

Wisconsin Association of Family and Consumer Sciences 2025 Conference



**February 27-28, 2025
Holiday Inn & Convention Center
Stevens Point, WI**



WAFCS 2025 Conference

Schedule at a Glance

Thursday, February 27th		
8:00 – 9:00 am	Conference Registration	Food & Farm Exploration Center
9:00 – 10:30 am	Breakout Session #1	
10:30 - 10:45 am	Break & Passing Period	
10:45 - 12:00 pm	Breakout Session #2	
12:00 – 12:45 pm	Lunch	
12:45 - 2:00 pm	Breakout Session #3	
2:00 – 2:15 pm	Break & Passing Period	
2:15 – 3:30 pm	Breakout Session # 4	
3:00 pm	Hotel Check-in	Holiday Inn Hotel & Convention Center
4:30 - 5:30 pm	Play Make Learn Center open	
5:15 - 6:30 pm	Basket Raffle Set Up	
6:00 - 8:00 pm	Awards Banquet	
8:30 – 9:15 pm	International Travel Escape Room	
9:30 pm	Student Unit Business Meeting	

Friday, February 28th		
6:30 - 7:45 am	Exhibit Set up	Holiday Inn Hotel & Convention Center
7:00 – 8:00 am	Breakfast & Conference Registration	
7:00 - 2:00 pm	Play Make Learn Center, Art & Design Show, Exhibitor Expo	
7:45 - 1:00 pm	Basket Raffle	
8:00 – 9:00 am	First General Session & Keynote	
9:00 – 9:15 am	Break & Passing Period	
9:15 – 10:00 am	Break Out Session #1	
10:00 – 10:15 am	Break & Passing Period	
10:15- 11:00 am	Break Out Session #2	
11:00 – 11:15 am	Break & Passing Period	
11:15 - 12:00 pm	Break Out Session #3	
12:00 – 1:00 pm	Lunch	
1:00 – 1:45 pm	Break Out Session #4	
1:45 – 2:00 pm	Break & Passing Period	
2:00 – 3:15 pm	Keynote & Closing	

WAFCS Foundation Founders

In Honor Of

Lois Alfsen Mary Heisler
Cheryl Fedje Rita Houser
Sharon Gilles Judy Rommel
Karen Goebel, CFCS Judy Jax
Marilyn Swiontek, CFCS

In Memory Of

Diane Colby Marian Latzko
Gwen Daluge Nellie McCannon
Louise Young

Golden Circle 50+ Year Members

Lois Alfsen	Rita Houser
Carol Anderson	Mary Kennedy
Jean Brew	June Luett
Diane Brion	*Nyla Musser
Sue Buck, CFCS	Mary Olson
Donna Dinco	Judy Rommel
Karen Goebel, CFCS	Karen Ruppert
*Virginia Hall	Carol Subera
Mary Heisler	Marilyn Swiontek, CFCS
Jean Zeithaml, CFCS	

**indicates 70+ yr member*

Keynotes

Dr. Karen Bogenschneider

As a professor at the University of Wisconsin–Madison, Karen founded and directed for 25 years the Wisconsin Family Impact Seminars, a series of presentations, briefing reports, and discussion sessions that communicate rigorous, nonpartisan research to state policymakers.



Dr. Jessica Calarco

A Sociologist and Professor at the University of Wisconsin–Madison, Jessica is an award-winning teacher, a leading expert on inequalities in family life and education, and the author of Holding it Together: How Women Became America's Safety Net (Portfolio/Penguin, 2024).





Sue Strutz

Message from WAFCS President

Welcome to the 2025 WAFCS Annual Conference! This year's theme "Honoring Our Roots & Setting Up a Sustainable Future" brings about a time to celebrate our history and to grow as professionals. WAFCS will celebrate the 35th anniversary of the WAFCS Foundation and our 50+ year members during the conference. The wealth of knowledge and dedication these professionals have shown and continue to provide to the membership is immeasurable. It is my hope that each of you will take a moment of your time to introduce yourself to these professionals and express your gratitude.

While WAFCS celebrates our roots, we also need to be looking to our future. The Farm + Food Exploration Center is a great example of people working towards a more sustainable future. I'm excited to hear from our keynote speakers about advocating and supporting families. The sessions and activities planned throughout the conference will touch on a variety of topics and provide time to grow personally and professionally.

I would like to challenge each of you to:

- Introduce yourself to 3 new people during the conference.
- Try to take at least 1 thing from each session that you can utilize in your professional life.
- Get out of your comfort zone—ask questions.
- Share a memorable moment, lesson, experience, etc. with a new acquaintance.

All of you do great things so let's celebrate our history and each other!

Team **SCRABBLE**

Throughout the conference there will be a quote board located near the registration desk. You are encouraged to collect and trade cards with other conference attendees to spell out words for points.

- Each person will be given three letters with their registration materials.
- Additional letters will be found at various breakouts, meals, general sessions, etc.
- The team with the highest points will receive a prize!



Work **TOGETHER** to achieve the





WAFCS 2025 Conference

Food + Farm Exploration Center

3400 Innovation Dr, Plover, WI 54467



Located just off exit 153 of I-39, the Food + Farm Exploration Center is where agriculture meets innovation. Join us for a full day of exciting sessions and unique culinary experiences.

Breakout Session 1 - 9:00 am - 10:30 am

Money Habitudes: Putting the "Personal" in Personal Finance

Cara Mackoud, FBS®, CEO/Money Habitudes

This session introduces Money Habitudes, a research-based tool designed to help individuals understand their financial behaviors and attitudes. Through our gamified tool which can be used in various settings, from classrooms to coaching sessions. Educators will discover how this tool engages participants and promotes self-awareness around money management. Drawing from personal experience, participants often comment on learning something new about their financial habits, making it an invaluable resource for fostering long-term positive financial behaviors.

1.5 PDU
CFCS & CPFFE

Cookie Entrepreneurs

Bryn Kirsch and Shelby Senderhauf

Get creative with cookie decorating and find out how two Family and Consumer Sciences Education trained individuals have turned their culinary skills into businesses. Curio Cookies and Shelby's Sweets have provided attractive and delicious treats for numerous special events throughout Wisconsin. Let them give you some tips for making your next occasion extra special!

Culinary Kitchen
1.5 PDU
CFCS

Breakout Session 2 - 10:45 am - 12:00 pm

Connect Students to PFL - Conduct a Student-centered Energy Audit

Wendy Stelzer, KEEP Outreach Specialist

Hands-on learning enhances Personal Financial Literacy. In the US, 1/4 of low-income households spend over 15% of their income on energy bills! Help students discover how they can be energy detectives in their homes and school to reduce utility bills. In this session you will learn to use energy audit tools you can borrow from KEEP for free. We'll share simple forms students complete as they audit your school's energy, then extend learning to conduct an energy audit in their living situations. Students will explore energy careers and may suggest energy conservation measures that can be implemented in their homes.

1.25 PDU
CFCS & CPFFE

Let's Cook! Unique Ways to Prepare America's Favorite Vegetable

Dana Rady, Wisconsin Potatoes

Potatoes are nutritious, delicious and best of all, versatile! Join us to learn about new and creative ways to enjoy this whole food and timeless classic, how to prepare Wisconsin potatoes in an unconventional way, and about the importance of buying local and take home a recipe!

Culinary Kitchen
1.25 PDU
CFCS

Boxed Lunch - 12:00 pm - 12:45 pm

Breakout Session 3 - 12:45 pm - 2:00 pm	
<p><i>Why We Teach What We Teach</i></p> <p>Julie Anderson, CFCS, WI DPI FCS Consultant</p> <p>Explore the purpose behind your teaching and how your coursework prepares students for family, career, and community life. This interactive session will guide Family and Consumer Sciences educators through connecting their courses to career clusters, aligning content to standards, and reflecting on their overall impact. Through collaboration, discussion, and action planning, participants will gain clarity on their teaching scope and leave inspired to ensure their work equips students for lifelong success.</p>	1.25 PDU CFCS
<p><i>Beef in the Classroom</i></p> <p>Angie Horkan, WI Beef Council & Bernie O'Rourke, UW Madison-Animal & Dairy Sciences Dept.</p> <p>Discover recipes and cooking techniques to incorporate beef in the FCS culinary curriculum. Various recipes will be demonstrated and sampled. Attendees will learn what occurs to muscle components during different cookery methods and how that connects with consumer satisfaction.</p>	Culinary Kitchen 1.25 PDU CFCS
Breakout Session 4 - 2:15 pm - 3:30 pm	
<p><i>Grant Writing 101</i></p> <p>Heidi Schueppel-O'Brien, UWSP Grants and Contracts Manager & Melissa Litherland, FCS Educator</p> <p>As individuals who work in governmental and nonprofit agencies, grants are important funding sources for FCS professionals and the work in which they are engaged. Gain insight and strategies for writing winning proposals. Find out how one teacher has utilized grants to enhance her program. Get ready to write a grant proposal of your own!</p>	1.25 PDU CFCS & CPFFE
<p><i>Brakebush</i></p> <p>Nick Radzinski, Brakebush</p> <p>Utilizing Brakebush poultry products, Nick will share food science principles related to the commercial production of consumer products and provide recipes and techniques for preparation at home, in restaurants, and in the classroom.</p>	Culinary Kitchen 1.25 PDU CFCS

3:00 pm	Hotel Check-in	Holiday Inn Hotel & Convention Center
4:30 - 5:30 pm	Play Make Learn Center open	
5:15 - 6:30 pm	Basket Raffle Set Up	
5:15 pm	Cash Bar Opens	
6:00 - 8:00 pm	<p>Awards Banquet</p> <p>Celebrate the WAFCS Foundation 35th Anniversary and pay tribute to the Founders and congratulate this year's award winners. Enjoy food and a cash bar during this semi-formal event.</p>	
8:30 – 9:15 pm	<p>International Travel Escape Room</p> <p>Collect clues from Tour Guides as you travel around the room. Will you be able to use your clues to get out of the Escape Room? There are prizes to be earned and bling to collect.</p>	
9:30 pm	Student Unit Business Meeting	



WAFCS 2025 Conference

International Travel Escape Room Tour Guides

Sue Buck	Claire Washkoviak
Carol Anderson	Lynzie Nightengale
Barbara George	Katie Sand
Mary Kennedy	Stacia Nowaczyk
Jean Schwass-Long	Maya Ebben
Susan Turgeson	Lauren Hayes



Congratulations to our 2025 Award Recipients!

New Achiever ● Teacher of the Year ● Friend of the Family

Board Members:

- Sue Strutz, CFCS, President
- Cathy Lader, President Elect
- Judith Knudsen, Secretary
- Susan Turgeson, Ed. D., CFCS, Treasurer
- Tara Weber, CFCS, VP Awards and Recognition
- Stephanie Fox, CFCS, VP Professional Development
- Jade Schenzel, VP Technology and Communication
- Michael Westbrook, Past President
- Cindy Quilling, Executive Director

Conference Planning Committee Members:

Susan Turgeson, CFCS
Sue Strutz, CFCS
Cathy Lader
Jade Schenzel
Sarah Korte
Sadie Hooker, CFCS



WAFCS 2025 Conference

6:30 - 7:45 am	Exhibit Set up
7:00 – 8:00 am	Breakfast & Conference Registration
7:00 - 2:00 pm	Play Make Learn Center, Art & Design Show, Exhibitor Expo
7:45 - 1:00 pm	Basket Raffle
8:00 – 9:00 am	First General Session & Keynote Karen Bogenschneider - Family Policy Advocacy

Friday Breakout Session 1 - 9:15 am - 10:00 am	
<i>Trash to Treasure</i> Mary Alice Hart, Retired FCS Instructor & Quilt Innovator What would you do if someone "gifted" you a bag of scraps and challenged you to do something with it - and tossing was not an option? Mary Alice shares ignoring her fastidious inclinations as she started having fun just playing with fabric! Dozens of quilts for homeless mothers and their children have resulted. There's always something to do in her sewing room! Session is a combination of PowerPoint slides and Trunk Show.	Sands .75 PDU CFCS
<i>Fever Pitch: How to Respond to "Don't You Just Cook?"</i> Char Kelley, CFCS, NBCT FCS Teacher, WAFCS Advocacy Coordinator In this interactive session, we'll explore how to craft the perfect elevator speech to advocate for the critical importance of Family & Consumer Sciences (FCS). Whether you're talking to a policymaker, administrator, or a casual acquaintance, you'll learn how to create concise, compelling messages that highlight the impact of FCS in education, communities, and beyond. Learn how to turn brief conversations into powerful opportunities. And learn how to respond to microaggressions such as "isn't it just cooking?" without making your blood boil.	Evergreen .75 PDU CFCS
<i>Food 4 Thought - It's More Than a Restaurant</i> Stephanie Fox, CFCS., Family and Consumer Sciences Educator Is it worth your time and effort to engage policymakers on youth and family policy? How open are policymakers to issues affecting youth and families? Professor and Extension Specialist Karen Bogenschneider, who had studied and worked closely with state policymakers, will review cutting-edge research on ways that professionals can proceed. What best practices can you use to increase your effectiveness? Which policymakers should you engage and how?	Frontier .75 PDU CFCS
<i>Building Brains Through Play and Literacy</i> Sue Strutz, CFCS., Family and Consumer Sciences Educator Playful learning is important to early brain development. In this interactive session, you will learn how one teacher uses play in her child development course to teach about brain development and PIES.	Spruce .75 PDU CFCS

Friday Breakout Session 2 - 10:15 am - 11:00 am

<p><i>A Look Back in Time through Quilts</i></p> <p>Vicki Guyette</p> <p>What can be learned by studying a quilt from the early 1900s? More than you might expect. Hear how one woman pieced together local history by carefully studying a 1907 crazy quilt. Through research, she was able to construct biographies of many of the women who constructed the original quilt. Truly a fascinating group of women!</p>	<p style="text-align: center;">Sands</p> <p style="text-align: center;">.75 PDU CFCS</p>
<p><i>Tips & Tricks for Traveling with Students Panel</i></p> <p>Moderator - Susan Turgeson, Ed.D., CFCS</p> <p>Panelists - Sarah Halverson, Jennie Marx, Miranda Ritger, CFCS</p> <p>The panel of experienced FCS educators will share their expertise and insights regarding the planning and managing local, state, national, and international trips with students. Whether it's a local field trip or explore far off places, the panel of presenters has done it! They will discuss the purpose, getting permission, handling payments, and general procedures to keep in mind when taking students off school property.</p>	<p style="text-align: center;">Evergreen</p> <p style="text-align: center;">.75 PDU CFCS</p>
<p><i>Making Youth & Families Matter in Policymaking</i></p> <p>Karen Bogenschneider, Rothermel Bascom Professor Emeritus of Human Ecology, UW-Madison</p> <p>Is it worth your time and effort to engage policymakers on youth and family policy? How open are policymakers to issues affecting youth and families? Professor and Extension Specialist Karen Bogenschneider, who had studied and worked closely with state policymakers, will review cutting-edge research on ways that professionals can proceed. What best practices can you use to increase your effectiveness? Which policymakers should you engage and how?</p>	<p style="text-align: center;">Frontier</p> <p style="text-align: center;">.75 PDU CFCS</p>
<p><i>Developing Career Readiness through FCS: Preparing Our Students for the Workforce</i></p> <p>Melanie Wroblewski, CFCS, Family and Consumer Sciences Educator</p> <p>Help students build essential career skills through FCS programs from middle to high school. This session will showcase how life skills classes can enhance career readiness, by focusing on communication, teamwork, problem-solving, and financial literacy. Learn how to create work-based learning opportunities, collaborate with local businesses, and utilize career exploration tools such as Xello in your FCS classroom. Lesson plans and creative classroom ideas will be shared.</p>	<p style="text-align: center;">Spruce</p> <p style="text-align: center;">.75 PDU CFCS</p>

Art & Design Show

Visit the Art & Design show in the Wisconsin Room! This year's theme is "Unfinished Projects".

Explore and find inspiration from the projects our members have been working on or neglecting to finish throughout the past year.

Basket Raffle & Silent Auction

Basket raffle and silent auction are open from 7:30am to 1pm on Friday.

Tickets are sold as

6 for \$5

13 for \$10

30 for \$20

Winners will be notified by cell phone. Baskets must be picked up between 1:45-2:45pm

Conference Goal: The 2025 WAFCS Annual Conference will bring together FCS professionals and students to celebrate the roots of the organization, as well as to cultivate sustainable practices in the field of family and consumer sciences.

Friday Breakout Session 3 - 11:15 am - 12:00 pm

<p><i>Increasing ServSafe, Prostart, ACT 59, Industry Certifications in Rural Schools</i></p> <p>Jenny Wehmeier, CFCS., Culinary Arts Instructor</p> <p>As funding continues to be a challenge and pressure to provide industry certifications increases, learn how one southeastern Wisconsin school district continues to provide some of the highest numbers of ACT 59 eligible certifications. 2023 Wisconsin ProStart Educator of the Year, Jenny Wehmeier, will share how the National Restaurant Association's ProStart and ServSafe programs are a critical piece of their academic and financial success. Bring your successes and frustrations for this interactive session and leave with a plan for your culinary arts program.</p>	<p style="text-align: center;">Sands</p> <p style="text-align: center;">.75 PDU CFCS</p>
<p><i>Running a Pre-School in the FCS Classroom</i></p> <p>Moderator - Susan Turgeson, Ed.D., CFCS</p> <p>Panelists - Jennifer Biese, Ashley King, Danielle Meyer, Ranae Schalow</p> <p>Considering a pre-school experience in your education & training pathway? Our panel will discuss the importance of planning and facilitating with students. Gather some tips on getting permissions, handling payments, and general procedures needed for successful implementation. Come with your questions & get some advice to transform your program!</p>	<p style="text-align: center;">Evergreen</p> <p style="text-align: center;">.75 PDU CFCS</p>
<p><i>Use it Up, Wear it Out, Make it Do, or Do Without</i></p> <p>Chris Kniep, UWEX Emeritus</p> <p>The war years of the 20th Century and the Great Depression were times dedicated to "Use it Up, Wear it Out, Make it Do, or Do Without" principles. Home Economists/Family and Consumer Sciences have promoted these principles, teaching families to have "Meatless Mondays", "Mend a Tear", "In a pinch, substitute" and "reduce-recycle-repair". Chris Kniep will lead a guided discussion of these efforts, have attendees share how they have used these principles and explore strategies for today's FCS professionals to promote sustainability in their personal and professional lives.</p>	<p style="text-align: center;">Frontier</p> <p style="text-align: center;">.75 PDU CFCS</p>
<p><i>Cooking in the Community</i></p> <p>Kelsey Palmer, Family and Consumer Sciences Educator, McFarland High School</p> <p>Join us for an engaging presentation showcasing the innovative program where Family and Consumer Science (FACS) teachers partner with local recreation programs to offer enriching adult learning classes. This initiative not only enhances community skills but also fosters lifelong learning and connection among residents.</p>	<p style="text-align: center;">Spruce</p> <p style="text-align: center;">.75 PDU CFCS</p>

Service Project

The Student Unit made Card Buddies that help children hold their UNO or other card game cards. These are also used at senior centers and assisted living. Watch for the Student Unit service project here at the conference in the Play Make Learn Center!

Play Make Learn Center

Located in the Wisconsin Room, visit the Play Make Learn Center to explore new projects!

Playing Card Buddies

Hello! Loom

Brick Club

Embroider with Sulky

Art & Design Show

Thurs 4:30-5:30pm & Fri 7:00-2:00pm



WAFCS 2025 Conference

Friday Breakout Session 4 - 1:00 pm - 1:45 pm

<p><i>From Photo to Fabric</i></p> <p>Mary Alice Hart, Retired FCS Instructor & Quilt Innovator</p> <p>Understand the process used to transform photography into textile-based fabric art quilts. Like a jigsaw puzzle, the pieces come together to replicate the photo, and the sewing is also the quilting in the project. In 2008 three things converged that forever changed the focus of Mary Alice's quilting: a digital camera, Solvron@ and an article in <i>Quilting Arts</i>. The camera provides great close-ups and Solvron@ gives fabric texture. She was quickly hooked! Session is a combination of PowerPoint slides and Trunk Show.</p>	<p>Sands</p> <p>.75 PDU CFCS</p>
<p><i>Making Middle School Meaningful Panel</i></p> <p>Moderator - Susan Turgeson, Ed.D., CFCS</p> <p>Panelists - Lily Beaudoin, Anna Downs, Cara Sardina, Jaime Stepan</p> <p>Middle level learners have unique characteristics and needs. Hear from our experienced panel of middle level FCS educators about issues such as the importance of planning and facilitating programming, engaging middle level learners, classroom management, and more!</p>	<p>Evergreen</p> <p>.75 PDU CFCS</p>
<p><i>Collaboration is Cool</i></p> <p>Sarah Halverson, Family and Consumer Sciences Educator, Black River Falls High School</p> <p>Some creative and key ways to collaborate with other departments on big projects such as Empty Bowls, Selling Student Developed items, and the Living Wall.</p>	<p>Frontier</p> <p>.75 PDU CFCS</p>
<p><i>Brewed for Success: Elevating Skills in the Hospitality</i></p> <p>Ryan Lehman, CFCS., Family and Consumer Sciences Educator, New Glarus Middle/High School</p> <p>Explore an unique, hands-on learning opportunity in the Hospitality Capstone course, where students manage a fully operational café. This session will delve into how students apply their customer service and food service skills in real time, serving faculty and staff in a dynamic environment. Participants will learn how this immersive experience helps students refine their management, communication, and culinary skills, fostering both teamwork and leadership. Attend this to discover how this program bridges the gap between classroom theory and industry practice.</p>	<p>Spruce</p> <p>.75 PDU CFCS</p>

1:45 - 2:45 pm	Basket Raffle Pick Up
2:00 – 3:00 pm	<p>General Session & Keynote</p> <p>Jessica Calarco -</p> <p>Other Countries Have Social Safety Nets; The US Has Women</p>
3:00 pm	Closing Remarks

The mission of WAFCS is to provide leadership and support for professionals whose work assists individuals, families, and communities in making informed decisions about their well-being, relationships, and resources to achieve optimal quality of life.

Thank you to our Sponsors!



School of Health Sciences & Wellness
University of Wisconsin-Stevens Point



THRIVENT
FINANCIAL®
& Gail Sommerfeld



John & Cathy Lader



Special Thanks to:

Terri Williams-Check - Art & Design Show

Emily Larson, CFCs - Basket Raffle & Silent Auction

Student Unit

Advisers - Hannah Timm & Sydney Peterson

UW Stout Leaders - Natalie Thompson, Grace Horn

UWSP Leaders - Claire Washkoviak, Bri Williams

Additional Exhibitors & Donors:

Hello! Loom

Sulky

Brakebush

Kwik Trip

UW-Stout

Money Habitudes

Goodheart-Wilcox

Realityworks

iCEV

**See you June 25-27, 2025 at
the AAFCS Annual Conference
in Kansas City, MO!**

