

**Volume 93****Spring 2018****Number 3**

Be sure to register soon for the Connecticut Affiliate / AAFCS  
**Spring Conference** at

*The Spa at  
Norwich Inn*

**Thursday, May 3rd**

The Spa is providing attendees with 20% off of all services.\*

## **DON'T MISS OUT...**

*KEY NOTE SPEAKER AND PRESENTER*

### **MICHELLE JACOBK**

FINANCIAL & PERSONAL GROWTH EXPERT  
IS A HIGHLY SOUGHT-AFTER BUDGET COACH.



**CULTIVATING**  
Social and Emotional Competence for  
**HEALTHY RELATIONSHIPS**

\*Spa services are available Wednesday Thursday and Friday before 2:30pm...20% discount is off base rate of service.

## **Silent Auction Reminder**



While attending the “Cultivating Social and Emotional Competence for Healthy Relationships” Spring Conference, you’ll have time between the breakout sessions to network with other professionals and to visit the Silent Auction tables. Each year the Silent Auction helps to fund the student scholarships and professional development awards. CT affiliate members, singularly or as a group, donate all the items. Place your bids throughout the day on the assorted themed baskets and gift cards. Winners will be announced before the Spring Conference ends. Come prepared to place your bids. We accept cash, checks and credit cards.

Any questions, contact Judy Hinman at [jplantman1@att.net](mailto:jplantman1@att.net).

## PRESIDENT'S MESSAGE

Dear Friends of the Connecticut Affiliate of AAFCS,

Hello! I am excited to be writing my last newsletter article as President for the Connecticut Affiliate of AAFCS. The past two years have been a wonderful personal experience for me. I've had the opportunity to work closely with the board of our organization, which is comprised of many talented professionals who are passionate about FCS. These wonderful women have been inspirational to me in so many ways. They work tirelessly to make sure we have a balanced budget, keep accurate records, stay relevant on current legislation related to our area, and represent us at the United Nations. They have also put together what will be an outstanding spring conference and meeting. I am proud to have had the opportunity to serve with them in this office.



I have also had the opportunity to make some wonderful friends with other teachers in the state through working on the board. Three of us attended a symposium at the Fashion Institute of Technology in New York City last month. The picture below is from our bunch date. If you are interested in being involved in the board we are looking for members to join our slate of officers for next year. I think you will find it a rewarding experience.



So now it is time to get ready to attend our spring conference on Thursday, May 3<sup>rd</sup> at the Norwich Inn and Spa. There is more information and a registration form in this newsletter. So please put it on your calendar and fill out those professional development forms. 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 "AAFCS-CT." It is a closed group, but you can ask to be a member.

Best Regards,

*Lori*

Lori Peck

President, AAFCS-CT

[loripeck@charter.net](mailto:loripeck@charter.net) or [lpeck@ridgefieldps.net](mailto:lpeck@ridgefieldps.net)

## MEMBERSHIP MINUTES . . . . . *The Spring in Our Profession* *Cultivates Growth*

This is the let's get to work time of year! We consider getting a start on yard work, putting the "winter" plans into action with the hope of creating a variety in arrangement including color with a focus on a new look to our property. Simply put, we complete our plans and energize them with needed labor to make the desired outcome.

Apply this same thinking to your FCS career. Question yourself on what you need to do to make the work environment more invigorating. Ask: are there workshops, courses or other professionals I should network with to add resources to my skill set? What about enhancing with something completely out of my "regular" that would make my daily work more creative and enjoyable? Perhaps it is time to just change it up!

FCS professionals are out there front/center with all age groups every day. It takes being active and ready to contribute ideas to those under our charge. The "think mode" is an accurate description of FCS personnel. Don't we always feel **ON**?

One resource you need to reference is your membership benefits. The national site has contacts, resources and events highlighted for you to consider - - to *cultivate* your skill set. Refer to the site to stay abreast of what is going on in other parts of the country and related fields. Seasoned FCS people as well as those just initiated contribute in so many ways to our profession.

Our state conference is coming May. See details on the day-long event in this newsletter issue. Review the specifics of what the 109<sup>th</sup> AAFCS Conference & Expo to be held on June 24 – 27, 2018 is offering to members. The theme is *Cultivating Social & Emotional Competence for Healthy Relationships*. Remember, there are professionals from all over the country and other fields who attend and contribute to this conference!

*Cultivate* ideas! See what new resources can work for you as you assist individuals in the community. Pass the word to your colleagues to recognize the professional values in the AAFCS membership.

*Keep up with the profession by staying connected!* **Stephanie Fians**, Connecticut Membership Chair  
Membership: **89 Members** [steph.fians@sbcglobal.net](mailto:steph.fians@sbcglobal.net)

## THIS House: 2018

*Affordability is the word while pick'ins continue to be slim!*

Generation Z is in the market! Yes, those individuals born between 1995-2001 are in the housing market similar to the aging group; both are looking for housing with a community/urban feel, work proximity and value. The move-in condition is most desired; the condo and entry homes will grow in popularity. The mix of city/town populations will grow while generations living together will be an ongoing trend this year.

One will find that prices have increased some 6.2% from 2017. Do note that this percent is more than double the wage growth and mortgage rates remain low. Metro areas with good employment options also have increased housing prices so for many who want this area the only option is to rent! Cities that have seen increases in housing costs are Seattle (up 12.7%), Las Vegas (up 10.2%) and San Diego (up 8.1%). Washington, DC. Reports the smallest increase in the nation at 3.1%. The move-up mark will range in dollars from 500K to 750K with updates required by the consumer.

A huge factor in the “big” picture is the new tax bill signed into law by President Trump. The changes this first year to the mortgage interest and property tax deductions are a big deal for the consumer. The question most are considering is what is the value of my home?



### The Predictions:

1. The seller's market is here. Housing is ready for a slow but steady gain with balance. Some 31% of Americans believe 2018 will be a better year than 2017 to sell. The draw will be the millennials as first-time buyers.
2. Inventory will pick up slightly. Currently, there are 1.8 million homes on the market. This indicates a pent-up demand. The bidding wars and fast home value appreciation we saw in 2017 will be a thing of the past. Prices cannot rise faster than wages forever. Housing from the last two years are being put back on the market. One needs to take into account that the building industry has slowed. The reasons include the high cost of land and buildable space vs. density, lack of skilled labor and materials. The natural disasters of last year ---- hurricanes and fires ---- have flat-lined new house building. Resources simply went to the places in most need for the rebuild efforts.
3. Price growth will slow. The low interests rates will be the draw, low unemployment and continued economic growth as well.
4. Rent vs. buy factor is real with the new tax laws especially in the usually high-priced housing areas found in states such as New York, New Jersey, Connecticut, California and Illinois. The incentive to buy is less in these states for the average to above average consumer.
5. Mortgage rates will range between 4 and 4.5% this year. There will be bumps along the way but the rate should stable by year's end. The 30-year fixed rate is still in the game.
6. The millennials will keep the housing up. This generation born after 1980 was slow to enter the market but as they marry and have kids they buy as their parents did before them. Also to note is the fact that single millennials are more likely to own a home than singles of previous generations. Another important note is the baby boomer population who has **not** started to downsize at the rates expected. This group is remaining in the workforce longer and opting to age in place.

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1. The Connecticut Post, "What are the Biggest Trend in Real Estate for 2018?", p. E3, Sunday, December 24, 2017.
  2. Forbes.com, "Housing Outlook 2018: 6 Predictions from the Experts", Sharf, Samantha, February 11, 2018.
  3. Inman.com, "8 Experts Predict what the 2018 Housing Market has in Store", Sederstrom, Jotham, February 11, 2018.

Submitted by,  
Stephanie Fians



***We Are Still Searching for YOU!!!*** Your CT affiliate of AAFCS is still working on the new data base of Family and Consumer Sciences teachers and AAFCS members in the state of Connecticut. We are looking for **all** FCS teacher names, e-mail addresses and the schools addresses. The information gathered for the data base will be shared with the State Department of Education. Please email us at your earliest convenience, to obtain an accurate data base. Thank you for your help.



# CONNECTICUT AFFILIATE

44 George Drive  
Vernon, CT 06066

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

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Where do I find items on the website?	Location	Due Date
➤ <b>Spring 2018 Newsletter</b> (Archived Winter 2018 Newsletter)	<b>Links Tab</b>	-
➤ <b>All Day Conference May 3, 2018</b>	<b>Conferences Tab</b>	April 25, 2018
➤ <b>Student Scholarship Application</b>	<b>Scholarship Tab</b>	March 15
➤ <b>Teacher of the Year Application/Nomination</b>	<b>Awards Tab</b>	March 15
➤ <b>Professional of the Year Application/Nomination Form</b>	<b>Awards Tab</b>	April 15
➤ <b>Professional Development Application</b>	<b>Awards Tab</b>	April 15
➤ <b>Contact Information for Connecticut Affiliate Officers</b>	<b>Contact Tab</b>	-



*American Association of Family and Consumer Sciences  
Connecticut Affiliate Spring Conference  
Thursday, May 3<sup>rd</sup>, 2017 at The Spa at Norwich Inn*

Registration Form and information can be found at [www.ctaafcs.org](http://www.ctaafcs.org) under the Conferences Tab.

**Keynote Speaker and Presenter Michelle Jacobik**, a financial and personal growth expert is a highly sought-after Budget Coach. Michelle has coached thousands on how to gain financial freedom while preaching that true wealth is about relationships, good health and continuing self-improvements. Her financial solutions & divorce support programs have successfully led individuals around the country in rebuilding their financial foundations. Using budgeting tools, debt reduction planning, and saving techniques within her signature LIFESTYLE RE-DESIGN PLANNING™ process, she helps clients forge their way toward their goals & the future they desire. She is also the author of *Prosperity After Divorce: Take Charge Of Your Finances & Create The Life You Really Want*, as well as a contributing writer for Thrive Global & DivorceForce.com



**Specialized Breakout Sessions:** perfect for focusing on areas you are most interested in learning more about and networking with teachers across the state who share your interests.

Presenters include:

- King Arthur Flour
- #Metoo Movement with Dr. Shannon Weaver
- Mindfulness - Sue Murphy
- Edible Education with Jen Rothman
- Cyber Safety with Sarah Peck
- FCS Teacher Martha Kelly

**Exhibits:** Local businesses from across the state want to talk to you about your classroom needs

**Program of Events**

7:30-8:15 Registration | “Wrap & Roll” Continental Breakfast

8:15-9:30 Welcome by Lori Peck, President AAFCS/CT

**Keynote** ~ Michelle Jacobik, financial and personal growth expert. Michelle has coached thousands on how to gain financial freedom while preaching that true wealth is about relationships, good health and continuing self-improvements.

9:45-10:45 Breakout Session #1

11:00-12:00 Breakout Session #2

Noon-1:30 Lunch | Awards | Meeting | Exhibits | Silent Auction

1:45-2:45 Breakout Session #3

3:00-3:15 Wrap-up | Program Evaluation Silent Auction Results Posted



**Directions:**

**I-95 North** to I-395 N via **EXIT 76** on the **left** toward **Norwich/Plainfield**. For 9 miles *merge* onto CT-2A E via EXIT 9 toward **Preston/Ledyard**. Then 1 mile to **CT-32** exit, EXIT 1, toward **Norwich/Uncasville**. Then 0.38 miles and turn **left** onto Norwich New London Turnpike/CT-32.

Continue to follow CT-32. For 1.42 miles to the Spa at Norwich Inn, **607 W Thames St, Norwich, CT**, 607 W THAMES ST is on the **left**.

Registration Form and information can be found at [www.ctaafcs.org](http://www.ctaafcs.org) under the Conferences Tab.



# 2018 AAFCS/CT Spring Conference Registration Form

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Zip: \_\_\_\_\_

Requesting Certificate of Participation:

\_\_\_\_\_ Yes \_\_\_\_\_ No

AAFCS Membership Number: \_\_\_\_\_

E-mail address: \_\_\_\_\_

**Lunch Selection:** *all lunches will be served with the Spa Garden Salad*

\_\_\_\_\_ **Chicken Marsala:** *Chicken, mushroom marsala sauce, twice baked potatoes, sautéed spinach*

\_\_\_\_\_ **Honey Lavender Salmon:** *Grilled Salmon, Norwich Inn honey-lavender glaze, jasmine rice pilaf & green beans Almondine*

\_\_\_\_\_ **Roasted Vegetable Primavera:** *Penne pasta with seasonal vegetables, garlic, extra virgin olive oil & fresh herbs*

Please indicate any Special Dietary Needs:



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Please return paper registration form with a check made payable to **AAFCS/CT**  
postmarked by April 25, 2017

**Mail to: Karen Lutkus**  
161 Taylor Road  
Colchester, CT 06415

\_\_\_\_\_ AAFCS Member: \$ 125.00

\_\_\_\_\_ Non-Member: \$ 125.00

\_\_\_\_\_ College or High School Student: \$ 50.00

School Attending: \_\_\_\_\_

Total Enclosed: \$ \_\_\_\_\_

Check # \_\_\_\_\_

P.O. Pending # \_\_\_\_\_

Questions regarding the program contact:

**Karen Redanz**

[kredanz94@gmail.com](mailto:kredanz94@gmail.com)

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Norwich, CT 06360