

# The FAN Letter

Florida Affiliate News



**Spring 2018**

**2017-2018  
Board of Directors**

## Greetings from the President



*Spring is the time for professional development, personal growth, networking, and ... fun! This year the Florida Association of Family & Consumer Sciences Board of Directors and Annual Conference Planning Committee have scheduled a conference at the University of Florida Straughn Center there will be inspiring speakers, networking with new and former colleagues, pre-conference tours, and education sessions for personal growth.*

*As we prepare for the conference we accentuate our positives for our Affiliate by continuing to think outside the box for exceptional meetings. The 2017 meeting cruising to the Bahamas received great reviews by AAFCFCS staff members as well as other state affiliates asking for the information to create a similar meeting.*

*The first planning meeting for the 2018 conference took place in St. Petersburg last June, with four board members brainstorming about the possibilities of having a conference in Gainesville. The 2018 annual conference begins with an exciting tour of the Harn Museum of Art. Followed by the first Keynote speaker Jill Sonke, MA, University of Florida, Director of the Center for the Arts in Medicine, at 7:00 pm. Next on the agenda is an opportunity to connect, share knowledge and experiences while viewing the Showcase Carousel at the Dessert Reception. Saturday continues with networking and educational sessions of Housing and Community Development, Mindfulness, Responsible Use of Technology, and more. The impact of this meeting will have lasting results for our Florida Affiliate.*

*I look forward to meeting and speaking with you at this annual meeting. As we each network and learn more of our Florida Affiliate accomplishments. Remember you are the members of an organization that continues to stand for making the family a vital and productive force in society. With your help and leadership, we can exceed our goals and become the affiliate that makes a difference in individuals, families and communities.*

*Sincerely,*

*Sharon S. Pate, Ph.D.*

*Florida Affiliate FAFCS, President 2017-2018*

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## Submitted Betty Ann McQueen, CFCS

## Have You Registered for the 2018 Annual Conference?

## Membership

Submitted Joyce Cotner

Each of our 93 FAFCS Members are urgently requested and needed to work in conjunction with AAFCS and to contact lapsed members!\*\*

**Special Note:** Lapsed Professional members can enjoy a **one-time rate of \$100.00!** (*Typically this \$100.00 rate is only for new members.*) FYI: The Emeritus member rate is \$100.00 and the Student member rate is \$50.00 (See and use the “Find Your People” Brochure in this FAN edition.)

Key themes to highlight in your outreach of lapsed member include the **109<sup>th</sup> Annual Conference & Expo in Atlanta**, online **AAFCS Member Forum**, the **Spring Webinar Series** (free to members), and **#MyAAFCS** social media campaign where member stories are shared. Plus, highlight the benefit of building professional friendships, camaraderie and the delight of togetherness!

New or lapsed members text **MYAAFCS** to **51555** to receive a special link to renew. AAFCS accepts credit card payments at 800-424-8080.

\*\*Contact me for any lapsed and/or general member info. **You** are a vital link in this membership chain.

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## District F and H

Submitted Enid Lapham

Chair Enid Lapham welcomed members of Districts F & H as they met at the Cork and Kale Restaurant in the Even Hotel at Lake-wood Ranch on Saturday, February 24, 2018.

The main topic of discussion was the preliminary planning for the 2019 Annual State Conference. The theme, “FCS: Equipping for Life” was chosen by consensus. All members from the District F and H counties (includes



*Continued on page 4*

Hernando, Pasco, Pinellas, Hillsborough, Polk, Manatee, Sarasota, Hardee, Desoto, Highlands, Charlotte, Collier Glades, Hendry and Lee) are invited to join the planning committee.

Past President Dr. Sharon Pate was commended for her service and received gifts (a wall plaque and shoe ornaments) to mark the occasion. "Thank you for a job well done!"

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## Development

Submitted Paulette Goolsby

Congratulations to this year's mini-grant winner:

Joan Vigil

Nassau Children's Home Kitchen Garden

This grant is totally funded by member contributions to the Professional Development Fund. If you would like to make a tax-deductible donation please make your check out to FAFCS Development Fund, and mail it to:

Paulette Goolsby, Teacher  
Lealman Innovation Academy  
4900 28<sup>th</sup> Street North  
Saint Petersburg, FL 33714

We know that we need to promote our success in family programs; members and non-members who are involved as

business professionals, cooperative extension services, home and family, schools and universities are invited to participate in the showcase carousel by sharing their expertise and information about their successful projects.

Please contact President Dr. Sharon Pate [patesha1@gmail.com](mailto:patesha1@gmail.com) for more information.

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## Public Relations

Submitted Wendy Wood Lynch

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

Wendy W. Lynch / [wendyw74@ufl.edu](mailto:wendyw74@ufl.edu)

### 2018-2019 FAN Letter Deadlines and Publication Dates

| ISSUE       | DEADLINE             | PUBLICATION DATE |
|-------------|----------------------|------------------|
| 2018 Summer | <b>June 30, 2018</b> | July 20, 2018    |
| 2018 Fall   | September 14, 2018   | October 5, 2018  |
| 2019 Winter | December 14, 2018    | January 4, 2019  |
| 2019 Spring | March 15, 2019       | April 5, 2019    |
| 2019 Summer | June 30, 2019        | July 19, 2019    |
| 2019 Fall   | September 13, 2019   | October 4, 2019  |

**Next newsletter deadline:  
June 30, 2018**

*Although March has come and gone, this message applies all year long!*



March is National Nutrition Month and this year's theme is "Go Further With Food." Put Your Best Fork Forward, slogan as crafted by the Academy of Nutrition and Dietetics, is part of leading a healthy life, meaning eating a healthy diet and being physically active.

A recent CDC study highlights when, where, and how U.S. adults and children are eating a healthy diet. Those who are not getting enough **fruits** and **veggies** can take small steps towards meeting recommended amounts, including adding more fruit to your usual breakfast routine or adding vegetables to your meals. Eating a diet rich in fruits and vegetables can help reduce the risk of many leading causes of illness and death, add important nutrients to your diet, and help with weight control.

Are you getting enough fruits and vegetables every day? The amount of fruits and vegetables you should eat varies by age, gender, and activity level. Go to [www.chooseMyPlate.gov](http://www.chooseMyPlate.gov), to learn how many **fruits** and **vegetables** you need every day.

Add fruit to your breakfast. The recent study shows that adults get most of their fruit during breakfast and snacking whether they eat recommended amounts or not. Those who are not getting enough could aim to add more at breakfast or through snacks such as eating a small apple or banana. On the other hand, children tend to eat fruit throughout the day. Children who need more could add extra fruit to their breakfast, lunch, or snack routines.

Dinnertime tends to be when adults and children eat most of their vegetables. However, for those who are not eating enough vegetables, try adding vegetables to your lunchtime salad or sandwich (e.g., baby carrots or tomato slices), or mixing them into what you are having for dinner (e.g., adding broccoli into your pasta).

(Adapted from CDC)

Submitted by: Monica Dawkins, CFCS, County Extension Nutrition Education Program



American Association of Family & Consumer Sciences  
**109<sup>TH</sup> ANNUAL CONFERENCE & EXPO**



June 24 - 27 | Atlanta Marriott Marquis | Atlanta, Georgia

#AAFCSac

# Save the Date!

APRIL 12 & 13, 2019

2019 FAFCS ANNUAL CONFERENCE  
HOSTED BY DISTRICTS F & H.

THE VENUE WILL BE IN PINELLAS  
COUNTY AT THE HISTORICAL SAFETY  
HARBOR RESORT & SPA.

MARK YOUR CALENDARS NOW AND  
LOOK FOR MORE INFORMATION IN  
UPCOMING FANS!



# FIND YOUR PEOPLE

Since 1909, the American Association of Family & Consumer Sciences (AAFCS) has united professionals who want to help individuals reach their fullest potential and build healthier families, workplaces, and communities.

- We **SUPPORT** family and consumer sciences professionals and students.



- We **VALIDATE** student and professional competencies via assessment and certification.
- We **COMMUNICATE** to increase understanding and appreciation of our field, and our people.



**Your Professional Home.**

[www.aafcs.org/join](http://www.aafcs.org/join) #MyAAFCS

## A. MEMBER INFORMATION

☐ New Member ☐ Renewing Member: ID # \_\_\_\_\_

### Membership Category /Dues

- ☐ Professional (\$150 renewing or \$100 first year promo)  
☐ Emeritus (\$100 for retired professionals who are at least 60)  
☐ Student (\$50 for full-time students)

Inspired to Join By \_\_\_\_\_

**Preferred Mailing Address** ☐ Office ☐ Home

NAME

TITLE / OCCUPATION

ORGANIZATION / SCHOOL NAME

STREET ADDRESS

CITY

STATE

ZIP

TELEPHONE

EMAIL

## B. FEES

**AAFCS Membership Dues** (from section A) \$ \_\_\_\_\_

### Optional Upgrades

- ☐ *FCS Research Journal* Subscription (\$45)  
☐ Contribution to the AAFCS Annual Fund

**TOTAL AMOUNT \$** \_\_\_\_\_

*(AAFCS dues + fees for optional upgrades)*

## C. PAYMENT OPTIONS

☐ AmEx ☐ VISA ☐ MC ☐ Discover ☐ Check # \_\_\_\_\_

NAME ON CARD

CREDIT CARD #

EXP. DATE

CARDHOLDER SIGNATURE

DATE

AMOUNT (FROM SECTION B)

## Want instant access to member benefits?

Go to **[www.aafcs.org/join](http://www.aafcs.org/join)** to join online!

**American Association of Family & Consumer Sciences**

PO Box 79377 • Baltimore, MD 21279-0377

membership@aafcs.org • 800.424.8080 • [www.aafcs.org](http://www.aafcs.org)





Florida Association of Family and Consumer Sciences  
Annual Conference

Straughn Professional Development Center

2142 Shealy Drive Gainesville, Florida 32611

*Family and Consumer Sciences Across the Lifespan  
Sustainability, Technology and Healthy Lifestyles*

**Easy On-line Conference Registration Available**

**Simply go to**

**<https://www.eventbrite.com/e/fafcs-annual-conference-tickets-42958661513>**



# Florida Association of Family and Consumer Sciences Annual Conference

Straughn Professional Development Center

2142 Shealy Drive Gainesville, Florida 32611

## *Family and Consumer Sciences Across the Lifespan Sustainability, Technology and Healthy Lifestyles*

### **Friday, April 13, 2018**

10:15 AM – Pre-Conference Educational Tour

Visit the Harn Art Museum and enjoy lunch at the  
New Deal Café with food demonstration by Chef Bert Gill

4:00-5:30 PM – Board of Directors meeting

4:30-5:00 PM – registration opens

6:00 PM – Dinner catered by Napolitanos

7:00 PM – Keynote Speaker

### **Jill Sonke, Arts In Medicine**

<http://artsinmedicine.ufhealth.org/about/whos-who/jill-sonke/>

8:00 PM – Dessert Reception and Showcase Carousel

(mini-grants, abstracts, and best practices)

### **Saturday, April, 14, 2018**

Breakfast on your own (included in hotel cost)

8:00 AM - Registration begins

9:00-9:45 AM –**Randy Cantrell, Aging in Place**

<http://fyics.ifas.ufl.edu/faculty/randy-cantrell/>



Jill Sonke, MA

Assistant Director of UF Health  
Shands Arts in Medicine and  
Director of the Center for the Arts  
in Medicine at the University of  
Florida.



Randall Cantrell, PhD.

Assistant Professor Housing and  
Community Development

10:00-10:45 AM – **Stacey Steinberg,**

**Responsible Use of Technology**

<https://www.law.ufl.edu/faculty/stacey-steinberg>



Stacey Steinberg, J.D.

Legal Skills Professor  
Associate Director, Center on  
Children and Families

10:50 – 11:10 AM– Break with light refreshments

11:15 -12:00 PM –**Carol Lewis, Mindfulness**

<https://ufhealth.org/carol-lewis/background>



Carol Lewis, Ph.D., MPH, CPH

UF Department of Psychiatry

12:00-1:30 PM – Lunch catered by Pomodoro Café

and FAFCS Business meeting

1:30–2:00 PM - Installation of Officers and Awards Ceremony

2:15-3:30 PM – Careers in Family and Consumer Sciences

Panelists include: Moderator - Sophy Mott, Dr. Penny Ralston, Dr. Michael Gutter, Wendy Lynch, Dawn Warner, and Betty McQueen

Registration fee includes meals. Special reduced rate for college students \$25

Conference registration is due to Linda Cook by 3/30/18

Hotel: Holiday Inn Express 3905 SW 43<sup>rd</sup> St. Gainesville, FL 32608 (352) 376-0004

Last date to register with the hotel is 3/30/18 for special block rate of \$110.00





Get Ready – Get Set – Go

with FAFCS

Pre-Conference Educational Tour & Luncheon April 13, 2018

Space is limited to 25 Cost \$20.00

### Itinerary

10:15 a.m. Meet in lobby of Holiday Inn Express (Car-pool if desired) or meet at

**Harn Museum of Art at UF Campus**

3259 Hull Rd. Gainesville, FL 32611-2700 (352) 392-9826

Directions to Harn: <https://www.google.com/maps/dir/Harn+Museum+of+Art>

Parking is available \$4.00 at the kiosk in front of the museum or parking garage.

10:45 a.m. Meet at the museum for docent-led tour with discussion/questions.

11:00-12:15 p.m. Tour

12:30 – 2:30 p.m. Lunch at New Deal Café,

3443 West University Ave. Gainesville, FL 32607

(352)371-4418 <http://www.thenewdealcafegainesville.com/>

Lunch with your choice of a selected entrée from menu by Renown Gainesville Chef Bert Gill. He will give a Food Demonstration and Presentation on the topic of “Community Involvement with foods, emphasizing Sustainability and Locally Grown Foods”.

3:00 p.m. Back to Hotel

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\$20.00 Pre-Conference Tour and Luncheon

DR. MYRNA CRABTREE



## Myrna P. Crabtree Graduate Scholarship Fund

August 31st, 2016, Dr. Myrna Crabtree, friend, mentor, and gifted educator, died peacefully at her Miami home after a short illness.

She was a longtime member of AAFCS; she loved our profession; she loved her students and was a dedicated teacher. She had a great impact on many of our lives.

Her very generous bequest of approximately one-half of her sizable estate to establish the Myrna P. Crabtree Graduate Scholarship Fund, (AAFCS Scholarship for Graduate Students), will be announced at the AAFCS Annual Conference and Expo, June 2018 in Atlanta.



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