President’s Message

Dear FNES Alumni and Friends:

Welcome to FINESSE, the Family, Nutrition and Exercise Sciences Alumni Newsletter! My name is Gisele Auguste-Washington (’13) and it is my pleasure to launch FINESSE, the department’s new electronic newsletter.

The purpose of the newsletter is to inform the Queens College FNES alumni of the exciting activities happening in our department such as program updates, fund raising events, exhibitions, student club events, and faculty research. The newsletter will also showcase the work and news of alumni to provide them a chance to re-connect with other FNES graduates.

As an alumni of the Family and Consumer Sciences Education program, I am proud of the work FNES graduates are doing to enhance the quality of life for our community. I enjoy learning of your great accomplishments and ask that you keep in touch with our department. Please do not hesitate to reach out to us.

I’d also like to say thank you to Dr. Andrea Mosenson and Dr. Michael Toner and all of the FNES department’s faculty and staff for your guidance, support, and participation in connecting with our alumni. I look forward to continue working with you all.

Enjoy the newsletter, and I look forward to hearing from you soon!

Sincerely,

Gisele Auguste-Washington
Email: gaugustewashingt@qc.cuny.edu
Greetings from your Alma Mater! On behalf of the students, faculty and staff of the Department, I would like to thank Gisele Washington for re-establishing the alumni organization and reinvigorating the alumni newsletter, FiNESs, and for working with the Department to enhance its programs, and supporting its current students and graduating seniors.

Let me take this opportunity to update you on the Department:

- The bachelor and master’s degree programs and minor concentrations of the Department include Family and Consumer Sciences Education, Human Development and Family Studies (recently an approved major), Nutrition and Dietetics, Food Service Management, Nutrition and Exercise Sciences, Physical Education, and Textiles and Apparel. All programs remain highly regarded and most are recognized by external accreditations as meeting and exceeding national performance standards. Visit us on the WEB at www.qc.edu/ FNES to see the latest information on programs and faculty.

- The Department continues to recognize the achievements of the undergraduate students by giving up to eleven awards (up to $500) each year at Commencement. We could not be more proud of our graduates who continue to enter into professions directly related to or associated with their majors.

- With the departure of Dr. Elizabeth Lowe in 2013, the textile and apparel program has been led by Sharonne Graber and Emily Ripley. Under Emily’s leadership, a new course entitled Fashion Archives has been developed and is sought after by majors.

- “Remsen 300” living and dining rooms have undergone renovations which retained the original 1950’s character with modern touches. In Remsen Hall the entranceway has been redone and one of the classrooms has been fitted with the latest technology. In Fitzgerald installation of the latest technology has been completed in all classrooms, and a $3.5 million renovation of the main gymnasium floor is underway.

I want to encourage alums to become active with the alumni association, and I want to thank our alumni and friends of the Department for your continued support of the students and faculty of the Department and our programs.

Dr. Michael M. Toner, Chair
Class of 1976

By: Dr. Patricia Miner

As an alumnus of Queens College and current Director of the Nutrition and Dietetics program, formally known as Family and Consumer Science and for those of you who graduated as I did in Home Economics I am pleased to inform you of some of our continued program strengths, built on my predecessors; Dr. Marcia Miller, Dr. Elaine Ludman, and Dr. Jacqueline Newman. Respectfully, Dr. Ashima Kant is still with the Nutrition and Dietetics program as a Full Professor with over 65 articles published to date, cited by over 3000 articles, indicating the international respect her research in nutritional epidemiology has generated.

Our program continues to be well-rounded with many of the same courses offered to alumni, albeit with content being continually updated. For instance, in our Nutrition Education course, now titled Nutrition Counseling and Education, we extensively cover counseling skills based on motivational interviewing and behavior change theories and provide students with experiences to apply these skills. In our Medical Nutrition Therapy class pathophysiology is more significantly embedded in the course.

Though we know our alumni are working in the traditional areas of clinical nutrition in hospitals and nursing homes and some in research and community nutrition I would specifically love to hear what you are doing! It would be a true benefit to the program and a pleasure to me personally to hear the path you have taken since graduating. You can drop me a note in an email and/or send your resume to patricia.miner@qc.cuny.edu. I hope you are reading this in good health and your families are doing well.

Patricia Miner, PhD, RD

Dr. Ashima Kant
FNES 106 Introduction to Family and Consumer Sciences, is an exciting class that allows FACS majors to explore the history of family and consumer sciences, the careers within the discipline and how to land the job of your dreams.

Students have the unique opportunity to have established FACS professors and professionals visit and share their career paths and what motivates them to be the best in their fields. Students participate in dialogue with the speakers and leave feeling inspired to keep working hard in their classes and have more strategies to assist them in finding employment.

Professor Gisele Washington and Professor Laura Ciano are inviting FACS alumni to come back and share their career paths with current FACS students. To schedule a visit, please contact them!

Prof Washington: gaugustewashingt@qc.cuny.edu
Professor Ciano: laura.ciano@qc.cuny.edu

By: Professor Clare Consiglio

It has been an exciting year for food service management students. As the new director and advisor for the program my goal is to have students better prepared for this exciting, in demand field. More classes will be offered in the future in areas such as business, international cuisine and food sustainability to enrich the curriculum and broaden student’s knowledge. More students will be placed at fieldwork sites so they get experience before graduating.

This past year fieldwork opportunities have included working in meal production at a local senior center, assisting Chartwells with on-campus and off-campus catering and working in our FNES Vegetable and Herb Garden. A position was created for a student to harvest produce from the FNES Garden, bring it to the QCafe and Student Union Cafe and work with chefs to develop recipes and prepare food served to students. Last fall our garden rosemary was a featured in pumpkin muffins as a dessert option in the dining hall.

Many food service management, dietetics and other students have worked in the FNES Garden this past year cultivating such crops as cilantro, mint, rosemary, basil, husk tomatoes, thyme, peppers, cucumbers, squash, corn, string beans and mixed greens. The vegetables and herbs were used in our food lab classes as well.

A full semester program in Florence, Italy has been developed for food management students. Through the study abroad program students can take classes at Florence University for the Arts at Apicius. Included in this program is an opportunity to work in the student run restaurant or pastry shop in Italy. Students can also take business management, arts or foreign language classes there.

We look forward to another year of tremendous learning for the food service management students.
By Dr. Andrea Mosenson

There is a national campaign underway to address the Family and Consumer Sciences (FCS) educator shortage across the country. Here in New York for the first time in a few years, there are more positions available than certified FCS teachers. As the Education Coordinator of the FCS Education program in the FNES Department, I have been getting many phone calls and emails about openings around the state, but unfortunately there are just not enough FCS teachers available to apply to these positions. This is where you can help! You might know of someone who would make a great FCS teacher or can help spread the word that there are job openings in this area. All you need to do is give them my contact information below and I will do the rest!

For those of you not familiar with what is taught in secondary FCS classes, we engage students in hands-on learning they will use for life – parenting, family relationships, nutrition and wellness, financial literacy, fashion and textiles, food science, and consumerism, to name a few. The FCS curriculum provides students with the skills, attitudes and behaviors necessary to become responsible citizens and leaders in today’s society, while learning to manage their own personal lives with a successful career. Being a FCS teacher is a challenging and rewarding career for anyone who is interested in teaching today’s youth about how to live a meaningful life.

At Queens College, we offer two different pathways for individuals to become certified FCS teachers: 1) an undergraduate program that leads to a Bachelor’s degree in FCS Education, and 2) a post baccalaureate program for people who already have a bachelor’s degree and just need certain courses to meet New York State requirements for teacher certification. For anyone interested in pursuing a certification to become a FCS teacher, one of these pathways will be right for you. Please contact me and I will be happy to provide you with more information and answer your questions.

Will you or someone you know, “Say YES to FCS”?

Dr. Andrea Mosenson
Assistant Professor & Education Coordinator
Family & Consumer Sciences Education
andrea.mosenson@qc.cuny.edu
718-997-4475 or 4161

Interested in becoming involved in the FNES Alumni Association? We are searching for Alumni interested in re-connecting with fellow classmates, working on the FINESSE newsletter, and other special opportunities. To get involved, click here!
By: Professor Emily Ripley

The Costume Collection at Queens College is a gem, a time capsule of several thousand garments, accessories, and textiles from the 18th to the 21st century. The collection primarily consists of women’s dress and accessories, ranging from the Romantic Era circa the 1830s, to multiple pieces of Victorian dress, extensive holdings from the 20th century, 1900 through the 1990s, and works from a variety of designers including Galanos, Chanel, Balmain, Ungaro Valentino, and Pucci. We also have a collection of Chinese, Japanese and Bedouin dress, a group of Military uniforms, and several historic quilts, saris, and tablecloths.

The archive is a very special and significant teaching and learning study collection for the Textiles and Apparel students at the College. Students have immediate access to an incredibly rich selection of material culture artifacts, and are able to investigate original historic costume in detail, from silhouettes and textiles to construction details and embellishments, for a comprehensive understanding of the objects. We recently created an Archive Class in the Textiles and Apparel program, where students were given an artifact to date and to place in its historic, societal and cultural context. The class culminated in a research presentation by the students, and an exhibition of the garments. Our first exhibition, “Fashioning the Victorian Woman,” featured dress from the Romantic Era to the end of the Victorian period. The second exhibition, titled “Deja Vu; The Fashion Pendulum Swings” presented dress spanning the late Empire period through the 1990s.

In the past several years, we have been working extensively with the collection to preserve it for the future, an enormous but rewarding task, which has required many volunteer hours on the part of a dedicated staff. But maintaining the costume collection takes more than dedicated individuals, it requires ongoing archival supplies to preserve the delicate garments and special containers to house them. In addition, the garments need to be housed in a relatively stable temperature controlled environment. Last year, we received a grant from the Provost at Queens College to help purchase some of these supplies, but we have always counted on donations from our alumni to keep the collection going. We thank you for your continued support and look forward to hearing from you again soon.

If you have any questions, would like to donate objects to the collection, or contribute to our fund, please contact Emily Ripley at Emily.Ripley@qc.cuny.edu

This bustle dress is a day dress from ca. 1883, most likely worn at home.
Art & Science Meet With Finesse
By: Professor Beth Schettino

There was something in the air this summer at Queens College. Every Tuesday and Thursday through July, the third floor of Remsen Hall was consumed by the comforting smell of warm cookies, buttery scones and freshly baked breads. An exciting new course, FNES 782: Applied Science of Baking, was unveiled this summer by the department of Family, Nutrition and Exercise Sciences (FNES, pronounced finesse) and it introduced students to the scientific theories and creative skill sets used throughout the field of baking and pastry. This graduate level course featured an interdisciplinary curriculum with intensive practical application and yielded some very tasty results.

The course began as all introductory courses do, with the basics. Students were taught how to use hand tools and specialty equipment and learned the correct procedures for following a formula (recipe) and measuring accurately. Foundational recipes included biscuits, scones, and a variety of cookies, which utilized simple methods of measuring and mixing. As the students became comfortable with the process, more complex formulas and concepts such as yeast fermentation, steam leavening, and ultimately cake design and decoration were introduced.

Course work was focused on the science of how ingredients function together in order to create a desired outcome, and each student was responsible for researching and teaching a unit of study to their peers, but more prevalent was the sight of students donned in chef coats intently working on their creations in the FNES foods lab (Remsen 301). Professor Beth Schettino facilitated the lab experience by posing and answering questions, making observations and suggestions, pointing out potential pit-falls and helping trouble-shoot culinary dilemmas. However, it was the students at the helm of the mixers and measuring spoons, and baking pans and ovens, who churned out the expertly baked products.

Throughout the course, dietary restrictions and healthy ingredient substitutions were addressed, and whole wheat and gluten free baked goods were produced with much success. Upon tasting the black and white cookies she had just made, Leila McManus, a graduate student in the Family & Consumer Sciences Teacher Education program proclaimed: “If no one told me it was gluten free I would have never known.” Her lab partner, FACS Ed student Victoria Brown, elaborated that it was “all about having the correct ratio of xanthan gum [a natural thickening agent] to gluten-free flour and allowing the dough to rest before baking” that made all the difference.

During the “Cupcake Wars” unit, the class was fortunate to have Long Island FACS educator, Jonathan Mosenson, provide an introduction into the art of butter cream piping and flowers. The students practiced techniques on plastic boards before moving on to decorate the cupcakes they had baked that morning. The results were not only delicious, but beautiful. Cupcakes with flavors like lemon raspberry, cannoli, Mexican-chocolate with avocado frosting (yes, avocado) and even one that melded the sweet and salty flavors of chocolate with pretzels and potato chips, were decorated and plated with skill and care. The biggest surprise was the whole wheat, maple walnut cupcakes, which, according to FACS Ed student Lindsay Hoyt, were moist and tender and “not at all what you’d expect from a whole wheat cupcake.”

The culminating project for the course was to design, bake and decorate a 2-tiered, fondant covered cake. This project required students to synthesize all the concepts they had been taught in order to produce a tangible piece of work that displayed, without question, the depth of their learning. Students had to weigh and measure to find the delicate balance required to create a firm yet tender cake that could withstand the heavy frosting. They created a foam structure from egg whites that would not deflate as they added butter - lots of butter - to make their Swiss meringue frosting. They applied physics and engineering concepts to stabilize and keep the cake balanced. And they utilized the elements and principles of design to create cakes that were visually appealing. Math teacher and graduate student working on a second certification in FACS Ed, Taryn Delaney, noted that calculating how many ounces of fondant one needs to cover a cake with a height of 4-inches and a diameter of 8-inches “is a lesson in geometry: three-dimensional surface area!” But, Taryn elaborated, this course is more than just geometry and interdisciplinary connections can be fostered by the collaboration of FACS and Chemistry teachers to help students learn “biochemistry through two different lenses.” Furthermore, it is just this type of hands-on learning that the Nextgen Science Standards call for.

Ms. Delaney summed up the course succinctly in her final lab evaluation: “It was student-centered, it was engaging, and it was a model for how we can run our own classrooms. I want my students to walk out of my room feeling the same way I did...elated, accomplished and completely exhausted!” FNES 782: Applied Science of Baking was a whirlwind, 4-week foray into the world of science and culinary arts – and one that we hope Queens College sees fit to continue.
The major has blossomed over the last sixteen years, we now have over 300 majors enrolled in the program. Our majors have gone on to various professions in the fitness industry, they have become strength and conditioning coaches, and physical therapists. Some have entered medical school, others have gone on to become physician assistants or nurses.

Two years ago, the students decided to create a Nutrition and Exercise Sciences (NES) majors club. The NES club has collaborated with other FNES clubs to hold a food drive for Thanksgiving and a toy drive for Christmas as well as other events throughout the semesters. Our majors have also been attending the Greater New York Chapter of American College of Sports Medicine’s (GNYRC) chapter conference in November since 2012.

In Spring 2014 the GNYRC decided to hold a Spring chapter conference that was focused on students and to hold the Chapter’s Student Quiz Bowl competition. On April 18, 2015, Queens College was host to the 1st GNYRC Spring conference. The event was held in Rosenthal Library, with approximately 100 people in attendance. Henry Wang, our Senior College Laboratory Technician, Lecturer, and an alum, opened the conference with a lecture on latest technology in the industry, Deborah Kupersmid an alum who now is an R.D. participated on the panel discussion about training the obese diabetic client. Other lectures included a discussion on functional training, information on certifications, and a panel discussion on training the older patient. I had the pleasure of being the moderator for the first session and Michael Toner assisted in evaluating the poster session. The NES students volunteered to man the event and offer assistance where needed. The Student Quiz Bowl (Jeopardy style competition) was a success! Five teams of 3 students competed from schools around the New York- New Jersey area. The Queens College team placed second behind Long Island University, Brooklyn Campus.

I am pleased to announce that we will be hosting the 2nd GNYRC Spring conference to be held in Rosenthal Library on April 2, 2016. The Keynote speakers will be the National ACSM Exercise is Medicine Team: Robert Sallis, MD: National Director, Exercise is Medicine, Author-ACSM’s Essentials of Sports Medicine, and Walter Thompson, PhD: Author-American Fitness Index, 1st V.P. ACSM, and Adrian Huther, PhD: Exercise is Medicine National Center Manager.

In closing, we would love to hear from you, please complete the alumni update form on our department’s website.
By: Dr. Andrea Mosenson

The first Spotlight shines on Susan Tietje, a graduate from the Family and Consumer Sciences Teacher Education program with a Bachelor of Arts degree in 2009 and a Master of Science in Education degree in 2011. Since graduating from Queens College, Susan has been teaching Family and Consumer Sciences to secondary students on Long Island and to our students in the FNES Department. Currently, she is teaching business classes at Amityville Memorial High School, where she has combined both her education and experience in mentoring secondary students as they plan their future college and careers. But no matter what content is being taught, Susan knows how to engage the students with meaningful and relevant lessons with the goal of helping them become more independent individuals in today’s diverse and global world.

Spotlight on FNES Alumni:
Susan Tietje (’09 & ’11)

As an adjunct lecturer in our FNES Department, Susan has taught a variety of different courses at both the undergraduate and graduate levels. She has taught course such as Interior Design (FNES 156), Introduction to FCS (FNES 106), Educational Trends in FCS (FNES 336/637), Introduction to Teaching FCS (FNES 538), and Entrepreneurship in the FCS Classroom (FNES 781 Seminar course). With her passion for teaching, Susan has become a role model for the students in the teacher education program where she mentors students on the importance of being a dedicated teacher in today’s diverse classroom.

Susan’s latest achievement of earning her doctoral degree in Educational Administration, with a focus on Instructional Technology, at Dowling College this past May will open new doors for her. She plans to look for an administrative position on Long Island where she feels she can have a bigger impact on the students. We want to congratulate Susan on her accomplishments as she moves forward in her professional career as Dr. Susan Tietje.
Queens College
Department of Family, Nutrition and Exercise Sciences
Alumni Association Presents:

TUSCAN ESSENTIALS
HOSTED BY QUEENS COLLEGE CUNY AND FLORENCE UNIVERSITY OF THE ARTS

Join us for our kick off Alumni event - an evening of wine and fabulous food prepared by visiting chefs from Florence, Italy (from our study abroad partner - Apicius, the hospitality division of FUA) and students. An exclusive viewing of the QC Historic Costume Collection will be shown before the meal. Seating is limited to 60 people. Reserve early.

MONDAY, OCTOBER 26, 2015 - 6PM
TICKET COST: $75 | REMSENHALLRM.300-65-30KISSENBVLVD.-FLUSHING,NY11367

For Tickets Click Here!