

Volume 90

Spring 2015

Number 3



PRESIDENT'S MESSAGE

With **Spring** trying to make an entrance - we can hopefully put the snow and cold temperatures behind us. It has been a busy year for our state association. Although change was necessary at the National level to maintain our existence - our affiliate worked to make sure that Family and Consumer Sciences wasn't lost in the shuffle. Two afternoon workshops were held - one at Trumbull High School and one at Conard High School. The programs were enlightening and the food was superb.



We thank the teachers at these schools for making these experiences possible. Karen Redanz will be honored at our National meeting in June as one of the top three Teacher of the Year nominees. We thank Karen for her willingness to complete all the paper work which made this recognition possible.

BUT WE NEED YOU!

In spite of all the good things that happened this year - we need new energy, new ideas and new people to serve on the Connecticut Affiliate Board. Over half of our leaders on the Board are retirees. I know that many professionals are feeling overwhelmed with more and more responsibilities related to their occupations. But if we are to continue to exist as a profession we must be willing to help to keep our Affiliate active and relevant.

Soon it will be time for our Spring meeting which will be held at the Keeney Center in Wethersfield on May 7th. Please consider joining us for an afternoon of networking, information sharing and good food.

Becky Person

AAFCS/CT Affiliate President

New Item to support the Scholarship Fund

A new item will be unveiled at the spring meeting this May. Our Affiliate continues to provide a graduating senior with a \$1000.00 scholarship for continuing their education in an FCS related field of study. We have note cards with the modern Betty Lamp and a variety of jewelry items consisting of the traditional lamp and modern lamp.

The newest item is a red apron with a modern white lamp logo. Karen Rendanz is one of the top 3 finalists for Teacher of the Year recognition at the National AAFCS meeting in June. Karen's curriculum focuses on the concept of sustainable eating. Karen will have the aprons on sale as she presents her curriculum at the show case session. The aprons will be available for sale to our spring meeting attendees at the cost of \$15.00.

The Betty Lamp symbol has been used as a symbol for learning for several centuries. The beam of the lamp has been quoted to represent the following characteristics: knowledge, strength, achievement, the appreciation of beauty and the bond of cooperation. Our affiliate has presented the incoming president of AAFCS with a traditional pin at the national meeting. The Smithsonian Institute in Washington, DC has placed a traditional pin in the archives of the Ellen Richard Swallow collection.

Please stop by the merchandise table on May 7th and support the Scholarship Fund.

March 19th – Regional Spring Workshop ~ Celebrating the Year of the Family

We gathered at Conard High about 4 pm. and began the afternoon with a tour of the multiple classrooms that are part of the Family & Consumer Sciences Dept. Then the first workshop featured Martha Page, Executive Director of the Hartford Food Systems. she has been there for 5 yrs. The organization is involved with Food Policy in the city and works to make healthy fresh food available to city residents. Through multiple efforts that include gardening to grow produce on small tracts of land and a mobile market (retooled bus) they are making progress. In the spirit of the farm to table campaigns it was interesting to hear about a group bringing the farm products to the people to assist in access versus the people having to get to the farm.

Mid way thorough the event the group was served dinner by several foods students. It was a wonderful salad appetizer, lasagna roll and bread entrée, and raspberry cheesecake dessert.

To finish the evening Kerri Glogowski and Melinda Calhoun, West Hartford/Conard High Speech Pathologists, gave information about Speech and Language. Primarily they talked about development in this area and issues that occur which can create challenges for daily living. Most of the experiences discussed occur with children/adolescence but the information is useful anytime there is difficulty with the many parts of speech and language. It's not just talking. They kept the audience engaged with their energy and visual aides.

Barb Morris

Our Spring Meeting is scheduled for **Thursday, May 7th**. So Please Save The Date!!!

The registration form can be found on the AAFCS/CT website: www.ctaafcs.org

Teacher of the Year

Family and Consumer Sciences teachers – time to think about your program or review a unique class in your FCS Program that could be highlighted and nominated for the 2017 CT FCS teacher and on to National AAFCS competition.

Connecticut has had two national winners:

1991 – Marie Ponzillo, Crosby High in Waterbury

2010 – Nancy Malafatopoulos, Warde High in Fairfield

Karen Redanz is CT 2015 nominee to AAFCS and is in high ranking for the National Award at the June National Meeting.

Nominations can be made by you, one of the teachers in your department or school. Upon selection by the CT nominating committee, you would complete and application for the National Association in the Fall for 2017:

- *May 15- application and state selection*
- *May – CT announcement at the Spring Meeting in May*
- *Fall of 2016 preparation of national application*

It is good to see focus of FCS programs! We need more people to know what FCS provides for Connecticut students. Consider NOW for next year's application. Application and guidelines are on our website:

www.ctaafcs.org [click on the awards tab] **Highlight the field of Family and Consumer Sciences!**

Professional of the Year

The Family and Consumer Sciences Professional of the Year (POY) can be a member of the field, retired teacher, extension professional, FCS professional in a business area and/or individuals who have endorsed and spoken up for the FCS field.

Many of those honored have been former educators and are still active in FCS activities in Connecticut and other individuals have supported and promote the FCS field.

The nomination form is easy to complete. Honorees are recognized at the Spring Meeting. The form can be found on under the awards tab at the website – www.ctaafcs.org . We should recognize those who continue to highlight the key aspect of our field of Family and Consumer Sciences.

Karen Redanz AAFCS 2015 Teacher of the Year Merit Finalist

Karen Redanz, CFCS Family & Consumer Sciences teacher at Rocky Hill High School, has been named as a 2015 Merit Finalist for the American Association Family and Consumer Sciences National Teacher of the Year award.

Karen was chosen as a result of the curriculum she created that incorporates the concept of sustainable eating throughout her lessons. For over 20 years culinary students in her program have learned about the impact that food choices have on their health, the environment and the treatment of farm animals today. Students visit farms and learn firsthand from farmers about the benefits of supporting local farms and contrast that with factory farming practices. The benefits of a plant-based diet are discussed as students learn to prepare a myriad of hearty recipes and distinguish between real food and highly processed food. Students research relevant food issues and present their findings on Food Day, a national event every October 24th, during a school-wide farmers market open to all students and faculty. Food Day at Rocky Hill High School has evolved into an interdisciplinary event with music, science, business, fashion design, and special education students presenting research and products related to the sustainable theme. Local farmers, businesses and educational organizations participate each year as well. Karen is a member of the AAFCS/CT Affiliate executive board, an FCCLA advisor and lives in Norwich with her three children Kayla, Zachary and Ian. Karen will represent Connecticut at the 2015 American Association of Family and Consumer Sciences national conference in June.

Congratulations, Karen!

MEMBERSHIP MINUTES *Check-Up Time is the Bottom Line*

This time of year is check-up time! Some of our New Year resolutions have become a part and parcel of our everyday life. Priorities are in order! Now, we read and organize receipts, accounts are reviewed and preparation for income tax 2014 refund or payment is well underway if not satisfied at this point. To do this efficiently, one needed to review line by line and calculate those figures to get them to the exact line on the specific *form. In the end we are surprised at the bottom line; vow to be more vigilant in 2015.

This inspection forces us to consider what am I doing with the dollars I work so hard for? When one evaluates this you consider *your* professional responsibilities. *Your* AAFCS membership fee is one of those bottom line numbers year after year and one that offers numerous benefits that you can use throughout the year.

Have you utilized the AAFCS and ctaafcs web sites to the max? Review them at your leisure to see what your dollars are going for and how you as an individual member can realize the benefits plus side. Think about it. Is *your* membership up for renewal? I have outlined the specifics in several of my last *Minutes*. Review the two sites and make your membership work for *you* on the bottom line! Finally, spread the word to colleagues in FCS and related fields who may not have considered *their* professional organization and the bottom line.

* Form 1040 – Schedule A- line 23

Stephanie Fians, *Membership Chair*
Connecticut

Spring Meeting ~ May 7, 2015

Speaker: Anne Heller, Wellness and Prevention Services, University of Connecticut, Division of Student Affairs

Topic: “Supporting our Youth: A Family and Community Perspective of Adolescent Substance Use, Abuse, Dependence, and Recovery.”

The Keeney Memorial Cultural Center at 200 Main Street, Wethersfield, Connecticut, will be the site of our Annual Spring Meeting. In 1839 it opened as the first high school in Connecticut. After many years of neglect, the Wethersfield Historical Society purchased the building in 1983 and made many renovations. In 1990, it opened to the public for weddings and private parties on the second floor and display areas on the first floor. Currently, the Wethersfield State Prison Exhibit is on display and in May the all town schools art show will also be there for viewing. Parking is in the rear of the building and an elevator is available. Across the street you will see other homes owned by the Wethersfield Historical Society. There are also other homes and buildings maintained by the historical society where tours are offered should you decide to return to the area. Also noted on Main Street is the First Congregational Church which was the site of the 1976 Bicentennial Christmas service on national television.

Spring Meeting – Silent Auction

Every year we host a silent auction at the spring meeting. This is a fund raiser for our state affiliate. We use this money to pay for our operations costs, scholarships, and trips to leadership conferences. Everyone attending the state meeting has the opportunity to contribute to the auction in two ways. You can donate and you can buy. The sky's the limit of what you can donate! (You could donate the extra jet you have in your garage.) Just kidding, but you are all very talented! For example, you can donate homemade or purchased items, gift cards, and even services. You can pool resources and put together theme baskets. After you donate, don't forget to bid at the silent auction. Every year great items are available. And remember all the money we make goes to keep as going. See you in May. Contact Lori Peck for more information. [lpeck@charter.net]

Where do I find items on the website?	Location	Due Date
➤ Spring 2015 Newsletter	Links Tab	-
➤ <i>Registration Form for the Spring Meeting May 7th</i>	Conferences Tab	See registration form
➤ Student Scholarship Application	Scholarship Tab	March 15
➤ Teacher of the Year Application/Nomination	Awards Tab	March 15
➤ Professional of the Year Application/Nomination Form	Awards Tab	April 15
➤ Professional Development Application	Awards Tab	April 15
➤ Contact Information for Connecticut Affiliate Officers	Contact Tab	-



CONNECTICUT AFFILIATE

44 George Drive
Vernon, CT 06066

www.ctaafcs.org

www.aafcs.org

This newsletter is one of your membership benefits!

Housing: The Basics Are Back and Nationally They Will Drive 2015

House hunting to purchase is expected to increase this year as employment among the millennials continues to improve. Those who fit between 25 and 29 years of age are experiencing a 3% “hired” increase which is 1% higher than overall job growth. This age group makes up the first-time buyer segment; and a tendency for higher spending ability.

Another factor to consider in home buying is fuel price. Oil prices will continue to do its thing and currently are down 45% since June 2014. U.S. households spend more than \$1,800.00 on energy related costs annually. This translates to lower energy costs for residential use as well. This is a huge fact when looking at homes and is equally important to the tech features the home might offer.

Houses will rapidly appreciate in value and mortgage rates have fallen below 3.9% for the first time since May 2013. While the rates are low, the demand for housing is expected to increase to 5.8 million in 2015 (up 9% from 2014).

How are people paying for appreciating houses? Underwriting remains tight. The three *drivers* remain: debt-to-income ratio, loan-to-value ratio and credit scores. First-timers are making the reality work for them and are prepared for the purchase. Two trends are clear: the economic upturn and accelerating pace of low-end homes vs. high-end prices in many areas of the country is moving the housing industry forward. The two markets (regional areas), which meet these two basics, are Dallas and Houston, Texas. Last year, low-end home prices appreciated at 1.5 times the rate of high-end in the top 25 housing markets. This strength also shows the weakness in the homebuilding arena for single-family starter homes. Areas such as in the Carolinas, Houston metro, Dallas and Austin enjoy growth in new construction for the singles. This reality helps to alleviate prices from further increase. Overall, it is noted that confident consumers are more likely to spend on *big ticket* items such as housing.

One additional housing market to watch is the 55+ demands for housing which has seen an increase for the last three years. According to the National Association of Home Builders “Consumers in this market are looking for a home that caters towards their specific needs, and 55-plus builders and developers are able to create homes and commodities that address their needs.” What is most revealing about this need is the fact that many of the 55+ individuals are making the move to these housing communities to be near the grand’s; many forgo the newest amenities in order to keep expenses down. Nationally, this housing type is a *go!* The confidence is there and this age group has the disposable income required to make the shift. In addition there is an increase in home equity that is on the positive for the seller. The market needs to be very good on the sell end first before the move to a downsized situation can happen for this age group.

It should be noted that in some areas of the country land availability to build this housing might be an issue. Zoning regulations for example would need to be reviewed in order to allow the residential units per area vs. density of the housing in these communities.

Housing Trends at a Glance----

- *The U.S. economy is picking up as employment increases and demonstrated by first-time millennial homebuyers.
- *Sales will increase by 9% in 2015 with housing starts expected to reach 14% while prices will moderate
- *Markets with the highest appreciation reflect strengths in the economy especially in technology and energy
- *Low-end housing is growing faster than high-end priced home category indicating tight supply and lack of new construction.

Connecticut Focus-----

While the facts and figures noted above are for the national outlook it is interesting to see how our state compares. A report from CoreLogic notes that we witnessed a 2.2% decline in home prices during the 2013-14 year. The report notes that it is difficult to sustain robust home-price growth over a nearly three year period; and the state experienced a price slip in 2014. Connecticut was one of three states to show depreciation in housing costs. It should be noted that a county by county review demonstrates what differences in location can mean for the average cost of a house.

1. Insights, Khater, Sam, “The 2015 Housing Outlook”, accessed January 17, 2015.

2. The Connecticut Post, Lee, Richard, January 22, 2015 “Growing Demand”, p. B1.

3. The Connecticut Post, Gordon, Maggie, February 12, 2015 “Connecticut Home Prices Down in 2014”, p. B2.

Public Policy

Taking it to the Streets Campaign

Have you sent to Marilyn what your school/ district is doing this year? Reminder, that the current campaign focuses on the "Impact of the Economy on the Family--Strategies and Solutions" and the IFHE conference keynote speaker suggested the "20th anniversary of the International year of the Family" as a campaign. Anything you do is great publicity for your FCS program. Contact Marilyn Swierk, CFCS, AAFCS immediate past president, at msinnovate@aol.com or call her at 727-729-6779.

An opportunity for publicity/Campaign would have been to participate in the World Home Economics Day on March 21, 2015; it was sponsored by the International Federation for Home Economics (IFHE). "Sharing Food: Healthy and Sustainable Choices" was the theme and the aim of this was to promote family and consumer well-being through the transmission of essential life skills in different settings and with different population groups. We are encouraged to promote activities via the internet, social media, and the local mass media as well as small group experiences. What might be done to demonstrate global action for food and environmental literacy? Become involved by sharing a food experience such as promoting home-grown vegetables, fruits, and herbs; preparing a meal with friends, family, or colleagues; helping at a food pantry; offering a school visit to a local farm; and most important, creating your own opportunity.

AAFCS Resolution

In October, 2014, AAFCS approved a "Family and Consumer Science Day". The resolution for December 3 as "FCD Day" is to celebrate annually the memory of Ellen Swallow Richards. Ellen was the visionary leader who 1} was the first female graduate and faculty member of MIT, 2} used scientific knowledge to improve water quality, food safety and safety in the home surroundings and 3} began Home Economics in 1899, the forerunner of FCS. FCS from the beginning was STEM oriented. Start making your plans for the coming celebration in 2015.

Gov. Malloy endorses proposal for free community college

Science, technology, engineering and math have always been a part of the FCS foundation. As teachers rewrite lesson plans, units of study, etc., these areas have to be emphasized because they are the current buzz words/areas. As professionals, we need to clearly show the public and administrators we are "current".

The [America's College Promise](#) plan would pay for two years of community college for full- or half-time students who maintain a 2.5 grade point average (about a C+) and are in good standing. Gov. Malloy said he would find it tough to fund the program; 25% state, 75% federal. AP course offerings come to my mind.

CT Immunizations

CT Dept. of Public Health requires immunization of preschool and K -12 children against Measles, Mumps, Rubella {MMR}, Poliomyelitis, Diphtheria, Tetanus, Pertussis, Hemophilus Influenza Type b, Hepatitis B, and Varicella. The new US Surgeon General, Dr. Vivek Murthy, endorses the Measles vaccine as safe and effective.

Webinars

A benefit of AAFCS is to participate in free webinars. The cost is \$35 for nonmembers. The following is a list of spring topics. Some topics cover the Campaign theme for this year.

- **April 14th, 7pm** - Grant Writing--Where is the Cash?
- **April 21st, 7pm** - Social Media and Advocacy

Respectfully Submitted, Judy Hinman, Public Policy Chair

American Association of Family and Consumer Sciences/Connecticut Affiliate



Spring Meeting – Thursday, May 7, 2015

Keeney Memorial Cultural Center

200 Main Street

Wethersfield, Connecticut



Please join the AAFCS Connecticut Affiliate membership and guests for an engaging afternoon/evening.

Anne Heller, Wellness and Prevention Services will share a perspective regarding adolescents coping with substance use, abuse, dependency and then recovery.

At our Spring Meeting we will also have awards and recognition of the student scholarship winners and professionals who have served our state affiliate.

Program Schedule

3:30 p.m.

Registration

Silent Auction / Jewelry Table / Networking

4:00 p.m.

Welcome

4:00 p.m. – 5:15 p.m.

Speaker: Anne Heller ~ Wellness and Prevention Services, University of Connecticut, Division of Student Affairs

Topic: “Supporting our Youth: A Family and Community Perspective of Adolescent Substance Use, Abuse, Dependence, and Recovery”

6:00 p.m.

Affiliate Business Meeting / First Course ~ Salad / Silent Auction

6:30 p.m. – 8:15 p.m.

Awards Dinner / Silent Auction

8:15 p.m.

Board Recognition / Adjourn

Newsletter

2015 AAFCS/CT Spring Meeting Registration Form

Name:

Phone: ()

Address:

City:

Zip:

AAFCS Member #:

e-mail address:

Mixed Green Salad [with strawberries, toasted almonds, gorgonzola cheese & balsamic salad dressing] & Rolls with Butter

Dinner selection:

☐

Lemon Breast of Chicken

[both entrées served with served with Quinoa with tomatoes & spinach and Sugar Snap Peas]

☐

Grilled Salmon with Mango Salsa

☐

Special Dietary Need:

Registration:

☐

AAFCS Member

\$65.00

P.O. Pending #

☐

Non-Member

\$75.00

Payment Enclosed \$

☐

College, High School
& ARC Students

\$50.00

Check #

School Attending

If your school is paying by purchase order, complete the registration form and send, with purchase order number if available.

Please return registration form with check payable to AAFCS/CT Affiliate by May 1, 2015.

Mail to: **Becky Person**, 16 Niederwerfer Road, Broad Brook, Connecticut 06016 860.872.2847

OR e-mail to: becknp@aol.com **OR** Print registration form from the website: ctaafcs.org

Directions to Keeney Memorial Cultural Center

200 Main Street
Old Wethersfield, Connecticut

I-84 West:

I-91 S toward New Haven/New York City
Take exit 26 toward Old Wethersfield
Take Marsh St to Main St

I-84 East:

I-91 S toward New Haven/New York City
Take exit 26 toward Old Wethersfield
Take Marsh St to Main St

I-91 South: toward New Haven/New York City

Take exit 26 toward Old Wethersfield
Take Marsh St to Main St

I-91 North:

Take exit 25-26 from I-91 N
Follow Great Meadow Rd and Marsh St to Main St

