

PRESIDENT'S MESSAGE WINTER 2013



Have you ever panicked when you discovered you forgot your phone on the way to work or while on an errand? Have you ever checked your messages in the middle of a dinner with family or friends? Have you seen people at a social gathering spend more time connected digitally than talking personally to people around them? Then you and others may be dependent or even addicted to the digital world. What's more, digital world dependence may be physically disconnecting you from others.

Technology offers us more.... more ways to be connected, more ways to be efficient, and more ways to make our life and our jobs easier. At the same time technology makes life difficult and at times disengaging. Evolution to Revolution or Dissolution? Technology has forced us to be dependent or even addicted to it, as if we are the victims of it. Originally, media technology was entertainment where we were able to sit back and relax with minimal participation. Then we moved forward to computers where our physical position also moved forward at a keyboard and we became more connected. Currently, we are in the immersion faze of jumping in and functioning as if half human and half machine. Where are we headed? As we continue to **evolve** we are very close to the point of always being ON, permanently connected.

How does being "plugged in" affect our well being and brain functioning? "Plugging in" is not exactly optional anymore – it is mandatory for many. Digital technology is omnipresent. We are plugged in all the time and smart technologies are constantly buzzing with new alerts. Ironically, we are faced with the same questions that were asked when television came into being. How much is too much and what are the societal and individual implications?

Do you think that the use of technology in education promotes ignorance? Do social media and all our technologies improve our minds by helping us learn facts and understand the world? The technology **revolution** has become entertaining where it should be used to enhance education

and the world of work. Writing essays, reading difficult texts or solving complex math problems may never be fun, but it will be necessary. Let's find a happy medium!

Staying connected is an advantage, tied to the digital apron strings, is the **dissolving** of personal communication and the loss of small life pleasures. The art of *talking* is being reduced to brief codes written with your thumbs. Unplugging will assist individuals to focus on measures toward finding a better balance between "work" and "play". How about unplugging and take a real break by talking to family and friends or reading a book (I know, it is probably on your *Kindle*, *Nook* or *ipad*)? [National Day of Unplugging – March 1-2, 2013]

Janice McKnight Uerz
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AAFCS/CT WINTER WORKSHOPS

With winter upon us – what a wonderful time to network with colleagues from throughout the state. Your state association has set up three workshops for the winter season. Come learn, socialize, and enjoy a tasty dinner.

The first workshop is scheduled for Bolton High School on Thursday, January 31st (weather date ~ 2/7). Deb Bigelow from Woodstock Academy will present a workshop on Iron Chef competitions between high schools. Not only will you be able to listen but you will become an active participant. The second presentation is on financial literacy. Maryanne Taft from Hall High School will have you engaged from start to finish.

Our second workshop will be held at Rocky Hill High School on Thursday, February 28th (weather date ~ 3/7). Karen Redanz will discuss her *Teacher of the Year* interdisciplinary program *The Sustainable Table*. Joined by her environmental science and anatomy and physiology colleagues, they will answer your questions about their program. In the second presentation, Debora Wolfe will show how the sustainable theme can be carried over into your fashion or construction classes! Sustainable stitching allows you to create items that will reduce waste (reusable coffee cozy, sandwich wrap, lunch and produce bags).

Our 3rd and final workshop will be held on April 4th at Fairfield High School. Our presenters are to be determined.

For registration forms – please check out the ctaafcs.org website or contact Becky Person at becknp@aol.com.

THE OBESITY PREVENTION COMMUNITY OF PRACTICE

Is starting a Wellness Campaign "Healthy Lifestyles--AAFCS Leading by Example" this month and ending April 30, 2013. We want our members to participate in this program so we can all reap the benefits of a healthy lifestyle. We can each save \$320 a year in healthcare costs.

Tools and information are posted at the Obesity Prevention Community website at <http://webportal.aafcs.org:8080/obesity/default.aspx>. You have to use your username and AAFCS password to log on.

Happy New Year!
Belle Garafola
Vice President, Program

CELEBRATING THE 150TH ANNIVERSARY OF LAND GRANT UNIVERSITIES

This past fall, the University of Connecticut celebrated the Morrill Act also known as the Land Grant Act of 1862. This legislation, signed into law by President Abraham Lincoln, helped to establish agricultural and mechanical arts colleges in every state by donating public lands for this purpose. Funding was also given to establish these colleges. This was a time in our country when higher education was only for the upper class and focused on liberal arts education. Back in 1863, prior to the existence of the University of Connecticut or the Storrs Agricultural College, Yale University was chosen as the recipient for these funds in Connecticut and became the first institution participating in this legislation. The story of how the University of Connecticut came to be the land grant university is a fascinating one. More information can be found on the UConn website at: <http://advance.uconn.edu/1997/971124/112497hs.htm>. Another article addressing UConn's land grant history and the College of Agriculture and Natural Resources today can be found at: <http://today.uconn.edu/blog/2012/03/a-land-grant-university-for-the-21st-century/>.

Faye Griffiths-Smith
Chairperson, Extension and Family Economics

AAFCS/CT SCHOLARSHIP PRESENTED

On behalf of the College of Agriculture and Natural Resources and the Ratcliffe Hicks School of Agriculture, it is my pleasure to inform you of this year's recipient of the American Family and Consumer Sciences Award. The Scholarship Committee selected Ms. Cheyanne Barclay as the 2012 recipient of a \$1,000 American Family and Consumer Sciences Award.

Cheyenne is currently a Didactic student with a 3.3 cumulative GPA in the department of Nutritional Sciences at the University of Connecticut. As a senior she is pursuing a Bachelor of Science degree in Nutritional Sciences and will be applying for a dietetic internship to pursue a career as a registered dietitian. Due to the increase of applicants and the scarcity of internships

should Cheyanne not find a dietetic internship, immediately following graduation, she would like to take the Dietetic Technician, Registered exam to enhance her current qualifications, and to learn as much in the field as possible. Once she passes the Registered Dietitian exam, Cheyanne will have the necessary credentials to become a clinical dietitian. There is also the possibility that Cheyanne will return to school to earn her Master's degree, and hopefully her Ph.D., conducting nutritional research.

Thank you to the Association members for their ongoing support of our students.

L. Cameron Faustman
Associate Dean, Research and Academic Programs
University of Connecticut

CONNECTICUT FAMILIES AND FINANCES

The *America Saves Campaign* will be launched by the University of Connecticut Cooperative Extension System this winter. This is a social marketing campaign designed to encourage people to start or increase their saving. The theme is "Set a goal. Make a plan. Save automatically." *America Saves Week* will take place February 25 through March 2, 2013, but the campaign will continue throughout the year. Many people make a new year's resolution to save more money. The *America Saves Campaign* offers many ideas on ways people can improve their financial situation. Educational workshops, webinars and online resources as well as printed and other resources are available to help savers stay motivated. Anyone interested can sign up as an individual at <http://www.americasaves.org/join>.

The Welcome to the Real World, Connecticut Edition Simulation reached teens and young adults in several communities this past year. This program, adapted from the University of Illinois Extension, gives young people the opportunity to imagine themselves as working adults in the occupations of their choice, making decisions about how to manage their finances. They open checking and savings accounts, visit tables representing different expense categories staffed by volunteers, and learn to live within their incomes. Participants also must draw a chance card which outlines an event that may add to or subtract from their income. Some of the program participants have included approximately 500 students at Platt and Maloney High Schools in Meriden, student interns at Pratt and Whitney and the Department of Transportation, and community agencies in New Britain, Bridgeport, and New Haven.

The Credit Jeopardy workshop was a part of Junior Achievement's Financial Literacy Day at CCSU. Faye Griffiths-Smith served as lead judge for the Connecticut LifeSmarts State Competition. LifeSmarts teaches teens to be smart and responsible consumers and citizens by focusing on five key areas of consumer knowledge that teens need to know to function effectively in today's marketplace: Personal Finance, Consumer Rights and Responsibilities, Health and Safety, Technology, and the Environment. This quiz bowl competition was also held at CCSU. Ms. Griffiths-Smith presented a talk on "Financial Literacy for Social Workers" at SCSU. She also serves on the Executive Board of Connecticut JumpStart Coalition for Personal Financial Literacy, and chairs the AAFCS Family Economics and Resource Management Community.

For more information about any of these programs and how to bring them to your community, contact Faye Griffiths-Smith at faye.griffiths-smith@uconn.edu or 203.407.3160. You can also follow us on Twitter @CT Families&Finances.

Faye Griffiths-Smith
Chair, Extension and Family Economics

2013 FCS PROFESSIONAL OF THE YEAR

Each year the Connecticut Affiliate recognizes a member of AAFCS/CT who has significantly contributed to our profession. To qualify, you must be a member of AAFCS for a minimum of three years. The application is available on our website: ctaafcs.org. Please consider nominating a deserving professional by April 15.

PROFESSIONAL DEVELOPMENT

If you are interested in taking a course for enrichment or credit, consider applying for the AAFCS/CT scholarship. Funds are available if you have been a member of AAFCS for at least three years. The application is available on our website: ctaafcs.org. Please note the due date is April 15.

Carole Christensen
Chair, Professional Development and Professional of the Year

HIGH SCHOOL SCHOLARSHIP APPLICATION

Post cards have been sent to the guidance counselors in the state requesting that they obtain the High School Scholarship application from our web site, ctaafcs.org. Two scholarships are offered, one for a student who plans to be a FCS teacher and one for a student majoring in a FCS areas. FCS teachers should also obtain the application on the web site. The deadline for the application is March 15. If there are questions, contact Shirley Randazzo at sjrandazzo@aol.com.

Shirley Randazzo
Chair, Student Scholarship

TEACHER OF THE YEAR APPLICATION FOR 2014

The AAFCS/CT web site is the place to get the application for the Teacher of the Year, 2014. The web site ctaafcs.org is easy to use. The application deadline is March 15, and you can nominate yourself and explain your program, or have someone else make the nomination for you. The person chosen to be the AAFCS/CT Teacher of the Year will be announced at the Spring Meeting, but will have until January of 2014 to complete the application for National Teacher of the Year. Any questions, contact Shirley Randazzo at sjrandazzo@aol.com.

Shirley Randazzo
Chair, Teacher of the Year

MEMBERSHIP MINUTES RESOLVE!

The start of another year brings promise and renewed strength to the mind and spirit! We make pledges to ourselves to pick up the pace, use time better, and spend more quality time with those who are near and dear to us. Yes, we resolve to see the “big picture” of our life in more real terms.

Our national organization goes through this *step it up* too! Queries about what the membership needs and what the group will support are issues the membership chair will focus on during this second half of the year. Did you know that national offers discounts on various consumer products? Are you aware of the member incentive ESAE is promoting? This community will support ten memberships! This is being offered to new first and second year teachers, as well as college juniors and above, who are studying FCS education.

The “big picture”? Look again at what AAFCS offers to its membership. Are you using the innovative programs effectively? Networking, professional development, recognition to students and advisors, and public awareness are some of the big categories. How can you afford to lose out? Check out national’s web site----aafcs.org---- to review *your* organization. Get yourself current with the Connecticut Affiliate----ctaafcs.org and the many fine programs and events it offers to *you*----- the membership right here in Connecticut!

Finally, pass the word. You may be elbow to elbow every day with colleagues who have not made the effort to seek out their professional organization. Perhaps you are aware of community members who are employed in FCS related careers or activities. The “big picture” IS both of these groups. Right now, we are 123 members strong; renewals are constant throughout the year. Resolve to be proactive and ask the question! Have you considered membership in *your* professional organization?

Stephanie Fians, Connecticut
Chair, Membership



CONNECTICUT AFFILIATE

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This newsletter is one of your
membership benefits!