

The FAN Letter

Florida Affiliate News



Spring 2017

Message from the President



There are few rites of spring more satisfying than the annual clean. Spring cleaning is all about getting our homes ready for a new season of sunshine, time indoors - and outdoors, too! Now's the time to wipe off the grime, clear out the cobwebs, and get those spaces ready for the year ahead.

Your spring cleaning may never become effortless, but you can make the project more manageable -- and even enjoyable. Consider "going green" and make your cleansers from scratch.

When you put together your cleaning checklist this year, consider adding the following tasks, if you aren't already planning to do them. These projects will not only put the cherry on top of the sundae, but also make your personal and professional life more satisfying and gratifying. Let's dust off our commitment to our professional organization!

Be sure to renew your membership,

Participate in district, state and national conferences.

Plan to take leadership roles in our organization.

Recently, I got to reap the enjoyable benefits of FAFCS membership by cruising, with a special thanks to Annual Conference Chairs Joyce Cotner and Joan Vigil and all the other members who helped make it a memorable experience. Check out the pictures!

President's message continued on page 2.

The FAN Letter is the official publication of the Florida Affiliate of the American Association of Family and Consumer Sciences. It is published three times a year. Articles, news, notes, and/or comments should be sent to the editor:

Wendy Lynch

111 Yelvington Road, Ste. 1 | East Palatka, FL 32131
(386) 329-0318 | wendyw74@ufl.edu

**Next newsletter deadline:
August 31, 2017**

In this issue...

- President's message
- A note of thanks
- Committee/District Reports
- AAFCS Annual Conference photos
- 2017 Annual Conference report and photos

2016-2017 Board of Directors

PRESIDENT/ADMIN. ASSISTANT

DONNA MCGREW

(941) 752-7636 H

(941) 374-7491 C

dodaenterprises@juno.com

PRESIDENT- ELECT DR. SHARON PATE

(813) 922-4561 H

(337) 354-9483 C

patesha1@gmail.com

VP MEMBERSHIP

JOYCE COTNER

(305) 253-3868 H

(305) 586-4982 C

joys4joyce@comcast.net

VP PUBLIC RELATIONS

WENDY LYNCH

(386) 329-0318 W

wendyw74@ufl.edu

SECRETARY

ENID LAPHAM

(239) 334-1357 W

(239) 278-0701 H

(239) 738-8870 C

TREASURER

DAWN WARNER

(727) 588-6021 W

(727) 470-9687 H

(727) 992-2073 C

dkqfamily@yahoo.com

warnerd@pcsb.org

PAST PRESIDENT/ PARLIAMENTARIAN

DR. BRENDA WILLIAMS

(352) 955-2402 W

(352) 332-2581 H

(352) 339-9268 C

bjcw@ufl.edu

NOMINATING COMMITTEE CHAIR

NANCY HAMILTON

(239) 768-1476 H

(293) 470-6041 C

nancyh3@comcast.net

JUDY CORBUS

(850) 638-6265 W

(850) 638-8434 H

(850) 260-2717 C

JLCorbus@ufl.edu

JOAN VIGIL

(305) 274-4938 h

joanvigil@aol.com

And, be sure to check out the pictures from last year's AAFCS Annual Conference and Expo. Maybe they will encourage you to attend this year. We will be in Dallas, June 25 -28 – see you there!

I'd like to personally thank everyone who contributed to the success of our organization by taking positions on the Board of Directors and all the members who volunteered time, effort and donations to keep our organization moving forward.

It has been a pleasure serving as your president this past year. Please help me congratulate and welcome our incoming President, Dr. Sharon Pate, and be sure to say "yes" when she calls on you for assistance.

Donna McGrew
FAFCS President, 2016-2017

A Note of Thanks

Submitted by: Teri Fuentez

Just wanted to take a moment to thank you for your friendship and support during these past 30 + years of my membership in FAFCS. I am moving in May to the state of Oklahoma, and will transfer my membership there. For those of you attending the conference in Dallas, I will see you there. (It will be a 4 hour trip from where we will be living). I wish you all continued success in maintaining the integrity of Family and Consumer Sciences in Florida. Blessings to all of you.

Teri Fuentez

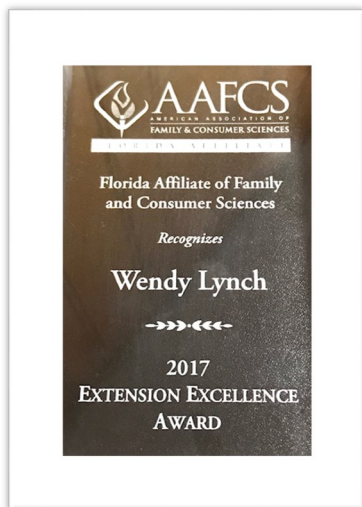
**Say
Yes to FCS**

Awards

Submitted by Kathy Kay, Awards Chair

This year one Award has been given to Wendy Lynch from District D. She has been awarded the Excellence Extension. As Lina Ingraham wrote "Wendy delivers Nutrition and Financial Education in two counties. Through her Extension Programs, she has provided 425 Educational Events and reached 7,610 participants in 2016. These programs are providing positive results to empower individuals and families to build healthy lives and achieve social and economic success."

We wish Wendy success in the years that follow.



Membership

Submitted by Joyce Cotner

Book Review: A Road Map to Love, by Sassy Sue Abbott (aka Janell Smith).

Our Family and Consumer Sciences members are multi-talented!

Janell Smith adds extra force to the above statement with her very interesting & fast-paced newly published book, A Road Map to Love. Her extremely competent main character, Janice Brown, is an international dietetic consultant caught up in intercontinental intrigue and affairs of the heart.

I thoroughly enjoyed reading how Janice Brown relates food & nutrition, food prep, cultural food similarities and differences, food safety and food espionage to the exciting story plot.

As Janell has said, "dietitians are under-represented in Romance Novels". This book makes a good step to fix that issue. I encourage you to order & read this incredible book! A Road Map to Love is available from Amazon in eBook for Kindle, Nook and paperback; get ready for some good reading. Published by World Castle Publishing, LLC, Pensacola, FL. ebook ISBN: 9781629896144, Paperback ISBN: 9781629896137. Copyright (c) Sassy Sue Abbott 2017.

It's a pleasure for me to share such good news about our FAFCS members!

Nominating Committee

Submitted by Nancy Hamilton

Florida Affiliate of the American Association of Family and Consumer Sciences Installs Officers Aboard the Norwegian Sky

Newly elected officers of FAFCS for the 2017-2018(19) term were installed aboard the Norwegian Sky during the 2017 FAFCS Annual Conference. Our new officers are:

President:	Dr. Sharon (Sha) Pate
President-Elect:	Betty McQueen, CFCS (Installed by proxy)
Secretary:	Enid Lapham
Treasurer:	Dawn Warner, CFCS
Past-President:	Donna McGrew
VP of Membership:	Joyce Cotner, CFCS
VP Public Relations:	Wendy Lynch (Installed by proxy)
Nominating Committee:	Judy Corbus (Installed by proxy), Joan Vigil, Suzanne West



Pictured left to right: Dr. Sharon Pate, Enid Lapham, Dawn Warner, Donna McGrew, Joyce Cotner, Diann Douglas (proxy for Wendy Lynch), Suzanne West, Joan Vigil, Nancy Hamilton (Nominating Chairperson)

UF/IFAS Extension Miami-Dade County offers Trilingual Programming

Submitted by Monica Dawkins and Brinkley Clark

HAIALEAH, Fla.---When clients enter the University of Florida/IFAS Miami-Dade Extension EFNEP program, they hear conversations in English, Spanish or Haitian/Creole. That is because the staff offers a trilingual nutrition program under the Expanded Food and Nutrition Education Program (EFNEP) throughout the county. EFNEP is a USDA federally funded evidence-based program, created to assist limited-resource families, free to those who qualify, said Monica Dawkins, EFNEP supervisor. The program helps families acquire knowledge and skills necessary for nutritionally sound diets.

“The trilingual program was created to better communicate lessons to those who speak little or no English. As a result, the classes are offered in English, Spanish, and more recently Creole, to contribute to each individual’s personal development and family life,” said Dawkins. “I approached my directors over 25 years ago, asking them to allow me to hire Haitian/Creole speaking bilingual staff, which became a reality those many years ago,” Dawkins said. “Then I requested for the EFNEP curriculum to be translated into Creole, which was finally recently been done.” Dawkins said Eating Smart Being Active (ESBA) is the EFNEP/ nutrition education curriculum being taught to the participants in the trilingual program. Les-

sons include; meal planning, food preparation, reading food labels, feeding young children, staying active, and saving money.

“The EFNEP program has impacted 2,019 families in Miami- Dade County in 2015, all receiving completion certificates”, Dawkins said. The success of the program has helped Miami-Dade County save \$7.3 million on healthcare cost and almost \$1.8 million on food expenses. She also said, reports revealed that nutrition practices for adults enrolled in the program had improved by 93 percent.



“Tell me and I forget. Teach me and I remember. Involve me and I learn.”

-Benjamin Franklin

AAFCS 107th Annual Conference

Submitted by Donna McGrew

American Association of Family & Consumer Sciences
107TH ANNUAL CONFERENCE & EXPO



IMPROVING THE
Health and Well-Being
of a Changing Society



June 22 – 25, 2016 Hyatt Regency Bellevue | Bellevue, Washington

#AAFCSac



AAFCS staff member
Sophy Mott -
Director Member &
Affiliate Relations



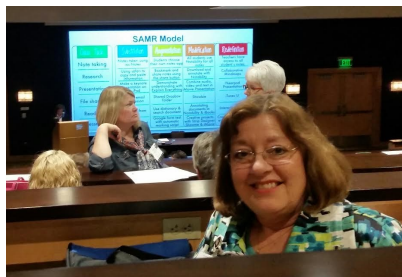
Paulette Goolsby and Holly Audsley-Gyulveszi, Pinellas County teachers check out fresh vegetables at Pike Place Market.



Treasurer Dawn Warner speaks with
Presenter Landon Glenn on Financial
Literacy.



L- r Helen Obenchain, Joyce Miles, Enid Lapham,
Joan McFadden and Pat Erickson—Purdue Alumni



President Donna McGrew attends a
session about using technology in
the classroom.



Helen Obenchain
visits vendors during the
107th Annual AAFCS
Conference and Expo



IFHE US President, Roxie
Godfrey and Barbara
Allison - Texas Tech





FAFCS 2017 ANNUAL CONFERENCE
“FCS Without Borders”
March 31-April 3, 2017

Photo credit: Pixabay.com

FAFCS 2017 Annual Conference

Submitted by Joyce Cotner

Twenty-three enthusiastic individuals participated in our FAFCS 2017 Annual Conference and Cruise, “FCS Without Borders” on board the 3-night cruise ship Norwegian Sky in and out of the Port of Miami. This Conference was definitely an investment and commitment in ourselves and our Profession

I opened our First General Session Friday evening by thanking Brenda Williams for her inspiration and encouragement for us to “Think Outside The Box” in the planning of our Annual Conferences.

In keeping with AAFCS’ FCSfit, our Speaker, Marty Gerold, led us in a hands-on FCSfit Finance presentation featuring various financial resources that included the book, It’s Not What You’ve Got, by Dr. Wayne W. Dyer.

Saturday found us bussed to a private orphanage, The Ranfurly Home for Children, in Nassau. At the orphanage, we presented a monetary donation and thanks to the outstanding dedication and leadership of Joan Vigil, we presented 38 rag quilts for the children. (Joan organized the construction of these quilts with the aid of the Miami Ocean Waves Quilt Guild Members.)

Using a shell theme, (a very clever and fitting theme as we cruised along), Nancy Hamilton conducted the Installation of 2017-2018 FAFCS BOD on Sunday evening.

This unique Annual Conference granted us an excellent opportunity to earn 9 PDU’s*, re-commit ourselves to our Profession, provide a much needed service project, and again appreciate that we really are FCS Without Borders!

- PDU’s*: Thanks to the efforts of Joan Odom
- Photos: Thanks to our Official Photographers, Gussie & Michael Sakowicz

Joyce Cotner
FAFCS 2017 Annual Conference Chair

Conference



Sha officially accepts the gavel from Donna



Photos

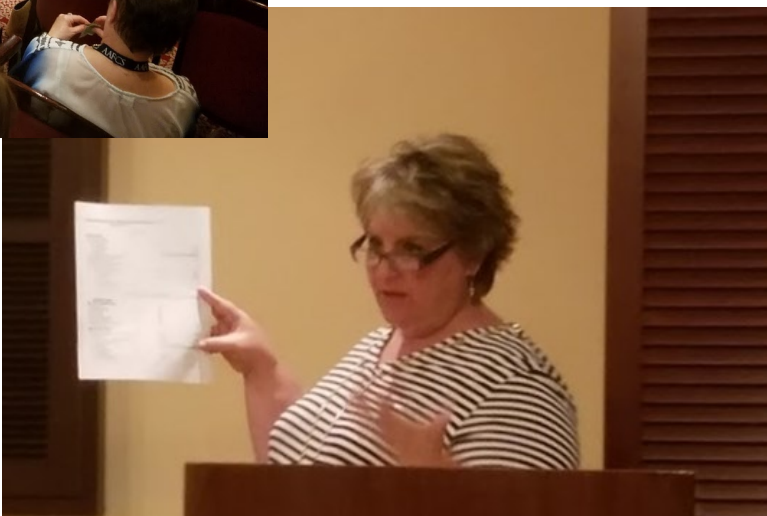


First General Session



Marty Gerold, FCSfit

**Say
Yes
to
FCS**



Dawn Warner

Conference

FAFCS 2017 "FCS Without Borders"

Photos



(l-r) Monica Dawkins, Kathy Kiam, Linda Smock, Suzanne West, Dawn Warner, Donna McGrew, Arnell Waldron, Sha Pate, Gussie Sakowicz



Joan Vigil shows sample of quilts donated by Miami Ocean Waves Quilt Guild



(l-r) Nancy Hamilton, Marty Gerold, Brenda Williams, Diann Douglas

Conference

FAFCS 2017 "FCS Without Borders"

Photos



Bus to orphanage



Ranfurly Home for Children

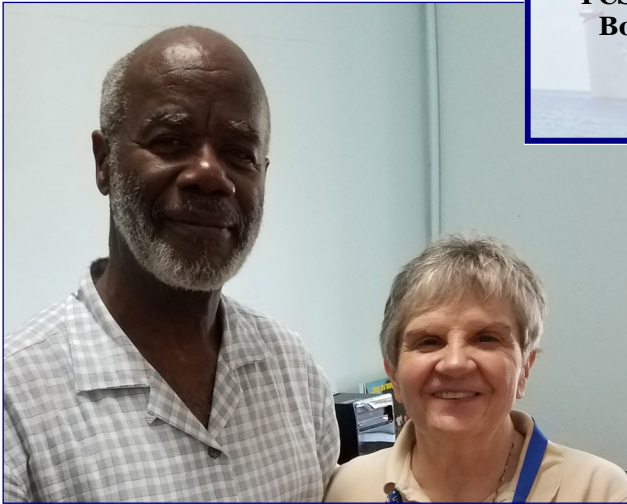


Quilts delivered

Conference

FAFCS 2017
"FCS Without
Borders"

Photos





Florida Affiliate of AAFCS
c/o Donna McGrew, Administrative Assistant
3175 57th Avenue Circle East
Bradenton, FL 34203-5332

Florida Affiliate District Chairs

District A

ANNA-FRANCES APAP (contact)
(850) 994-9635 H
(850) 699-0961 C
annafrances1@bellsouth.net

District B

DIANN DOUGLAS
(850) 973-4138 W
(850) 973-2000
ddoug@ufl.edu

District C

KATHLEEN KAY
(352) 367-4418 H
kay2317@cox.net

District D

LINA INGRAHAM (contact)
(904) 514-5384 C
(904) 928-9476 H
lingra9@yahoo.com

District E

RITA LAW (contact)
(407) 463-5335
Ritalawws@aol.com

District F

DR. SHARON PATE
(813) 922-4561 H
(337) 354-9483
patesha1@gmail.com

District G

MELISSA MADIA
(954) 885-7555 h
mmadia@msn.com

District H

ENID LAPHAM
(239) 334-1357 W
(239) 278-0701 H
emlapham@comcast.net

District I

JUDY CORBUS
(850) 638-6265 W
(850) 638-8434 H
jlcobus@ufl.edu

District J

RANI KHANUJA
(305) 693-3023 W
rkhanuju@dadeschools.net

**If you would like to get involved
at the district level, please
contact your district chair.**