

## **PRESIDENT'S MESSAGE**

Dear Friends of the Connecticut Affiliate of AAFCS,

Hello! I am excited to return as your President for the Connecticut Affiliate of AAFCS. It is an important organization that according to our mission statement “provides leadership and support to the professionals whose work assists individuals, families, and communities in making informed decisions about their well-being, relationships and resources to achieve optimal quality of life.” One of the important national campaigns is “Say Yes to FCS.” This campaign focuses on recruiting more teachers in the field of FCS. For more information, head to our national website page, <http://www.aafcs.org/>.

**Say  
Yes  
to  
FCS**



In April we had a very exciting, informative, and interesting conference. We received outstanding feedback from the many professionals in attendance. We have started planning for another outstanding conference this spring. Our tentative date is May 3<sup>rd</sup>. More information will be coming. So please put it on your calendar now. If you are a school professional take an early opportunity to talk to your principal about attending the conference. The conference fee can be paid for through the school Perkin's Grant.

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 “AAFCFS-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 second Wednesday of the month at 4:30pm 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@ridgefieldps.net](mailto:lpeck@ridgefieldps.net)



### ***We Are Searching for YOU!!!***



Your CT affiliate of AAFCS has been working to create a new data base of Family and Consumer Sciences teachers and AAFCS members in the state of Connecticut. You or someone in your department has received an email asking for a list of the current FCS teachers in your school district as well as their email addresses and the schools mailing addresses.

This data base will be shared with the State Department of Education as their listing is quite dated also.

We are doing this so that pertinent information can be forwarded to you and your peers in a timely manner. We are concerned that some people are not receiving emails, our newsletter or other important information.

We realize that some districts do not have their staffing complete. However - if you have not received an email from us - please email us at your earliest convenience. We would like to get the data base as complete as possible.

Thank you for your help.

Becky Person [becknp@aol.com](mailto:becknp@aol.com)

Janice Uerz [janice.uerz@snet.net](mailto:janice.uerz@snet.net)

**MEMBERSHIP MINUTES . . . . . Before You Scroll to the Next Screen**  
**OR Turn the Page to a new Month... Consider...**

It is hard to believe that there are four months left in the year! All of us have busy, busy lives, responsibilities and goals to keep ourselves positioned forward and focused. The professional role(s) we each have takes much of our focus especially those who are returning to the classroom scene. Others plan fall activities at this time and regularly carry these out in homes and communities. Yes, these four months provide an opportunity to assess the direction we move in every day.

The AAFCS tagline “*Connect professionals. Touch Lives*” does come to mind. This line simply rings with the leadership that we as FCS professionals assume in our homes, communities and professional arenas. The passion and vision you share with others has impact, provides outreach and demonstrates the commitment you have toward others.

An AAFCS membership goes a long way in helping you to do what you do each and every day! In addition to meeting the needs of those you serve it also provides opportunities for networking, involvement in public awareness issues and professional development offers.

If it has been a while since you have visited the AAFCS web site (aafcs.org) promise yourself to do so in the next few weeks. It is updated frequently with information from around the country on current topics and how the various states are impacted. You will be very impressed with the outreach FCS professionals are doing throughout the country. Of course programs, discounts, special savings, your renewal date, etc. are always there for your information.

Finally, do pass the word! Professionals need to be current and have resources available to do what they do and do it well. When you return to the classroom or start your fall calendar/programming in your community, mention the professional membership to colleagues. Encourage them to give the web site a look-see for what it offers to them as FCS professionals.

Here in Connecticut we also have a web site (ctaafcs.org) with more FCS state related information. It too is updated frequently and allows professionals to see what is happening here in the state. You can find a membership form here and on the National site as well.

*Keep up with the profession by staying connected! Membership: 71 Members*

*Stephanie Fians,*

Connecticut Membership Chair  
[steph.fians@sbcglobal.net](mailto:steph.fians@sbcglobal.net)

### ***AAFCS CT Teacher of the Year***

Lots of time but keep your eyes open for innovative and creative units and coursework being taught by one of our own amazing FCS educators.

The deadline is **March 15th, 2018** for this honor with perks!

We want to share, especially for new teachers and administrators, about this distinguished award that folks might not be aware of.

You can **nominate yourself, yes yourself, or any other FCS teacher** you know who teaches an awesome unit or course, of any FCS topic. The nominee must be an AAFCS CT member. Principals and department heads can nominate. (share this blurb!)

This honor is for the school year 2018-2019

Perks:

- an honor for yourself and your school district
- funding to attend the 2019 AAFCS National Conference
- nomination for a possible AAFCS National Teacher of the Year
- promote FCS folks and important FCS teaching & learning in CT

Watch this newsletter and your email (if we have it!) for the quick and easy application.

Email with any questions or to share your email address, especially if you are in a new district.

Sue Murphy, [smurp822@colchesterct.org](mailto:smurp822@colchesterct.org)

# MILESTONE



## CONNECTICUT FRIEND HAS MET A MILESTONE

A 50-year member of AAFCS was honored at the Affiliate Spring Conference in April. Marilyn Tarasuk and her husband Paul now reside in Hilton Head, South Carolina and are very busy with friends, reading, playing bridge and attending cultural events.

### Her story:

Marilyn's early years were spent in Storrs, CT where her father was Dean of the School of Agriculture at UCONN. It was his influence that drew her attention to the Home Economics area. She attended UCONN and completed all her degree work through a 6<sup>th</sup> Year Certificate in preparation for a doctoral program.

Her first teaching job was in Newtown, CT where her salary was \$2,200.00/year. The grade 7 - 12<sup>th</sup> assignment involved all areas in the field. Marilyn's teaching career included placements in Newtown, Lisbon, New York, New Britain, Bolton, and South Windsor, CT. In addition to teaching Marilyn helped raise three daughters, served on our then Connecticut Home Economics Association board in many capacities, as well as traveled to many state and national meetings/conventions. In 1990 Marilyn was named the State Home Economics Teacher of the Year.

Our 50-year member taught all areas in the home economics field but she especially enjoyed working in the clothing and fashion design classes. Over the years she organized many fashion shows for parents and families in the community. Toward the end of her career she wrote a grant for a nursery school program. It was accepted and funded by the State of Connecticut. Through this initiative her students were able to add nursery school experience to their high school studies.

Marilyn retired from teaching in 1994 and remarried that same year to the man who was her very first college date! Yes, Paul and Marilyn met in 1949, dated, graduated and went separate ways. Forty years later they met once again. They lived in Avon, CT for several years and then moved to Sun City, SC where they enjoyed many retirement years. She shared: *"We traveled, kept involved with our church ministries, volunteered, participated in numerous cultural and club events, reading and gardening. In retirement our favorite vacation destination was Aruba where we immersed ourselves in the sun and sea."*

Marilyn's note to me closed with-----

"Family and Consumer Sciences has always been my primary interest. Membership in our professional organization AAFCS is so important to the continued growth of our many areas of expertise."

Marilyn has maintained her membership in **AAFCS for 50 years** now! She has always assigned her membership over to Connecticut ----her home state.

Stephanie Fians,  
*Connecticut Membership Chair*





### **FCSfit**

AAFCS Initiative is a 3 year goal called “FCSfit”. Through leadership & support individuals will make informed decisions to improve their own well-being & relationships, & use resources with the goal of achieving an optimal quality of life. “Financial Fitness: Trends, Innovations & Impacts” was the theme of the 108<sup>th</sup> annual conference & year 2 goal of FCSfit. {Goal 1 was Physical Well Being} Goal 3 – emotional health & relationship to well-being will be launched in 2018 at the Atlanta conference. Can any of these FCSfit goals be used by you in your program? For more details visit AAFCS.org - on the home page click on “news”, within that menu click on “read the AAFCS strategic direction”.

### **National School Lunch Standards**

The “Healthy, Hunger-Free Kids” Act was passed in 2010 & went into effect in 2012. The objective was to serve low fat, salt, & sugar foods, and to provide at least 51% whole grain products, and increase portions of fruits & vegetable from ½ cup to 1 cup. It has been found to be costly & difficult for many schools. In 2015, nationwide schools spent \$1.22 billion on food that many students threw away when these strict requirements were followed.

For the 2017 – 2018 school year, a temporary change will provide flexibility to schools to meet nutritional standards with goal to increase student consumption of breakfasts & lunches.

- Whole grain products, such as brown rice & whole grain tortillas, do not have to be served.
- Schools can serve 1% flavored milk, instead of fat free flavored milk.
- Schools can continue to serve “target one” sodium foods {less than 640 mg, approximately ¼ tsp.}. “Target 2”, less than 570 mg, original goal for 2017 has been changed to 2019.

### **Teacher Resources**

LiveBinders {2} for family and consumer sciences educators were created by Cynthia L. Miller, PhD, CFCS, CPFFE and are available by going to the following websites.

{1} The Family and Consumer Sciences Teacher Resource LiveBinder includes a wealth of information for teachers, such as lesson plans, online tools, blogs, and websites. It also includes links to the National Standards for Family & Consumer Sciences Education and family and consumer sciences organizations.

<http://www.livebinders.com/play/play?present=true&id=1197402>.

{2} A LiveBinder for personal and family finance is available at

<http://www.livebinders.com/play/play?id=1602230>. Think of financial security across the lifespan, or financial aspects of nutrition, health & wellness, or interpersonal relationships & personal finance, or housing, or your specific area of FCS.

### **Dine In Day**

“Dine In” is on FCS Day, Sunday, Dec. 3, 2017. Another opportunity to review the benefits of families planning, preparing & eating healthy meals together. The date honors our founder, Ellen Swallow Richards, by celebrating on her birthday. AAFCS has information, tools, etc. on their website [aafcs.org/FCSday](http://aafcs.org/FCSday).

### **Truth in Advertising**

Is Poland Spring water from a spring or is it named for the town in Maine? Is it ground water or spring water? The national class action suit against the Nestle owned company has not been settled.

### **State Policy and Legislation**

The 3<sup>rd</sup> week of August will remain a “no sales tax” week to spur back-to-school shopping.

Gov. Malloy is against the potential to raise sales tax from 6.35% to 6.85%. He’d rather have a state budget.

85 towns are not receiving the Educational Cost-Sharing Funds, lowest economic areas are receiving an increase & other cities & towns are receiving the same amount.

Proposals:

- Social Security benefits would not have state income tax beginning in 2020.
- Shift the cost of teacher pensions from the state to towns/cities.
- Municipalities could add 1% sales tax on food & drink in restaurants, bars & other outlets.
- No new tax on hospitals.

### **Distinguished Service Award**

The DSA was established by the American Home Economics Association (AHEA) Foundation in 1979 as a living tribute to members of AHEA (now AAFCS) to recognize superior achievements in family and consumer sciences, outstanding contributions to the family and consumer sciences profession, and sustained association leadership at both state and national levels. It is the highest honor AAFCS bestows. Individual nominees must have held continuous membership in AAFCS for 20 or more years, and may be nominated by any group of AAFCS members.

AAFCS.org website has complete information of documentation required for the nomination. There are a few AAFCS/CT board members who meet this criteria.

*Submitted by Judy Hinman*



## IFHE Liaison Report

Submitted by Anita Ferron



INTERNATIONAL FEDERATION FOR  
HOME ECONOMICS



Region of America's vice president Jenny Schroder died so Gwendolyn Hustvedt USA will take her place till 2018.

Other regional vice presidents are:

- Region of Africa – Heter Steyn South Africa
- Region of Asia – Mee Sok Park Korea
- Region of Europe – Franziska Honegger Switzerland
- Region of the Pacific – Gail Boddy Australia

### Upcoming meeting / Conferences:

- 2017 August 28 - 30 67<sup>th</sup> UN DPI/NGO Conference UN Headquarter - New York, USA
- 2017 August 28 - 31 6<sup>th</sup> Annual National Conference of Family and Consumer Sciences Society of Nigeria (FACSSON) University of Benin, - Benin, Nigeria
- "Maximizing Inherent Potentials in Product Value Chain for Economic Development"**
- 2017 October 16 World Food Day each year day the Organisation was founded in 1945.
- 2017 October 24 – 28 Home Economics Council of Nigeria (HECON)/International Federation for Home Economics (IFHE) Africa Region International Conference 2017
- "Developing Skills for improved social and economic Conditions of Families and global Communities: Home Economics Future Direction"** University of Uyo, Nigeria
- 2018 Feb 25 - March 1 IFHE Council Meeting and Symposium 2018 \*\*\*
- "Never too late for elderly well-being: a Home Economics Perspective"**  
Ahfad University for Women (AUW), Khartoum, Sudan
- 2018 March 5 – 9 13<sup>th</sup> International South African Association of Family Ecology and Consumer Science (SAAFECs) Conference
- "Consumer Science: In Pursuit of the Future"** Pretoria, South Africa
- 2018 March 20/21 World Home Economics Day (WHED) is sponsored by the IFHE (1982)
- 2018 May 11- 12 11<sup>th</sup> International Scientific Conference "Rural Environment. Education. Personality (REEP-2018)" Jelgava, Latvia
- 2018 June 24-27 **AAFCS 109<sup>th</sup> Annual conference Marriott Marquis Atlanta Ga.**
- 2020 August 2 – 8 **XXIV IFHE World Congress 2020**  
"Home Economics: Soaring toward Sustainable Development"  
Atlanta Hyatt Regency Hotel - Atlanta, Georgia, USA  
*I am hoping to attend to do work for world congress 2020 USA*



INTERNATIONAL FEDERATION  
FOR HOME ECONOMICS

### IFHE-US Updates

Submitted by Roxie V. Godfrey, President

Please read the information below from Juanita to get involved and to help our fellow colleagues.

### Disaster Assistance Partnerships Announcement CALL TO ACTION

- IFHE-US members are a PART of the "DISASTER ASSISTANCE PARTNERSHIPS"
- DAP is a Committee of the International Federation for Home Economics Worldwide

### HOW YOU CAN HELP

**Contribute items in good condition** that would be useful for the operation of a home economics program.

Send donated items to:

**DAP, c/o Juanita Mendenhall, 122 Point Lane, Ridgeway, SC 29130.**

If possible bring donated items to DAP storage facility at:

**Juanita Mendenhall, 122 Point Lane, Ridgeway, SC 29130.**

**Money donations needed** for shipping and expenses should be sent to:

**Luann Boyer, Finance Director, IFHE-US, 22500 County Rd. 21, and Ft. Morgan, CO 80701-9337.**

Notation for check: DAP Fund/hurricanes.

**As a state FCS or other organizations such as FCCLA or college student organizations:** ·

Organize and plan for gathering materials | fund raise in support of expenses

**CONTACT: Juanita Mendenhall, DAP Coordinator, 122 Point Lane, Ridgeway, SC 29130. Ph: 803-337-4012 [juanitam@usit.net](mailto:juanitam@usit.net)**