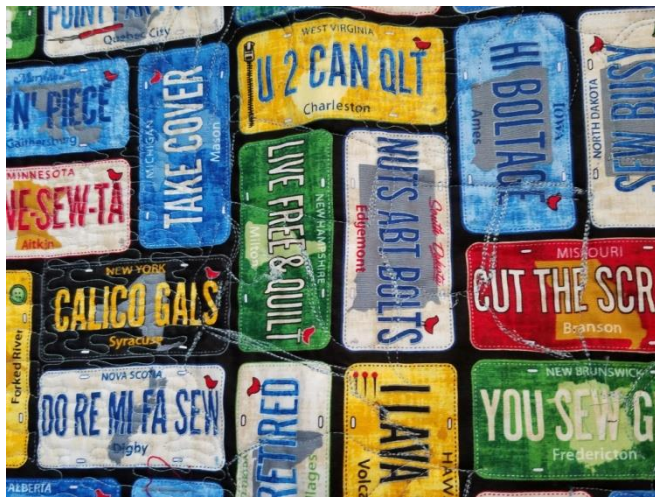
The Connecticut Affiliate named **Belle Garafola** AAFCS Professional of the Year at the May 2016 Spring Meeting. Belle has been an affiliate member for eleven years, a Past President of our Affiliate and named the AAFCS/Connecticut Affiliate Teacher of the Year (TOY Award) in 2009.

Belle has taught FCS courses at Pomperaug Regional HS for eleven years and continues to focus her attention and energy on developing her program to interest and challenge students. Her many talents and skills encourage her students to do their best and apply the classroom skills they learn to other courses as well as every day life.

FCCLA, a national FCS student organization is alive and well at Pomperaug due to Belles' efforts this year. Her program received the National Member Award for being the club with the highest percentage increase in membership. As one of the states' lead advisors to FCCLA, Belle worked with other leaders to energize and strengthen the program throughout Connecticut. The year has been full of changes and roadblocks for FCCLA but Belle and her ever present optimism encouraged both advisors and student members to work hard for a successful and exemplary state spring meeting for students.

Connecticut's 2016 Professional of the Year is one outstanding educator; we are pleased to award her efforts. Her energy and dedication to the FCS field places her among the best by her students and peers.





This is a picture of a section of the back of the quilt that was made and entered in the textile design committee display where each country portrayed their country in fabric. See other pictures and an article from Anita Ferron in this newsletter.

### AAFCS/CT 2106 Scholarship Awarded

It is with pleasure to announce **Sara Federici of Rocky Hill High School** as the 2016 AAFCS/CT scholarship recipient. Sara has been accepted and plans to attend Johnson and Wales University in Providence, Rhode Island, and major in Culinary Arts and Entrepreneurship. Her goal is to open a farm to table restaurant and educate the patrons on healthy eating and sustainable foods.



Sara is the president of FCCLA, secretary of the National Honor Society, treasurer of Unity Leadership Team, headline editor of the Newspaper Club, vice-president of the Photography Club, and belongs to the National Art Honor Society, Spanish Club, French Club, Student Council, Best Buddies and FBLA. In the community she participates in Rocky Hill Coalition Against Drug Abuse and Underage Drinking, Lend-A-Paw, and coordinator of the Food Drive.

Karen Redanz, Sara's Family and Consumer Sciences teacher, wrote a recommendation which describes Sara as an outstanding student with passion, creativity and enthusiasm. She tackled challenging recipes and was very successful and then shared her knowledge with other students in class that were having difficulty. Taking on the role of leader comes easily with her sense of maturity and professionalism. She has been the FCS Student of the Month and president of FCCLA. Within the past year, Sara helped prepare food on an early Saturday morning for the Victorian Tea held at Rocky Hill High School.

Congratulations, Sara!

Carole Christensen  
AAFCS/CT Scholarship Chairperson



## Fall 2016 – Policy and Legislation – Judy Hinman



### Personal Finance

Are you trying to fit personal finance into any of your units of study? The Federal Reserve is offering a free “What Do We Do at the Federal Reserve” teaching kit. This professionally developed teaching kit may help you fill in many teachable moments. The website is [www.dynamindspublishing.com/free/fed.html](http://www.dynamindspublishing.com/free/fed.html) or refer to the July 18 Fast FACs issue.

Throughout 2017, #AAFCSAC {Facebook} there will be the sharing of many articles, information, etc on “Financial Fitness: Trends, Impacts and Innovations”. This is the theme for the 108<sup>th</sup> annual AAFCS Conference and Expo to be held June 25 to 28, 2017 in Dallas.

### “Say YES to FCS” social media campaign update

Over 500,000 postings on social media were posted in June for “FCS is HOT” {higher order thinking}. The July theme was “Building Intergenerational Connections”. It’s never too late to post on your school website or any social media activities that have been initiated in the many areas covered by FCS. This is great public relations for your community. Themes for August and following months are TBA.

### “Dining In for Healthy Families”

Over 125,000 people committed to preparing and eating a healthy meal together in 2015. Plan to participate this Dec. 3, 2016. Past sponsors included: Learning ZoneXpress, the Sugar Assoc., Cabot Creamery, Goodheart-Wilcox Publisher, Kappa Delta Pi, American Farm Bureau, FCCLA, and many more partners.



### Legislation

In Feb., AAFCS/CT sent a letter to Sen. Chris Murphy and the national AAFCS. This letter was in support of the senator’s legislation for “Mental Health Reform Act” {senate bill #1945} and “Help Find the Missing Act” {senate bill #2105}, also known as “Billy’s Law”. An acknowledgement was received from Sen. Murphy’s office. Our letter has not been posted on AAFCS website “letters to public officials”. Follow-up to national is ongoing.

Question I have – should I send to Marilyn Swierk our letter as part of her “Taking It to the Streets” {TIS} campaign? [msinnovate@aol.com](mailto:msinnovate@aol.com)

This is a picture of a section of the front of the quilt that was made and entered in the textile design committee display where each country portrayed their country in fabric.



This summer Anita Ferron a Family Consumer Sciences Teacher at Daniel Hand High School in Madison CT. attended the XXIII IFHE (International Federation of Home Economists) World Congress from July 31<sup>st</sup> - August 6<sup>th</sup> 2016. The world congress meets every four years. This year it was held in the Daejeon Convention Center - Daejeon, South Korea and was hosted by The Korean Home Economics Association (KHEA). There were 987 participants from 40 different countries in attendance.

The theme of this world congress was "Hope & Happiness: The role of Home Economics in the pursuit of hope & happiness for individuals and communities now and in the future" There were seventy (IFHE - US Family Consumer Sciences members) who attended. Anita not only attended but also presented a workshop about what she does with her high school students. Her club at school as one of their service projects works with Circle of Care an organization that assists families who have a child diagnosed with cancer. Over the past nine years the students from both Madison and Clinton have worked together to redesign a bedroom for a child who has cancer. Through this service project each year they bring hope and happiness to the child, the family and community. Anita was also a co-presenter at another workshop on her role as a representative to the United Nations in NYC for IFHE. She presented along with five other representatives who attend the UN meetings around the world.



The key note speakers discussed Hope & Happiness in mothering and fathering: What can positive approaches in Home Economics Education do? During the day workshops gave perspectives of families and programs and research being done around the world. The evenings were full of Korean culture from traditional dances, traditional orchestra, Taekwondo Demonstration, even a home visit where we were paired up with a Korean family going to their home and having dinner with them.

In 2020 the World Congress will be held in Atlanta Georgia hosted by American Association of IFHE. Anita Ferron is looking forward to working on one of the planning committees.



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- ❖ PUBLIC POLICY UPDATE
- ❖ REPORT ON DOWNTON TEA

- ❖ WHERE DO I FIND ITEMS ON THE WEBSITE?
- ❖ RECOGNITION
  - 2016 TEACHER OF THE YEAR
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<b>Where do I find items on the website?</b>	<b>Location</b>	<b>Due Date</b>
➤ <b>Fall 2016 Newsletter</b> (Archived Spring 2016 Newsletter)	<b>Links Tab</b>	-
➤ <b>TENTATIVE - All Day Conference April 27, 2017</b> <b>Watch for announcements...</b>	<b>Conferences Tab</b>	Registration available in February
➤ Student Scholarship Application	<b>Scholarship Tab</b>	March 15
➤ Teacher of the Year Application/Nomination	<b>Awards Tab</b>	March 15
➤ Professional of the Year Application/Nomination Form	<b>Awards Tab</b>	April 15
➤ Professional Development Application	<b>Awards Tab</b>	April 15
➤ Contact Information for Connecticut Affiliate Officers	<b>Contact Tab</b>	-



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[www.ctaafcs.org](http://www.ctaafcs.org)  
[www.aafcs.org](http://www.aafcs.org)

This newsletter is one of your membership benefits!



