

Volume 91**Spring 2016****Number 3****PRESIDENT'S MESSAGE**

Dear Colleagues ~

As my two years as president of the Connecticut affiliate of AAFCS draws to a close I want to thank the dedicated people who serve on our Board. Retired or actively employed - everyone's life is BUSY. I appreciate the extra time it takes to type up the minutes, develop a budget, create registration forms, provide programs, support legislation, review scholarship applications, and the list continues.

It is encouraging to hear of FCS programs in our schools that are growing or maintaining the status quo. It is difficult to hear about FCS programs being cut - especially at the middle school level recently. So much of this is in the hands of our local Boards of Education. Unfortunately they fail to realize the application and reinforcement of math, science and reading skills that takes place in FCS classrooms. We as FCS advocates must continue to tell our story.

Although the process is small in numbers - we do continue to produce new FCS teachers. Some are new college graduates, some are returning to the workforce and some are looking for new challenges within the teaching community. We need to support those joining our ranks as they are our future.

Thank you for your support the past two years. I hope to see you at our Spring meeting.



Becky Person
AAFCS/CT Affiliate President

Spring Meeting – Silent Auction – May 5, 2016

Registration included in this mailing and on the website under conferences tab

Centerpiece Boxes for a local food pantry....

In keeping with our food theme, we are all working together to make food inspired center pieces for our spring meeting. ***Please bring a non-perishable food item*** to contribute to the table décor. The food collected will be donated to the local food pantry in Willimantic.



MEMBERSHIP MINUTES *Minding the Numbers* *Renew!*



Have you had it with paper, paper and paper? We do need to keep copies of tax records for seven years according to the IRS and if necessary they want to SEE those numbers. Yes, the numbers are needed in some kind of order and you must check those decimal points!

Your AAFCS membership dues is one of those numbers to note on the Form 1040 Schedule A along with any other membership fees you pay during the calendar year. Consider: Are you maximizing the benefits *your* professional organization offers? A look-see at the AAFCS.org will clearly list the many perks and adds you are entitled to such as insurance, professional certification, conference discounts, etc. The Journal is available on line as well as via a mailed copy too. Webinars via “training pass” continue to offer excellent programs. It is interesting also to follow what is going on in other parts of the country. The seasoned as well as those new to the profession are doing great things via their careers in both the community and work place.

A new feature on the AAFCS web site is titled Social media Blitz! Say Yes to FCS. This is a monthly themed promotion for our field and primarily dedicated to those in the teaching profession. It has a two-fold purpose: to engage prospective educators by posting and sharing expertise and to emphasize the value of the FCS educator. Do check this one out! Again, I suggest you view the sites: AAFCs.org and ctaafcs.org for the many programs and points of information offered by both the National and *your* State organizations.

Finally, think about it and pass the word to other professionals and colleagues in FCS related fields too. Membership in your professional organization is important to YOU! *Your* membership is about YOU! Stay current and keep up with *your* renewal to *your* National organization.

Connecticut currently has  members!

Stephanie Fians
Connecticut Membership Chair

AAFCs Apron



There are only a few aprons left. You may get one sooner by contacting me or later, if they have not sold out, they will be at the Spring meeting.

Cost is \$15.

I wear mine in the classroom as a conversation starter about AAFCS and/or for the pockets when my clothing does not have them. What would be your use?

Contact information: email morris_barbed@yahoo.com or
phone 860-482-5929

National Student Unit Service Project

The level 1 project, ongoing till National Conference, is the Cardz for Kidz program. This organization is dedicated to uplifting the spirits of hospitalized and/or traumatized children across the globe by delivering homemade cards. How can you participate? Have people make cards, be creative with supplies. The cards should have a positive general message. Then they get sent to the organization who will distribute them. More details will be shared at the March workshop and spring meeting. If you don't want to wait see information on the website (aafcs.org, students, what's new). Outreach is important.

Anita Ferron, Judy Hinman, Karen Redanz, chair

THIS House: 2016

I do have to live some place!

What makes it all happen? We all live somewhere and yet the need to settle, move on, and just find a different house weighs on many. When you think about it many situations in life make the move idea critical and perhaps one of the most involved decisions in our lives. For most of us the process is studied and approached in a methodical manner with much thought given to family members and their needs.



Each year realtors take a look-see on what is out there on the market and how the supply does or does not meet the demand in a given area. This year five trends show a pretty good picture. The predictions from a national view are . . .

1. A “normal” market is coming, that is a balanced market is forecast. New construction and past slow sales are expected to rebound. Housing prices should be “more normal” as a balance in homes is created.
2. Generational buying is on the up! Millennials represented one-third of the home buyers in 2015; they are expected to be the major buying pool in 2016. Gen Xers and baby boomers will add to the numbers as both sellers and buyers. Researchers predict a 50% increase in housing starts by 2017. The flip side is the fact that ongoing inventory shortages and rising prices as well as mortgage rates will temper sales growth.
3. New home construction will look to affordability. Builders will shift to more price conscious products for first time buyers.
4. Mortgage rates will be volatile this year. The higher interest rates by the Federal Reserve will push mortgage rates in that same direction. The 30-year fixed rate will end 2016 about 60 basis points higher than today’s level. Hence, higher rates will make for higher monthly payments with higher priced homes seeing the higher rates the most.
5. Rents are on the increase this year. One note is the fact that 85% of the markets have rents that are greater than 30% of the income of the renters. The increase is more advanced than house costs that are moderating. Unfortunately, renters are not able to enter the house buying market due to poor credit, little savings, and an unstable income.

Design Trends for the year: The highlights . . .

Stainless steel appliances go black and outside fabrics come in!

1. Two-tone kitchen cabinets- various wood tones and deep colors will make for the different style directions.
2. Deep kitchen drawers allow for ease of storage---- a desired feature in the remodel business.
3. Niche appliances add a little luxury to the kitchen area. Steam ovens that cook food more thoroughly and healthier than microwave, warming drawers and induction cook tops are a few.
4. Work space is increased with the island concept----- deep storage, prep sinks, room for seating and more.
5. Backsplash and counter pairings make a move----- mix and match----- brick backsplash with concrete countertops.
6. Formal dining rooms are still considered especially by those who entertain frequently.
7. Outside fabrics are in- their durability makes them ideal for high-traffic dining and living rooms.
8. Larger tile options- some 31x71” are being considered in both kitchen and bath areas.
9. Mirrors with a statement to make---think large framed versions that boost style.
10. Heated entryway floors help to melt snow and dry shoes and boots.
11. Living rooms with family in mind---time to read a book, chat with friends or just sit quietly.
12. Sunroom is a dream many are creating within their current home.
13. Go bold in specific rooms---- mix up coverings to make the sanctuary you want. A rustic wall and ceiling feature warms up a contemporary room.
14. Fireplaces and fire features have come a long, long way. You can have the ambience without the smell, pollution or hassle. Yes, they are on the comeback as a living room focal point. The blank and dark TV screen as been replaced!

1. Daily Real Estate News, “5 Real Estate Trends That Will Dominate 2016”, Tuesday December 22, 2015.

2. Houzz.com/Ideabooks, Parker, Mitchell, “25 Design Trends Coming to Homes Near you in 2016”, December 29, 2015.

Submitted by Stephanie Fians

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 - PROFESSIONAL OF THE YEAR
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Where do I find items on the website?	Location	Due Date
➤ Fall 2015, Winter 2016 & Spring 2016 Newsletters	Links Tab	-
➤ <i>Spring Meeting in Willimantic – May 5, 2016</i>	Conferences Tab	Registration available in April
➤ 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

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Vernon, CT 06066

www.ctaafcs.org
www.aafcs.org

This newsletter is one of your membership benefits!

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 scholarships and professional development awards. 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 you. 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.

Policy and Legislation

Submitted by, Judy Hinman



In the fall, 2015, U.S. Sen. Chris Murphy {D-CT} and U.S. Sen. Bill Cassidy {R-LA} introduced bipartisan legislation to overhaul and strengthen America's mental health care system. In Feb., AAFCS/CT sent a letter to Sen. Chris Murphy and the national AAFCS. This letter was drafted and signed by Irene Brown, Historian chair, and signed by Becky Person, President and Judy Hinman, Public Policy chair in support of this legislation. The "Mental Health Reform Act" {senate bill #1945} has supported on March 16 with commitment from the health, education, labor, and pension committees. Some features of the "Reform Act" include integrate physical and mental health, grant programs for early childhood intervention, improve mental health services within Medicare/Medicaid. See www.help.senate.gov for more information. Our

letter also went on to state AAFCS/CT wanted to be a part of the list of nation-wide institutions that support the "Reform Act" and the "Help Find the Missing Act" {senate bill #2105}. "Billy's Law" was originally introduced by Murphy in 2009. The "Missing Act" streamlines the missing persons reporting process and would ensure that law enforcement databases are more accessible and comprehensive. It would also provide funding for a National Missing and Unidentified Persons System through 2020. "Billy's Law" is named for Billy Smolinski, a CT man who went missing in 2004 at the age of 31.

The Dietary Guidelines for Americans are published every 5 yrs. New federal guidelines suggest decreasing sugar from 22 tsp to 12 tsp per day. How many foods other than soda, sugar-coated cereals, and salad dressings can your students and adults list?

From the Kappa Delta Pi education honor society = AAFCS has teamed up with 14 educational organizations to reinforce the value and importance of the teaching profession in a "Joint Statement" document. Teaching is as worthy of equal status & respect among other professions. Nelson Mandela's quote – "Education is the most powerful



weapon which you can use to change the world” was an inspiration to begin the Joint Statement. Teachers have the capacity to challenge students so they will be literate, creative, critical thinkers, and caring individuals in a global society. Some of the educational organizations are - Organ. Of Amer. Historians, Nat’l Council for Geographic Educ., Assoc. for Career & Tech Educ., Nat’l Assoc. of Agri. Educators, National Business Educ. Assoc., Christian Educators, Internat’l Literacy Assoc.

The AAFCS Board of Directors elected Duane Whitbeck as its 2016-2017 president. Before coming to national, he was active in his state affiliate. Duane was originally a Child Dev. Teacher and holds a doctorate in curriculum and instruction emphasizing human development, early childhood special education and program evaluation. Where will students’ interests in children take them?

How to communicate our unique types of thinking to professionals was suggested by the AAFCS Public Policy Committee. Next time you are doing a presentation, try the FCS Template – *skills + lens = action*. “Skills” include the area of specialization and use of technical background. “Lens” is how we view the problem using problem solving steps and scientific reasoning. “Action” is the competence we take to achieve the desired outcome.

The Veterans’ Administration will be building a new facility in West Haven. This new building will be a Ronald McDonald type building for veterans.



“Taking It To the Streets” {TIS} update from Marilyn Swierk

“Twice is Nice Accessory Swap” took place in Dec {2015} as a fun campaign. Marilyn is encouraging all to continue a campaign started in 2015. This TIS is for helping military families by coupon clipping; donating food, toiletries, cleaning supplies, toys, gift cards, etc.; sending care packages or letters to troops.

Dates: April 19, 4 PM – “Building Entrepreneurial Skills at Any Age”.

Dec. 3rd was the second AAFCS “Dining-In Day”. Over 125,000 people participated, CT was one of the top 10 states. March 21, 2016 - {IFHE} The International Federation of Home Economics sponsored the World Home Economics Day. Healthy and sustainable food choices were the theme of this initiative to promote family and consumer life skills among global population groups. Family, food and well-being are global issues.

Yes to FCS I hope the monthly themes suggested in an earlier newsletter for this social media campaign have helped you plan your teaching year and increased public relations with the community. Remaining themes are

April – “Cultivating Great Leaders” allows you the opportunity to highlight FCCLA chapters.

May – “FCS is HOT” focuses on higher order thinking that is constantly done in our classrooms, and steps involved with critical thinking, planning, organizing, and problem solving.

June – “The Power of Peer Education and Mentoring” links students with many generations.

Spring Meeting – Thursday, May 5, 2016

750 on 750 Main Street

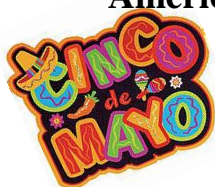
Willimantic, Connecticut



*Come meet **Dr. Deborah Lewison- Grant** – Co-Founder, Executive Director FoodFight. The topic of her presentation will be: **FoodFight & Sustainability** ~ revolutionizing the way we eat and think about food!*

Food Fight arms teachers, students, parents and staff with tools and knowledge they need to make healthier choices and become role models and agents of change for their families and communities. We observe students that come to school every day with their bags of chips, cans of soda and the mocha lattes. Their diets are nutritionally bankrupt and this has an impact on their health and their ability to focus and succeed. Society is overfed yet undernourished.

Learn that awareness, education and action are three critical elements in combating America’s health crisis. Educators especially FCS, should be at the forefront of this campaign to transform our nation’s eating habits. The FOODFIGHT is on....to battle politics, critical consumership, and media literacy.



American Association of Family and Consumer Sciences/Connecticut Affiliate

Spring Meeting – Thursday, May 5, 2016

750 on 750 Main Street
Willimantic, Connecticut



Please join the AAFCS Connecticut Affiliate membership and guests for an engaging afternoon/evening.
Help us celebrate Family and Consumer Sciences & Cinco de Mayo!

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: Dr. Deborah Lewison- Grant** – Co-Founder, Executive Director FoodFight
Topic: FoodFight & Sustainability
~ revolutionize the way we eat and think about food!
6:00 p.m. Affiliate Business Meeting / Silent Auction
6:30 p.m. – 8:15 p.m. Awards Dinner / Silent Auction
8:15 p.m. Board Recognition / Adjourn



NEWSLETTER

2016 AAFCS/CT Spring Meeting Registration Form

Name: _____ Phone: _____
Address: _____ City: _____ Zip: _____
AAFCs Member #: _____ e-mail address: _____

Dinner selection: *Appetizer:* Artisan Cheese Station
Buffet Dinner: Jamaican Jerked Chicken / Mustard Glazed Salmon / Five Cheese Mac & Cheese
all with French Green Beans and Olive Oil Ciabatta Bread
Dessert: Chocolate Chip and Oatmeal Cookies

☐ *Special Dietary Needs:* _____

Registration: ☐ AAFCS Member \$65.00 P.O. Pending # _____
☐ Non-Member \$75.00 Payment Enclosed \$ _____
☐ College, High School \$50.00 Check # _____
& ARC Students
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 2, 2016.

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
750 on 750 Main Street
Willimantic, Connecticut 06226

I-95 North:

Keep left at the fork to continue on I-395 N (follow signs for Interstate 395 N / Norwich / Plainfield)
Exit 13B for CT-2 W/ CT-32 W toward Harford
Take Exit 25 for CT-32 N
Follow CT-32 N to Main Street Windham
Right onto South Street
Left at the 1st cross street onto Main Street
Destination will be on the left

I-84 East:

Exit 59 for I-384 E toward Providence
Continue onto I-384 (Expressway Ends)
Slight Right onto US-6 E (signs for Providence/Willimantic)
Continue on CT-66 E (Willimantic Road)
Slight right onto Main Street
Destination will be on your right

I-91 South:

Exit 22 S or the Exit for Route 9 South
Route CT-66 E
Destination will be on the Right

I-91 North:

Exit 18 to CT-66 E
Right onto Main Street, Willimantic
Destination will be on the Right



Complete a
MapQuest for:
or
set your **GPS** for:
750 Main Street
Willimantic, CT

PARKING

- On-Street
&
- Municipal Lots

Registration begins at 3:30

