

**PRESIDENT'S MESSAGE SPRING 2014**

Dear *Members and Friends*,

As I near the end of my year as President of AAFCS/CT Affiliate, I would like to thank many key people. First, I'd like to thank Janice Uerz, our Past-President, for her help and counsel. I'd also like to recognize Becky Person, our President-Elect, who has unselfishly stepped forward to helm our workshop planning and has always been there for our chapter.



In fact, every member of our Board has been invaluable. We started the year reeling from the announcements of the "Academy." Our chapter participated in conference calls and worked to relay this information to our Members. Janice, Becky and our former National President, Carole Frommer, helped to shape our questions and our stand to preserve our identity.

We are happy to announce that AAFCS will be a viable member of the Academy of Family & Consumer Sciences. We will remain vigilant about guarding our identity and heritage in the coming years.

I am looking forward to our Spring Meeting at St. Clements Castle on May 1 and hope to see you all there.

Happy Spring!

*Belle Garafola CFCS*  
*AAFCS/CT Affiliate President*

**Won't you join us for the**

**2014 AAFCS/CT Spring Meeting**

**Date: May 1, 2014**

**Where: Saint Clements Castle, Portland, CT**

**Guest Speaker: Dr. Marialice Curran**  
**~ University of Saint Joseph ~**



The registration form can be found on the AAFCS/CT website:  
[www.ctaafcs.org](http://www.ctaafcs.org)

## 2014 AAFCS/CT Spring Meeting

### Topic: Understanding Digital Citizenship In and Out of the Classroom

May Day is a wonderful time to renew friendships, network with colleagues, watch the Connecticut River flow by, enjoy good food, participate in the Silent Auction and gather new information regarding Digital Citizenship.

Most of us receive information digitally - here is an opportunity to learn how to maximize the benefits. Dr. Curran's presentation will focus on what digital citizenship is, the need to understand the choices our teens are making, what apps they are using, what we should avoid and what we should encourage.

So bring your laptop, iPads or tablets and be prepared for an interactive session! The registration form can be found on the AAFCS/CT website.

### Spring Meeting, Silent Auction

The silent auction at our spring conference is our best fund raiser. Each year members donate to the silent auction and other members bid on the items. The more donated items the more money we make. The money made is used to send members to our national leadership meetings and conferences. So I encourage you to start thinking of items you can donate. Below are some ideas...

- Theme baskets work GREAT! If you need inspiration go to Pinterest the ideas are limitless. Think of baskets you would like to receive or give to others. Make them bright and colorful to catch the attention of other members.  
<http://www.pinterest.com/search/pins/?q=silent%20auction%20gift%20basket%20ideas&rs=ac&len=9>
- That birthday or Holiday Gift you received but just isn't yours. For example, you received a candle for Christmas but you can't burn it because your husband is allergic. And it is not re-gifting if you give it to the auction.
- Baked goods. Collectively we are the best bakers on the face of the planet. So share your talents with the folks who really appreciate a homemade pie, cake, cookie tray etc.
- Share a talent, you knit, cross stitch, or sew donate a homemade item.
- Tickets to an event. Your husband won't miss one set of tickets from his season tickets to the Yankees. (wink, wink)

So PLEASE everyone donate something. And we will have a great Auction. Any questions, contact Lori Peck [loripeck@charter.net](mailto:loripeck@charter.net).

### Slate of Officers for 2014 - 2015

President	Becky Person	Recording Secretary	Pam Geyer
President-Elect	Lori Peck	Corresponding Secretary	Katie Pierapoli
Vice President	Karen Redanz		
Assistant to the Vice President	Barbara Morris	2015 Delegate	<i>seeking</i>
Treasurer	Gail Dwyer	Alternate Delegate	<i>nominations</i>

Bios and ballots will be available at the Spring Meeting for members to cast their vote. Anyone wishing to join the board and become a delegate please contact Janice Uerz at [janice.uerz@snet.net](mailto:janice.uerz@snet.net)

## COMPETITIVE FOOD STANDARDS FOR CONNECTICUT FCS PROGRAMS

Many of our FCS programs raise funds to supplement budgets, cover field trips or buy equipment. The current state nutrition standards committee review, which will be redefining rules for competitive foods in schools, will impact us. These new federal and state standards and the final rule for competitive foods will be effective **July 1, 2014**.

What is a **competitive food**? The USDA Federal Register identifies competitive foods as all foods and beverages other than meals reimbursed under the Richard B. Russell National School Lunch Act and the Child Nutrition Act of 1966 and sold on the school campus during the school day. The proposed rule, which will be published this spring, will require that allowable competitive foods meet all of the proposed food nutrient standards. These standards include 50% whole-grain content in grain products, 10% of the Daily Value of a naturally occurring nutrient and having as a first ingredient one of the non-grain, major food groups. Foods that do not meet standards can be sold only if the local board of education grants an exemption. However, Connecticut General Statutes mandate that all foods sold separately from reimbursable programs, including Culinary programs, must meet Connecticut Nutrition Standards.

As FCS professionals, we know how challenging these standards will be as we plan our programs. We will face difficulties and limitations identifying and producing allowable competitive foods. Exemptions, alternatives, record-keeping and compliance are still not clear. We will have to wait for the final USDA competitive food standards and the Connecticut Nutrition Standards which are due in the next few months. We will keep our members informed.

Belle Garafola

### 2013-2014 Regional Fall & Winter Workshops ~ Building Success in FCS

Our workshops continue to gain in popularity. Some FCS professionals come to gather information, some come to network and some have realized they fulfill your requirement in the Professional Domain of your Evaluation. The two areas they focus on in regards to your Evaluation are:

- Engaging in continuous professional growth focusing on instructional improvement
- Engaging in professional collaboration with colleagues

Again this year our programs were held in schools around the state ~ Norwich Free Academy, McGee Middle School in Berlin and Torrington High School. This allowed us the opportunity to view different classroom set-ups, hear about a particular district's program and participate in two workshops each afternoon/evening.

Programs varied from recycling our trash to creating dresses for girls in Third World Countries to STEM/Common Core in the FCS classroom. We look forward to providing workshops again during the 2014 - 2015 school year. If you would like to host a workshop or can recommend a topic or speaker for a workshop please contact:

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

## MEMBERSHIP MINUTES

Direction please!. . . . .

Questions abound regarding the organizational change in AAFCS. The new design known as the Academy, could be in place as early as January 2015! The powers that be are holding firm to have the interests of the membership at heart as they broaden the scope of our National organization. The expanding focus means that additional stakeholders from related professional organizations will be included in AAFCS which will then be known as the Academy of Family and Consumer Sciences. The thinking is that by including professionals from related fields in our ranks there will be an increase in membership as well as a wider expertise base at the National level. The new model will also reduce the number of our colleagues who serve us at the top. In essence, our National would have more *united voices* working toward common goals.

Does this put AAFCS on a strengthening track by streamlining the Association at the top and increasing the membership numbers? Will membership priorities still have a place? The leadership is convinced that yes this is the case. In essence, the increase in membership is a necessity and along with more numbers come more professionals with common interests.

“A member survey indicated that public awareness for family and consumer sciences is a high priority; yet most of those same members felt a low satisfaction in what is being done for public awareness in our field.”  
(The FACS –Winter 2014)

And, forward we go! Let’s keep abreast of these maneuvers.

Access to the National web site is still [aafcs.org](http://aafcs.org). There is a link to the Academy model for the membership to stay informed as this new design rolls out. View the pages regularly so that you are aware of how the process is unfolding. The “partner” arrangement is well defined on the link and there are numerous visuals to indicate the thought process behind the decisions being made. Note that the affiliates throughout the country are called a “partner” in the Academy model.

Our state site is [ctaafcs.org](http://ctaafcs.org) and it outlines the events coming up this spring in Connecticut. Our Affiliate Spring Meeting will be held on May 1, 2014. It offers an opportunity to network and catch up with members from all over the state. Save this date for this late afternoon meeting. Plan to join your colleagues for our speaker, networking, awards and the silent auction.

Finally, for those who are considering the 105<sup>th</sup> Annual Conference & Expo being held June 25-28, 2014 in St. Louis, Missouri, see the National site and the JFCS for details on registration and programs for the four-day event. Early registration --- with a discount ends April 15<sup>th</sup>. It looks like Missouri is going all out for AAFCS!

Stephanie Fians,  
*Connecticut Membership Chair*

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## Quilt Retreat 2014



**Carolyn Baker**





## Lucille Baver

**Pat  
Ruhanen**

**&**

**Carole  
Christensen**



## Julia Brown



**Caroline Gardner**

## There is still time to Honor Our Professionals

### CT/AAFCS ~ PROFESSIONAL OF THE YEAR

It is time to recognize a professional home economist or a teacher whose program performs outreach to others, service to community, state or field.

NOMINATION Form is under 'Awards' tab on the web site: [www.ctaafcs.org](http://www.ctaafcs.org)

All Professional of the Year (POY) application forms must be postmarked by

**APRIL 15, 2014** to: Katherine Brophy

35 Jennifers Way

Rocky Hill, CT 06067

For help or information, please call Kathy Brophy at 860-978-0088 or email [brophyk2@cox.net](mailto:brophyk2@cox.net)

Connecticut Professional of the Year 2014 will be announced and honored at the Annual CT Spring Conference 2014.

*Kathy Brophy, Committee Chair*

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❖ **ITEMS TO APPLY FOR:**

- Professional Development
- Professional of the Year

❖ **COMPETITIVE FOOD STANDARDS**

❖ **WHERE DO I FIND ITEMS ON THE WEBSITE?**

<b>Where do I find items on the website?</b>	<b>Location</b>	<b>Due Date</b>
➤ Spring 2014 Newsletter	<b>Links Tab</b>	-
➤ Registration Form for Spring Meeting 05.01.14	<b>Conferences Tab</b>	See registration form
➤ 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>	-