

KAFCS News

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AAFCS

AMERICAN ASSOCIATION OF
FAMILY & CONSUMER SCIENCES

K A N S A S A F F I L I A T E

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United Associations Conference

March 5-6, 2020

Wichita, Kansas

AAFCS Annual Conferences

June 26-28, 2020

Baltimore, MD

June 25-27, 2021

Minneapolis, MN

June 25-27, 2022

Orlando, FL

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Yahnke Receives Distinguished Service Award from AAFCS

Sally Yahnke was honored with the AAFCS Distinguished Service Award at the AAFCS Annual Conference in St. Louis.

Established in 1979, the Distinguished Service Award is a living tribute to members and recognizes superior achievements in family and consumer sciences, outstanding contributions to the profession, and sustained association leadership at state and national levels.

Dr. Yahnke recently retired as Associate Professor, College of Education, Kansas State University (KSU), and served as the Family and Consumer Sciences Teacher Educator for more than 40 years at KSU. Throughout her career, Yahnke focused her research on preparing quality teachers to meet the needs of students' in today's classrooms. Recently, Yahnke has been involved in the AAFCS “Say Yes to FCS” initiative to recruit and retain quality Family and Consumer Sciences teachers. Yahnke is the recipient of honors that include the College of Education Service Award; Kansas Outstanding Career and Technical Educator of the Year; and was honored by AAFCS as a Leader and Legend in 2016. She was nominated by the Kansas Affiliate.



A Note from the President

Janet Holden, CFCS

Greetings on behalf of the KAFCS Executive Officer Team!

I am excited and honored to be serving as the Kansas Affiliate President for the 2019-2020 term. I attended AAFCS Annual Conference in St. Louis this past June and gained some great ideas to keep things going strong in Kansas. I am proud to say “Kansas!” when people at the national conference ask what affiliate I am with, as the reputation of our great state is strong at the national level in Family and Consumer Sciences.

A little bit about me – I’m a graduate of Kansas State University and am in my 8th year teaching Family & Consumer Sciences, currently at Southeast High School in Cherokee, KS. My husband and I have two young sons, Jacob and Luke, and Baby #3 due this Fall. In addition to FCCLA, I am involved in leading our local church youth group and on our local Library Board, and am a member of Delta Kappa Gamma and PEO.

I wanted to encourage you all to take some time this fall season to send a note of gratitude to someone who has encouraged you professionally. The saying “leave the ladder down” is one of my favorite expressions when it comes to mentoring and leadership development. As we reflect on the individuals who have played a role in our lives encouraging us to become active in our profession, I personally feel immense gratitude that those people who I greatly respect, admire, and look up to, that they took the time for me and “left the ladder down”, to help those coming up behind them and following in their footsteps.

It was a true honor to see one of my professional role models, Dr. Sally Yahnke, honored with the Distinguished Service Award, the highest honor given by our association, at the Annual Conference in St. Louis. Thank you to Dr. Yahnke and several other of my mentors for “leaving the ladder down” and blazing the trail for Family & Consumer Sciences in Kansas.



Janet Holden represents Kansas as Teacher of the Year (above) and Cassy Dolbum receives the New Achiever Award (right). *AAFCS Annual Conference, St. Louis, MO; 2019.*



AAFCS Leadership Academy Kansas Representation

The AAFCS Community on Building Leadership Capacity established the Leadership Academy in 2013, for new professionals (BS degree or greater with up to 7 years membership in AAFCS), who wish to design their own leadership plan in order to secure their preferred future as leaders in AAFCS. Pre-Conference activities of the Academy will continue throughout the following year with conference calls, additional interactive learnings, networking with fellow participants to complete selected projects to benefit affiliates and AAFCS, and interacting with mentors.

Kansas had two Participants in the 2019 Cohort of Leadership Academy – Leah Jolosky, FCS Teacher at Spring Hill High School and Shawnee Hendershot, Prof. at Pittsburg State University.

Previous Kansas Participants:

2013 Cohort: Janet Holden

2015 Cohort: Cassy Dalbom

2017 Cohort: Shandi Andres, Kate Gronquist, Anne Pitts

Additionally, Deb Andres, Kansas Affiliate member, has served on the planning team since the Academy's inception.

Seeking KAFCS Award Nominations

Please consider applying for one of these KAFCS awards, or nominating another deserving KAFCS member. KAFCS recognition that may be awarded yearly include:

- Distinguished Service Award
- Extension Award
- Friend of the Family Award
- Leaders Award
- Teacher of the Year
- Martha Streeter New Achiever Award

Complete information is available at

<https://www.aafcs.org/kafcs/about-affiliate/pafcs-recognition54/kafcs-awards9>

Postmark deadline for applications is November 1, 2019. Questions about awards and applications should be submitted to Cassy Dalbom, 901 N. Main, Belle Plaine, KS 67013; cdalbom@usd357.org.

Commit to “Dine In” on Family and Consumer Sciences Day, December 3

Since 2014, nearly half a million people have committed to “Dining In” on Family and Consumer Sciences (FCS) Day!

AAFCS Honors founder Ellen Swallow Richards by celebrating FCS Day on her birthday each year. Through the FCS Day initiative, AAFCS provides information, tools, and research on the benefits of families preparing and eating healthy meals together.

Once again, the initiative will focus on the emotional and social aspects of family mealtime, asking people to “Dine In” device-free.

Be sure to check <https://www.aafcs.org/fcsday/home> for updates and new resources! Promotional materials are available on the website for individuals, Extension, higher education, secondary education, students, affiliates and related organizations.

Enjoy the benefits of “Dining In” and enter to win prizes!

3 Easy Ways to Celebrate FCS Day



Celebrate with friends, family, or community groups!

- 1 Commit to “Dining In” device free during the week of Dec. 3!
<http://bit.ly/FCSdaypledge>
- 2 Prepare and eat a healthy meal with others (if possible) during the week of Dec. 3.
- 3 Take a selfie and post it on social media!

#FCSday
#HealthyFamSelfie



www.aafcs.org/FCSday

FAMILY & CONSUMER SCIENCES



Creating Healthy & Sustainable Families

Financial Resources

By Marla Sterling, KAFCS Treasurer

I am constantly on the look-out for resources to help me with my finances. Those resources are even better if they combine a budget with a planner. Below I am sharing four of my favorite budgeting and planning resources.

Happy Planner - <https://www.thehappyplanner.com/>

Emily Ley - <https://www.emilyley.com/collections/simplified-planner>

STARTPlanner - <https://startplanner.com/>

City Girl Savings - https://citygirlsavings.com/membership-signup/?s2member_vars=page..level..0..page..9..Lw%3D%3D&s2member_sig=1568135440-25375b676f52af61b132aa43c886a38d



Kansas members who attended the Spotlight Dinner at AAFCS in honor of Dr. Sally Yahnke, DSA recipient.



This newsletter is for members of the Kansas Association of Family and Consumer Sciences. Photos and articles from and about members are welcome. The American Association of Family & Consumer Sciences (AAFCS) is a not-for-profit 501 (c) (3) organization with 10,000 members dedicated to improving quality of life for individuals and families. AAFCS and its affiliates may accept charitable donations, which are tax deductible to the fullest extent of the law.