



WAFCS Newsletter

Wisconsin Association of Family and Consumer Sciences

FOUNDED IN 1921

SUMMER 2014 ISSUE

Our Mission

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.

George Honored as Outstanding WAFCS Leader



Barbara J. George is the recipient of the 2014 Wisconsin Association of Family and Consumer Sciences (WAFCS) Leader Award. She was honored at the awards luncheon at the Annual Conference at Three Bears Lodge in Warrens, WI, on March 28, 2014. Barbara is our WAFCS President and also the Director of Family and Consumer Science Sales at Nasco, a mail-order catalog company based in Fort Atkinson, WI. Barbara has been a member of WAFCS and the FCS Director at Nasco for 12 years. In this capacity, you have met her at the Nasco booth either at our state conference or the national conference and expo. She is enthusiastic about FCS and energized to lead WAFCS and Nasco into the future.

In Barbara's role at Nasco, she selects products and manages the development of the FCS and nutrition catalogs. This includes developing new proprietary products for the FCS and nutrition markets and conducting domestic and international advertising and marketing campaigns with distributors in over 100 countries. She represents Nasco at trade shows in the FCS and nutrition markets worldwide.

Prior to her employment at Nasco, she was the owner of George Realty and Appraisal in Brooklyn, WI. She has also served on the University of Wisconsin 4-H Staff as a Youth Development Specialist in Madison, WI. Previous to that, she worked as the Outagamie County 4-H Youth Agent in Appleton, WI. She feels her greatest accomplishment is raising four children (ages 34, 32, 24, and 22). Barbara is very proud of her family.

Barbara attended the USDA MyPlate Launching and states, "I was lucky enough to be the Nasco Representative as a USDA strategic partner and attend a small reception of VIPs including First Lady Michelle Obama. I was involved in developing the MyPlate display that the USDA showcased the day MyPlate was introduced in Washington, DC. We developed the only MyPlates (plastic and paper) that have dairy attached as the USDA intended." Subsequently, Nasco developed 30 other proprietary products that were available within a month after the announcement to help professionals teach to the new model.

Outside of WAFCS, Barbara has served and been honored as a leader in several community organizations including Evansville Community Fund Chairman, Evansville Fund Member of Board of Directors, Rock County Outstanding 4-H Alumni Award, and Rock County YWCA Woman of Distinction Award. We are proud of Barbara George's accomplishments and her continued dedication to and leadership in FCS. **Congratulations, Barbara!**

WAFCS Celebrates Campbell as 2014 TOY



Veronica Campbell,
2014 WAFCS
Teacher of the Year

Veronica Campbell, Clintonville Public Schools, Clintonville, WI, was honored as the 2014 Wisconsin Association of Family and Consumer Sciences (WAFCS) Teacher of the Year (TOY) at the Annual Conference March 28, 2014, at Three Bears Lodge in Warrens, WI. Veronica is being recognized for her *Careers in All Classes* program. Implementation of the *Careers* approach in all courses requires re-thinking to create a unique and innovative experience for students. Veronica's program includes both middle and high school. All juniors are required to take Living Skills, which also involves career exploration. Veronica's brainchild provides an opportunity to focus on *Careers* to engage students in real-life FCS experiences as follows:

- ⇒ Incorporates a service learning model to provide relevant learning experiences linked to careers,
- ⇒ Incorporates speakers from Little Dresses for Africa, Fox Valley Technical College, and the Art Institute of America to help students explore careers beyond their own community of Clintonville,
- ⇒ Introduces activities such as brainstorming, sharing work experiences, and researching/reporting; inventories help students assess talents and skill sets,
- ⇒ Uses careers, such as that of a dietician to research and taste-test a healthy cookie recipe for those with celiac disease,
- ⇒ Accesses community members to teach skills, like crocheting, so

students can provide projects back into the community, and

- ⇒ Extends career and entrepreneurship concepts to after school programs, such as Trucking for Success and Wise Guys.

The *Careers in All Classes* program aligns and integrates content standards from language arts. In particular, Veronica finds new ways to incorporate more writing, technology, and library media with the state and national FCS academic standards.

Veronica has served as Art and Design Chair and currently is the CESA 8 WFCE Representative. It is commitment and a passion for what she does and the students she works with that make a difference. **WAFCS congratulates Veronica as the 2014 WAFCS Teacher of the Year!**

PRESIDENT'S MESSAGE

Identify and Communicate Professional Development Needs to Improve the Association



Barbara George

Greetings WAFCS members,

Warm weather and sunshine! Isn't it wonderful? We are still enjoying the energy of a very successful 2014 Annual Conference where we combined resources with the Wisconsin Council on Family Relations. There were excellent speakers at all sessions to provide great motivation and insight for each of us, plus the opportunity for networking and brainstorming with others. Thank you to the entire committee, led by Esther Fahm, for the outstanding conference.

We have accomplished much with the approval of the updated bylaws and policy manual. Thank you to the committee members, led by Arlene Welcher, who contributed so much time and talent. Thank you also to Tiffani Roltgen for her two years of service as the Executive Director. We appreciate all Tiffani has done and wish her well with new endeavors beginning July 1.

As we strive to help our association meet member needs, we need your help. As you evaluate mid-year goals and accomplishments, including teachers planning curriculum for next year, please identify professional development ideas that would be helpful. Share these ideas with WAFCS leaders and conference planners so we continue to meet the needs of WAFCS members. The very best ideas are identified by you. Please don't be shy; share your thoughts

to make us the best professional association we can be.

It has been a wonderful year as president of WAFCS. Thank you for the opportunity to serve the Association and for the recognition with the Leader Award at the WAFCS Annual Conference. I treasure my experience and time with each of you.

Most sincerely,

Barbara George, WAFCS President

We warmly welcome newly appointed WAFCS leaders!

VP Communications

Kayla Correll, FCS Teacher
Greendale HS

VP Professional Development

Esther Fahm, Retired
UW-Stout Food & Nutrition
Jessica Monfils, FCS Teacher
Mishicot HS

VP External Relations

Glenda McCracken,
FCS Teacher
Parkview HS, Orfordville
Dayleen Yoecker,
FCS Teacher

VP Public Policy

Beloit Turner Jr./Sr. HS
Carol Anderson, Retired
Cornell University

Student Unit Chair

Certification

Nasco Dedicated to Delivery

2014 Life Skills Education Catalog

FAMILY & CONSUMER SCIENCES

New and Improved Basic!

New KitchenAid

New PRESTO

ChefsChoice

Meet us in St. Louis at AAFCS!

Stop by Nasco's booth to check out all our NEW products and food replicas!

Congratulations and Welcome New WAFCS Executive Director, Janet Powell!



Janet is a retired and accomplished FCS teacher from the Madison Metropolitan School District. She

was recently the recipient of the state and national Leader Awards and has been an active member for a number of years. Janet and her husband Fred reside in Madison and enjoy keeping up with their four adult children. Janet can be reached at 608-271-0776 or executivedirector@wafcs.org.

IYF 20th Anniversary Resolution

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By Carol Anderson, CFCS, WAFCS Vice President Public Policy

During the WAFCS Annual Business meeting on Saturday, March 29, at Three Bears Lodge, Warrens, WI, the membership approved the following resolution:

WAFCS RESOLUTION 20th Anniversary – International Year of the Family 2014

WHEREAS, the Wisconsin Association of Family & Consumer Sciences is a professional organization focused on individuals, families, and communities, and

WHEREAS, the American Association of Family & Consumer Sciences (AAFCS) holds membership in the International Federation for Home Economics (IFHE) with status as a Non-Governmental Organization (NGO) with the United Nations, and

WHEREAS, the family constitutes the basic unit of society and as such, warrants special attention. Families assume diverse forms and functions from one country to another, and within each national society. Families reside in communities which offer support and services that enhance quality of life, and

WHEREAS, the 20th Anniversary of the International Year of the Family with a theme of **Empowering Families, Individuals, and Communities through Home Economics** focuses world attention on international issues confronting individuals, families, and communities and offers substantive and visible opportunities for the affiliate to demonstrate support, and

WHEREAS, Family & Consumer Sciences engages in four areas of practice to address the needs and interests of individuals, families, and communities:

- Through *research* that creates new knowledge and ways of thinking and acting for professionals and for

society,

- Through *everyday living* in households, families, and communities for developing human growth potential and human necessities or basic needs to be met,
- As a *curriculum area* that facilitates students across the life course to discover and further develop their own resources and capabilities to be used in their personal life and,
- As a societal arena to *influence and develop policy* to advocate for individuals, families, and communities to achieve empowerment and well-being, to use transformative practices, and to facilitate sustainable futures, and

WHEREAS, IFHE has identified three focuses or challenges of families in the 21st century for the 20th Anniversary celebration:

1. Confronting poverty and social exclusion for individuals, families, and communities,
2. Ensuring work-family balance, and
3. Advancing social integration and intergenerational solidarity, therefore be it

RESOLVED, that for the designated Anniversary Year of 2014, the Wisconsin Association of Family & Consumer Sciences:

- ⇒ Supports and engages in activities that promote observance of the 20th Anniversary of the International Year of the Family,
- ⇒ Focuses on the international dimensions of various subject matters and program efforts,
- ⇒ Incorporates the 20th Anniversary of the International Year of the Family via observance in the Annual Meeting of the affiliate, and
- ⇒ Encourages members to engage in activities within their everyday experiences.

Source for 20th Anniversary information: IFHE. (2012). IFHE campaign 2012-2014: 20th anniversary international year of the family 2014 – Empowering families, individuals and communities through home economics.

Ideas for Your Community

The question becomes – what can each of us do in our local communities to bring attention to this important celebration. A couple of ideas that have been successful in other communities include:

- **Collaborate with the local library:** Libraries like to promote different events or activities. There are so many books on/about families for all ages. Why not collaborate with the library and establish a week in which family-oriented books are featured. I recently read **Orphan Train** by Christina Baker Kline and learned about a piece of upper Midwest history I did not know about. Favorite family-focused books across the life course make great reading for all ages.
- **Collaborate with a faith community:** Ministers are often contemplating themes for services and what better than to celebrate families.

WAFCS Annual Conference In Words

Gotta Love the Free Stuff

By Amy Vida, UW-Stevens Point Student and WAFCS Member



As an advocate for joining things and signing up for things, I always run the hazard of sounding like an advertisement. That's not really my intention though. At least not until they start paying me, that is. In the meanwhile, I guess the Wisconsin Association of Family and Consumer Sciences (WAFCS) gets some free publicity.

The last weekend in March, myself and a good chunk of the Stevens Point Association of Family and Consumer Sciences (SPAFCS) headed out to Warrens, WI, for the annual WAFCS Conference. This year, it was held at the Three Bears Resort, one of the strangest places I have ever vacationed in my life. Aside from being ill, the conference was splendid. There were two days of breakout sessions, a handful of really interesting keynote speakers spread over the Thursday through Saturday, and it served also as an excellent opportunity to meet both FCS students and professionals in the field. And that about sums it up. It's easy, not even 100 words! But tucked in there is a lot more value.

First of all, as an SPAFCS member, I was given the opportunity of going to this thing not-alone and having a place to sleep. I was with people I at least kind-of-sort-of knew, which for me is all the difference between going and not. It didn't cost me anything either, as a dues-paying member of SPAFCS and WAFCS. On top of that, I received three days' worth of opportunities to learn from all sorts of professionals in the FCS field. I learned about grant writing, food presentation, educator effectiveness, early childhood literacy—the list goes on. All this while, I was surrounded by my peers from the University of Wisconsin-Stevens Point, teachers, and other professionals who know all kinds of stuff about my field that I don't. That's a sweet deal however you slice it. The last keynote speaker was born in raised in Stevens Point too, and he happened to be speaking on an issue that's very dear to my heart: hunger alleviation. As a successful business owner, he took his clout and made it work for him—or rather, for the community in which he lives. Founder of the [Taste of the NFL](#) annual fundraiser, Wayne Kostroski happened to be at this conference. I took the opportunity to introduce myself to him and speak a bit about Stevens Point. I got a book in the mail from him a few days ago about the Taste of the NFL's founding and that's just because I showed up to the thing and talked to the guy.

I also received about 50 pounds of free stuff, including free curriculum, teaching aid items, trinkets, catalogs, and a DVD about kitchen safety. I love free stuff. There's always free stuff. Gotta love the free stuff.

It's just so easy. I would recommend these types of experiences to anyone. FCS majors, I would encourage you to join WAFCS and to attend these conferences—many professionals make themselves available in these instances to meet and mentor students as well as to catch up and to keep up in the evolving field, and it's therefore a great way to foster professional connections. There's no reason not to do it! It's exceedingly fun, as well as it gives you a competitive edge. Free professional development plus a water park. Short vacation/job training. It's not half bad, even if convention-y stuff isn't your absolute fave.

I suppose if I'm trying to sell anything here, it's the same thing as always: involvement. Things really fall together once you make those first few steps. Always keep an open mind to opportunities. I really don't think it's easy to believe how big a difference this stuff makes to your time in college—at least, not until you get involved. All the same, I try! Gotta give my cousin Trish something to read about. ~Amy is a junior at UW-Stevens Point majoring in family & consumer sciences and English.

Student Post-Conference Reflections

"The conference was just so beneficial, personally and professionally. The people that come together truly all do have the same goal in mind and that is simply to help others and to better ourselves, and I love that! Though I attend now as a student, I do hope to attend many conferences in the future. There is just too much to gain to not!"

"The best conferences are ones that not only teach you things and answer your questions, but lead you to new questions, interests, and opportunities."



WAFCS Annual Conference In Pictures

Worth a Thousand Words

WAFCS ART AND DESIGN EXHIBIT—2014

Submitted by Beverly Braun, WAFCS Art and Design Exhibit Coordinator

WAFCS members were in for a treat at the conference at Three Bears Lodge in Warrens, WI. Thirteen members showed examples of their creative endeavors:

- Jeanne Schwass-Long:** “Where’s the Ladybug” quilted farm wall hanging;
- Carol Anderson:** a “Crazy 8” quilted wall hanging, 2 quilted table runners, and a quilted mat;
- Kayla Correll:** a wall hanging made from stuffed circles;
- Stephanie Love:** a recycled jeans apron and an origami quilted table runner;
- Judy Rommell:** a two-piece Japanese silk jacket and top;
- Marsha Larsen:** 2 handmade Bohemian necklaces;
- Diane Klemme:** 1 quilted table runner and 2 mini quilted wall hangings;
- Arlene Welcher, Carol Anderson, Janet Powell, Tiffani Roltgen, and Kimberly Hart-Shatswell:** tulip and cherry blossom paintings; and
- Beverly Braun:** a kaleidoscope quilt top and the “Little Black Dress & Tie Gala” 18-inch doll entry.



Continue working on your projects and remember to bring them to the 2015 conference!

2014 WAFCS Annual Conference One for the Memory Books



From a Grant Writing 101 pre-conference with Dr. Judy Rommell (top left) to a back-of-the-house tour of Three Bears Lodge (top right) to our dynamic national and international leadership team from Wisconsin—Carolyn Barnhart, Incoming AAFCS President; Carol Anderson, IFHE-US President; and Sue Buck, Past AAFCS President (bottom left) to keynote speaker Dr. Dipesh Navsaria preparing for his remarks while being introduced by Laura Ellingson of WICFR (bottom right), the 2014 WAFCS Annual Conference was educational, engaging, and a whole lot of fun! To access Dr. Rommell’s and Dr. Navsaria’s presentations, visit the [WAFCS website “Resources” page](#).

Meet Me in St. Louis

AAFCS Annual Conference June 25-28, 2014

By Sara Tantillo, AAFCS Professional Development Manager



Family and
Consumer Sciences

**Global Gateway
to Healthy and
Sustainable Families**

St. Louis's most iconic landmark is the Gateway Arch—but there's so much more to this historic and vibrant city! Last November, Daila Boufford, AAFCS Director of Professional Development and Market Research, and I traveled to St. Louis to check out all that the city has to offer and report back to you why the 2014 Annual Conference in St. Louis is a can't miss event! In just a day and a half, we visited our fabulous hotel, the Hyatt Regency St. Louis at the Arch, met with the gracious and helpful hotel staff, and visited all of the locations of our fantastic excursions!

In one day, we had seven tours to scout out, some of which had multiple locations—luckily, St. Louis is easy to navigate, and most attractions are within 20 minutes of the hotel. We started our day bright and early at the Starbucks located conveniently in the hotel lobby. I don't know about you, but a latte and a breakfast sandwich were a good way to start what was sure to be a long day of walking in the cold air! (Luckily, we'll be in Frappuccino weather by the time conference rolls around.) Starbucks, of course, has many food options, from yogurt parfaits and fruit, to oatmeal, to baked goods, snacks, and breakfast sandwiches.

If you're looking for something more substantial and won't be joining AAFCS for breakfast, [RED Kitchen](#) offers a breakfast buffet all morning, and there's a delicious room service menu. For lunches and dinners you also have some great options—when we got in on Monday, we hurried over to the [Brewhouse Historical Sports Bar](#) for some yummy fish tacos, and Monday night we ate at the largest [Ruth's Chris Steak House](#) in North America, located on the other side of the lobby right next to RED Kitchen. Starbucks also has a refrigerator case of salads and sandwiches—perfect for grabbing between sessions.

Our first stop of the day was the [Barnes-Jewish Hospital](#) Food and Nutrition Department, where Clinical Nutrition Manager Amy Schrader, RD, LD, took us on a tour of the kitchens. The hospital was built in 1913—and some parts of the kitchen are original! But don't be fooled—the hospital kitchens are using up-to-date practices and systems to make sure that all patients are fed safely and healthily. We toured all of the kitchens, speaking with long-term employees and the professionally trained head chef. We also got a look at the brand-new industrial dishwasher—it's the size of a walk-in closet! At the [Saturday Food and Nutrition Hospital Excursion](#), Amy will give a presentation about how the Department works with doctors and nutritionists to plan the best meals for patients, and how everything changes day to day. You'll also take the tour of the kitchens, and speak with one or more of the chefs about how they chose their career path.

Next on our list of places to see was the [Missouri History Museum](#), part of the Metropolitan Zoological Park and Museum District of St. Louis. At the museum, we were met by Tourism and Group Sales Manager Tami Goldman, who spoke with us about the two great curator talks that will be a part of our [Wednesday](#) and [Saturday](#) museum excursions—and then we had a bit of time to check out the museum. One of the highlights was the exhibit on the [1904 World's Fair](#), the first to be held in the United States—the Louisiana Purchase Exposition. If you go on one of the museum excursions, make sure to visit this room, right inside the museum, and check out artifacts from the time along with a map of the 1500 buildings of the Exposition! We were excited to see the Palace of Manufacturers, dedicated to hardware and textiles. The Palace also housed a display from Singer Sewing Machines.

Before we left, we also stepped into [Bixby's Restaurant](#), where the Wednesday excursion attendees will be eating, to admire the view of Forest Park—which will be even more beautiful in the summer! The park is 1,371 acres, and encompasses almost all of the [Metropolitan Zoological Park and Museum District of St. Louis](#), including the History Museum, the [St. Louis Zoo](#), the [St. Louis Art Museum](#) (the only remaining building from the World's Fair) and the [St. Louis Science Center](#). The last subdistrict of the Museum District is the [Missouri Botanical Garden](#). If you have extra time and aren't able to join us for a tour, I strongly suggest that you visit the park! You can hop on public transportation for about \$3 and get to the park in 30 minutes, or drive in about 20.

After our quick visit at the museum, we headed over to [Benton Park Café](#) to meet with Barbara Gokenbach of [Show Me MO Tours](#), who will be our tour guide for the architecture tour part of the [Gateway Arch and Architecture Tour](#). Barbara gave us a taste of all the exciting places to see in St. Louis—and a few ideas for quick stops! She was great to meet with, and we know she'll be offering a fantastic tour of the city. It was clear just how much she loves St. Louis and loves talking about her city. Benton Park Café was also a great little find—and it may be the lunch stop for those attending the Anheuser-Busch Beermaster excursion!

Once we'd enjoyed a quick coffee pick-me-up with Barbara, we headed over to the [Anheuser-Busch Brewery](#). While we didn't have much time due to our packed schedule, we were able to take the beginning of the free tour, which is included in the [Beermaster Tour of the Anheuser-Busch Brewery](#). Daila was excited to see the famous Clydesdale horses, as she grew up working with (much smaller) horses. You don't realize quite how large they are until you're standing right next to them! The brewery was very interesting, and even spending time in the lobby you can learn quite a bit about it. They also have a new restaurant, the Biergarten, just off the lobby—this is the other option for the Beermaster lunch, pending the release of their full menu.

After the Brewery, we stopped for lunch at [Rooster](#), where the architectural tour will be eating lunch. Absolutely delicious—I really enjoyed the marinated chicken sandwich, and Daila loved the veggie burger! Rooster is very close to the hotel, so if you're looking for a meal while out and about, we definitely recommend it. [To learn more about St. Louis, visit Part II of Sara's blog by [clicking here!](#)]

Meet the WI Delegation in St. Louis

Wisconsin Delegation, IFHE Bosnian Cultural Evening, Clothing Swap, Proposed Bylaw Changes

24-Member Strong Wisconsin Delegation Heading to St. Louis

Led by Volunteer Coordinators Carolyn Barnhart, CFCS, and Jeanne Schwass-Long, CFCS, a strong Wisconsin delegation is heading to St. Louis, MO, June 25-28, 2014, for the American Association of Family and Consumer Sciences (AAFCS) 105th Annual Conference and Expo at the Hyatt Regency St. Louis at the Arch. Attendees include:

Carol Anderson
Carolyn Barnhart
Beverly Braun
Sue Buck
Deb Gagnon
Barbara George, Senator
Karen Goebel
Ginny Hall
Leona Johnson
Mary Kennedy
Diane Klemme
Mary Koch
June Luett
Mary Kay Merwin
Jeanne Schwass-Long, Senator
Janet Powell
Vera Riley
Phyllis Smith
Gretchen Speerstra
Susan Turgeson
Molly Hundt, Student
Sarah Navarro, Student
Laura Neumann, Student
Dayleen Yoerger, Student

IFHE Bosnian Cultural Evening

To support our IFHE-US President and WAFCS member Carol Anderson, please plan to attend the International Federation for Home Economics (IFHE) Bosnian Cultural Event on June 25. This is an annual event that gives attendees an fun, off-site opportunity to learn more about international initiatives. If interested in registering for this, contact Sharon McManus at svmcmanus@aol.com or 616-546-3394.

"Twice as Nice" Clothing Swap

Taking It to the Streets is taking resourcefulness to the next level at the AAFCS Annual Conference! Bring several gently used articles of clothing and accessories to swap, and choose something "new" in exchange. The swap will begin at the Communities Showcase following the Opening General Session at the Annual Conference on June 26 and continue through the early Friday evening event. Cheap chic at its best! Be sure to attend "Resourcefulness Part 2" and other related sessions as well.



WAFCS member Beverly Braun's 18" doll entry for the design contest at the "Little Black Dress and Tie Gala" at the AAFCS Annual Conference.

AAFCS Board of Directors Proposes Bylaw Changes

By Peggy Wild, CFCS, AAFCS President

The AAFCS Board of Directors and the Bylaws, Policies, and Procedures Committee are proposing changes to the bylaws for approval by the AAFCS Senate during the Annual Conference and Expo in St. Louis, MO, June 25-28, 2014. The proposed bylaws amendments are reflective of our goals to:

- Increase AAFCS' effectiveness and capacity through streamlining.
- Develop structure that allows our members' time and energy to create momentum for high-priority initiatives.
- Increase utilization of financial resources resulting in greater financial sustainability.

AAFCS and the field of family and consumer sciences continue to face numerous challenges. One that is widely agreed upon is the need for a nationally-coordinated research agenda to focus on research-based solutions that help individuals

and families live and work successfully in our very complex world. A second, often-identified need is increased public awareness and understanding of what family and consumer sciences provides to help with solving societal issues and creating healthy and sustainable families. Declining resources and the need to accomplish more with less is a third challenge among family and consumer sciences organizations.

To build on our proud past and sustain our promising future, AAFCS has been exploring how to thrive in these challenging times. In 2013, we began to create possibilities for streamlining and collaborating to better position our profession and the Association for sustainability and effectiveness. Throughout the year, we conducted numerous interactive sessions with AAFCS leadership groups, listening sessions with many related organizations, and discussions with members via webinars, telephone, email, and in-person conversations. Based on the feedback we received from our leaders and members during these many interactions and deliberations, we developed a modified proposal. The current proposal is a two-track plan: Track 1 – Maintaining AAFCS and streamlining the Association's infrastructure in a way that allows us to focus more time and energy on societal issues and program initiatives and Track 2 – AAFCS collaborating with multiple like-minded organizations, agencies, and corporations to increase the effectiveness of the profession in the public arena and advocate in a united way for the field and those who study and work in it.

In moving forward, AAFCS will retain its identity. The following documents provide more information on the proposed bylaws amendments:

- ⇒ [Motion for Action for Proposed Bylaws Amendments](#) – providing general background, rationale, and implications
- ⇒ [Proposed Bylaws Amendments](#) – including current bylaws, proposed bylaws, essence of specific proposed changes, and transition plans

Please review the materials on this proposal for streamlining AAFCS, which would reduce our infrastructure and increase the capacity for member engagement. You are invited to provide input on the proposed bylaws changes at <https://www.surveymonkey.com/s/bylawchangesinput> or by sending your comments/opinions to 2014 Bylaws Amendments, 400 N. Columbus Street, Suite 202, Alexandria, VA 22314 by **Monday, June 16**, so we have time to include your thoughts during the discussions at the Annual Conference in preparation for the vote. We also encourage you to share your thoughts on the proposed bylaws amendments with your affiliate's Senators.

STUDENT LEADERS

WAFCS Student Unit: 2014-2015 Officer Team

New Student Officer Team Brings Experience and Enthusiasm



From left to right, 2014-2015 WAFCS Student Unit Officers and Advisor at the WAFCS Annual Conference in Warrens, WI: Secretary Danielle Graser, President Sarah Navarro, Vice President Molly Hundt, Social Communication Chair Katie Ladsten, and Student Development Chair Dayleen Yoerger.

Sarah Navarro, President: My name is Sarah Navarro, and my hometown is Merrill, WI. My future goals are always developing and growing as I become aware of the opportunities available. I wish to graduate from UW-Stevens Point with a degree in Family and Consumer Sciences Education, Pre-Nursing, and a minor in Music. Upon graduation, I wish to teach at the secondary level in school districts in need of family and consumer sciences programs/teachers. I plan to continue my education by earning a masters degree and using that education to further help the progress and development of others in their pursuit of a healthful and fulfilling life. I believe that the Wisconsin Association of Family and Consumer Sciences (WAFCS) is an invaluable organization that provides necessary support for professionals in the field of family and consumer sciences, and I feel very privileged to be a member. As the President of the Student Unit for WAFCS, I hope to strengthen student involvement and development as new professionals, alongside University of Wisconsin-Stout. *Life is like a piano, the white keys represent happiness and the black show sadness. But as you go through life's journey, remember that the black keys also create music.*

Molly Hundt, Vice President: Hello, WAFCS Members! My name is Molly Hundt, and I am the Student Unit Vice President this year. This will be my second term in the position, and I am glad to continue working with such a great group! In the fall I will be starting my senior year at UW-Stout, majoring in Family and Consumer Sciences Education with minors in Health Education and History Teaching. I am both

excited and nervous to be in my last year of college, but mostly looking forward to the opportunity to student teach in the spring! My hometown is Bangor, WI, but I am happy to call Menomonie my second home. I have a love of all things trivia, travel, and One Direction. In my free time you could usually find me reading a book or magazine, catching up on TV, or hanging out with my friends. This summer, I will be attending the AAFCS National Conference for the first time, and I am very excited to go. Throughout this year, I am looking forward to gaining more experiences and knowledge from my fellow members and continuing to promote this wonderful organization!

Danielle Graser, Secretary: My name is Danielle Graser, and I am a Family and Consumer Sciences Education major at UW-Stevens Point. I was born and raised in Madison and came to UW-Stevens Point to pursue my major. In my future, I hope to teach adolescents and adults college, career, and life skills in school and community settings. I am involved in WAFCS because I believe strongly in family and consumer sciences and hope to make connections with other professionals and continue to get inspired to teach this great content area. As secretary of the WAFCS Student Unit, I hope to collaborate with other FCS students and professionals to put together informational and inspirational meetings and conferences and to help spread the word and excitement of family and consumer sciences to everyone. Thank you all for supporting me on the WAFCS Student Unit Board, and I look forward to accomplishing the goals I set for my role.

Katie Ladsten, Social Communication Chair: Hi all! My name is Katie Ladsten, and I will be a senior at UW-Stout. I am the new Student Unit Social Communication Chair. I am majoring in Family and Consumer Science with a minor in Health Education. I cannot wait until I start students teaching next spring. I grew up in Sauk Prairie, WI. For those of you who do not know, Sauk Prairie is located between Wisconsin Dells and Madison. One of my passions is traveling. I have traveled all over the United States, spent a year in Mexico, one month in Europe, and two weeks in Brazil. I am very fortunate to have had these opportunities and am looking forward to my future traveling plans. I am excited to become more involved with the group and cannot wait to get to know more of you!

STUDENT ACTIVITIES

WAFCS Student Unit: Annual Conference in Review and Note of Thanks



UW-Stevens Point Students at Three Bears Lodge

Annual Conference in Review

By Dayleen Yoerger,
WAFCS Student Development Chair

This year's joint conference with the Wisconsin Association of Family and Consumer Sciences (WAFCS) and the Wisconsin Council on Family Relations (WICFR) was a great success! There was awesome student representation for both organizations—many returning students as well as a large number of first-time attendees. For newbies and veterans alike, there was so much to learn from and resources available for us to grow as future professionals. This conference continues to be an inspiration for us as we have many great leaders, long-time members, and new professionals who serve as mentors and role models.

The first morning kicked off with a wonderful session for first-time attendees to learn the ropes of attending a conference. The general sessions were packed full of valuable information that we enjoyed and look forward to using in our future careers. The mentoring session proved to be especially valuable as we were able to network with the many inspiring members who have such great expertise and experience to share. We were able to leave the conference feeling even more excited for the future ahead of us.

We also celebrated leadership among the students, as there were numerous awards given. Two scholarships were given this year, compared to one in previous years; Julie Martin and Molly Hundt each received \$500 WAFCS Undergraduate Scholarships for their leadership and scholarship efforts. Our student leadership continues as Molly Hundt was also awarded the Student Officer Award, and Dayleen Yoerger received the Student Leadership Award. Finally, the awards concluded with three students receiving travelships to the American Association of Family and Consumer Sciences (AAFCS) National Conference in St. Louis, MO, this year: Molly Hundt, Sarah Navarro, and Dayleen Yoerger. As students, we view ourselves as the future of this organization, and it is a responsibility we do not take lightly. There are some big shoes to fill, but we are eager for our future as WAFCS professionals. *Editor's Note: Dayleen Yoerger recently graduated from UW-Stevens Point as a first-generation college student and was hired prior to graduation by Beloit Turner Junior/Senior High School. She is originally from Evansville, WI, so we wish her all the best in her first year of teaching close to home!*

Student Scholarship Winner Expresses Gratitude

Dear WAFCS and WAFCS Foundation,

I want to thank you for awarding me the WAFCS student scholarship. I truly do appreciate it. This money will help me complete my last semester of my undergraduate degree. I had a wonderful time at the conference and look forward to the conference next year. Thank you again for the opportunity.

Sincerely,

Julie Martin

University of Wisconsin-Stevens Point



Julie Martin (L) and Molly Hundt (R),
WAFCS \$500 Student Scholarship Winners

FROM THE WAFCS MAILBOX

Save the Date, Note of Thanks, Family Traditions

SAVE THE DATE

WAFCS Annual Conference

March 26-28, 2015

Three Bears Resort Hotel, Water Park, &
Convention Center
701 Yogi Circle
Warrens, Wisconsin
608-378-2500



www.go3b.com

Send suggestions to Coordinators
Susan Turgeson and Karen Dickrell at:
conference@wafcs.org

Outgoing Executive Director Offers Thanks

Dear WAFCS Council members,

I'd like to express my sincere appreciation for the kind words and lovely gifts I received at the Annual Conference. The engraved serving tray was already put to good use when I hosted Easter for my husband's family. As you can see, the notecards are also the perfect gift, and my entire family was thrilled with the bucket of Wisconsin goodies. Most of all, thank you for the opportunity to be of service to WAFCS and our profession. The past two years have been a pleasure. I wish you all the best and look forward to continued involvement in the association!

Sincerely,
Tiffani Roltgen

Cherished Family Traditions

By Cindy Quilling, Taking It to the Streets Representative

When my oldest sister turned forty, my two sisters, one sister-in-law, mother, and myself told her to pack her bag for an overnight trip, destination unknown. Since that July weekend 20 years ago, every zero birthday found another sister headed for another bed and breakfast totaling 12 locations around Minnesota and Wisconsin. These overnight trips allow us to "solve" all the pressing problems of the world. As nieces ask to join us, we must turn them down, as now the talk of menopause overrides the conversation of potty training. Traditions like these keep us close to the ones we love and make the miles between us seem irrelevant. These five ladies are not only my sisters and mom, but also my girlfriends and confidantes. They mean the world to me, and I'm thankful everyday for the role they play in my life. Isadora James stated, "A sister is a gift to the heart, a friend to the spirit, a golden thread to the meaning of life." Touché!



The first bed and breakfast getaway in 1994 (above) was followed by many creative endeavors including handbags made from Cindy's late father's ties (left).



ASSOCIATION REPORTS

Protégé Plus, Election Results, Meeting Minutes, HUGS

WAFCS Protégé Plus

Submitted by Catherine Lader, Director at Large New Professionals

WAFCS is sponsoring a one-year mentoring field study entitled Protégé Plus. Currently seven new professionals are in the process of selecting a mentor.

Protégé Plus themes will include:

May & June

Establishing rapport

Examining feasibility of partnership

July & August

Goal setting

Storyboarding

September & October

Establishing roles & responsibilities

Reflection as a tool

November & December

Giving & receiving feedback

January & February

Building resiliency

March & April

Measuring accomplishments

Celebrating successes



Words to Live By

Do all the good you can,
By all the means you can,
In all the ways you can,
In all the places you can,
At all the times you can,
To all the people you can,
As long as ever you can.

Thanks to the WAFCS Foundation for a grant to support this mentoring program. Contact Cathy Lader at jclader@inwave.com for additional information.

WAFCS Election Results

Congratulations to the following elected WAFCS Board of Directors and WAFCS Foundation members, who will assume office on July 1.

President Elect

Mary Kennedy, CFCS

Treasurer (assumes office August 1)

Susan Turgeson

Vice President Awards and Recognition

Carolyn Barnhart, CFCS

WAFCS Foundation Member at Large

Vera Riley, CFCS

Jeanne Schwass-Long, CFCS, will assume the duties of **President** July 1.

See page 2 for additional leadership appointments for open positions.

Review WAFCS Board Meeting Minutes Online

The WAFCS Board of Directors invites all WAFCS members to stay connected by accessing meeting minutes via the website at <http://www.wafcs.org/council> under the "Meeting Minutes" tab. If you would like a paper copy of the minutes mailed to you, please contact WAFCS Executive Director Tiffani Roltgen, CFCS, at 608-513-9433.

HUGS for WAFCS Students



Through a program called Helping Undergraduate and Graduate Students (HUGS), WAFCS subsidizes half of each student membership. To qualify, complete your AAFCS membership form http://www.aafcs.org/Membership/membership_print.html and submit with payment in full (\$60).

Upon receiving confirmation of your AAFCS membership, forward a copy of the letter to WAFCS President Barbara George bgeorge@enasco.com. Be sure to include a current address. A \$30 check will be sent by WAFCS Treasurer Susan Turgeson, CFCS. We look forward to your membership and participation! The following student member has been HUGGED in recent months: **Shelby Bowe, Angie Egeberg, Chelsea Kelly, Katie Ladsten, Taylor Mattson, Kathryn McNeil, Sarah Navarro, Laura Neumann, Haley Nugent, Alissa Uttech, and Shelby Wilson.**

Brave Students Face the Unknown...

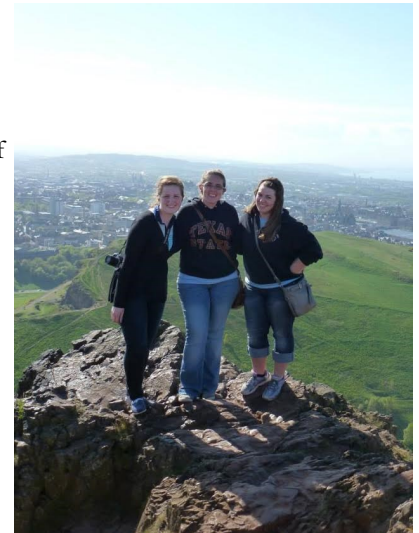
Molly Hundt, Scotland and Ireland

In May 2013, I studied abroad for three weeks in Scotland and Ireland. The program, called "Global Perspectives in Education," was led by UW-Stout faculty and gave our group of 19 students the chance to experience the Scottish school system and Irish social programs. A big focus of our trip was multiculturalism and taking every opportunity we had to learn more about other cultures, customs, and viewpoints.

The trip really showed me how important it is to take opportunities that challenge what you know, go outside of your comfort zone, and look for ways to increase acceptance of other cultures within your community. ~Molly Hundt

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We spent a week in Scottish schools, where I was placed in an English classroom. I had many opportunities to talk with the students and learn more about them, their families, and their lives. I also had the chance to spend an hour in a family and consumer sciences classroom and help the students make key lime pie! While in Ireland, our group toured an adult day care center, a childcare center, a homeless shelter, and an alternative school. The locations covered the entire spectrum of families, and it was neat opportunity to compare with the United States.



From left to right, Molly Hundt, Katie Ladsten, and Sarah Groskreutz—three WAFCS student members—in Scotland.

Katie Ladsten, Texas State, Scotland, and Ireland

I was late to register for National Student Exchange, so I was given a list of places to choose from, and a college in Texas was one of the few that had my major. That was the only research I did on the school until I arrived at the beautiful Texas State University campus in San Marcos, Texas, where I spent a semester. When I arrived I found out there are more than 30,000 kids on campus compared to the 9,000 at UW-Stout. I was in for an adventure. Even though this was a huge campus, I was brave and bold enough to get out of my comfort zone and meet some amazing friends. During this trip I had a lot of free time to discover the city, and while doing this, I was able to discover who I am and what I want in life. College is about self-discovery and challenging yourself to be better. Texas State was a great fit for me, and I am excited to go back and visit.

I definitely caught the travel bug my sophomore year of college. After Texas, I was home for six days before jetting off to Europe for a month. This trip was UW-Stout faculty-led, and we spent time in both Scotland and Ireland. The focus of this trip was multiculturalism. I was able to spend a week in a high school in Scotland where I learned so much about the Scottish culture. Some of the students had never met an American; I proudly represented my country and answered questions the students had about life in America. After the trip, I traveled to London and Rome with a friend. We were over in Europe and wanted to make an adventure out of it, and we did. I loved every place I went; the people and cities were so different from each other, but in general, everyone was helpful and made the trip exciting. One thing I have taken back from this trip is that every country has their own way of living and when you are in a country, live the way they do.

One thing I have taken back from this trip is that every country has their own way of living and when you are in a country, live the way they do. ~Katie Ladsten



At left, Katie Ladsten and friends pose with the Scottish teachers while displaying the U.S. and Scottish flags. At right, Katie Ladsten enjoys a sunny Texas day at The Alamo in San Antonio.



and Arrive Home Forever Changed

Kim Mennen, Austria and Hungary

My name is Kim Mennen, and I am a family and consumer sciences and health education student at UW-Stevens Point. It is my belief that a person's college years should be spent learning and preparing for a future career, as well as focusing on personal growth and knowledge of one's self. It is for that reason I chose to study abroad in Austria and Hungary for three weeks. During my trip, I studied at FH JOANNEUM in Bad Gleichenberg, Austria, and was enrolled in a Health and Culture course with Austrian, Turkish, Hungarian, and Belgian students. Our course focused primarily on classroom discussions, student presentations, and excursions related to Austrian culture and healthy living. We lived in the dorms on campus where we were able to experience the typical daily life of European college students. In addition, we had the opportunity to travel to many small towns, large cities, and neighboring countries in order to get a glimpse of what life is like in other areas outside of our small college town.

Some of the major life-changing experiences that I remember vividly from my trip include exploring Austria and Hungary, cooking meals from scratch with the Austrian dietetic students, stumbling upon a sit-in organized in support of Turkey, touring a famous Austrian chocolate factory, hiking to and touring various famous castles, interacting with other cultures, eating way too much gelato and kebabs, and simply experiencing the day-to-day life in another country. The major thing I will take from this experience is an understanding of other cultures. For the first time in my life, I experienced culture that was unique and different from the U.S. As a future teacher, I want to enhance my classroom by promoting other cultures and their values and beliefs. I believe it is important that my students have an understanding of the world outside of the U.S. and are able to respect all people regardless of their culture, race, values, and religion. Overall, I would highly encourage anyone and everyone to take advantage of an opportunity like the one I had.

I believe it is important that my students have an understanding of the world outside of the U.S. and are able to respect all people regardless of their culture, race, values, and religion. ~Kim Mennen

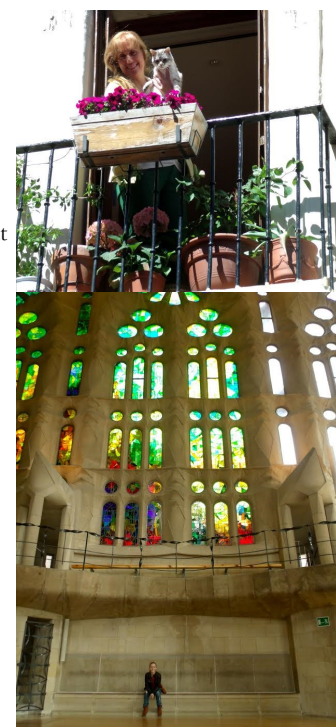


Alaria Anderson, Valladolid, Spain

When I walked away from my family and boyfriend to board a plane with a bunch of strangers heading for Spain, I don't know if I can put into words what was going through my head exactly. I was excited, nervous, elated, overwhelmed, and a whole other jumble of emotions! Now, after the 5 months I spent studying abroad in Spain has long past, I can say that it was the best decision I've made in my life thus far to get on that plane. I lived with a host mother in Valladolid and one other student from UW-Stevens Point. We were blessed with our living situation and a patient and kind-hearted "mom" to take care of us (see Yolanda and her gatita Laila at right). I learned so much about myself and about my capabilities throughout those months abroad. Of course, I missed my friends and family each

For me personally, the biggest gain I had from my trip was getting off that plane back onto U.S. soil with the same group of people that were once strangers and being able to call them "mis mejores amigos"...my best friends. ~Alaria Anderson

and every day, but quite honestly, I was usually too busy creating lasting, once-in-a-lifetime memories with friends that now can never be replaced to get too upset about being away from home. So many opportunities for learning more about yourself become apparent when you are immersed in a different culture. For example, I traveled alone for the first time. I was able to meet someone in one country then reconnect with them later in their home country. I attended church services in Spanish with my host mom and met students from all around the world there. My Spanish improved so much while in Spain that it allowed me to get a job upon my returning as an interpreter for a home visitation program (a career I hope to pursue after graduating). For me personally, the biggest gain I had from my trip was getting off that plane back onto U.S. soil with the same group of people that were once strangers and being able to call them "mis mejores amigos"...my best friends. We were scared together, got lost together, and missed a few trains together, but those are the experiences that will never be replaced. The trials and joys helped us learn and grow together as we studied and explored abroad.



WAFCS FOUNDATION

SUCCESSFUL ONE-DAY AUCTION RESULTS IN ADDITIONAL AWARDS

By Jean Zeithaml, CFCS, WAFCS Foundation Member-at-Large



The WAFCS Foundation tried something new—a one-day Silent Auction fundraiser during the WAFCS Annual Meeting—and it turned out to be a big success! Thanks to all of those who donated items and to those who “bid high and bid often” to raise \$1,952 for the Foundation! Due to that success and such worthy applications, the Foundation was able to award a second undergraduate scholarship, a fourth student travelship, and multiple professional grants. The Foundation also pays WAFCS organizational membership dues in IFHE (International Federation for Home Economics) to support our profession at the international level.

Student Scholarships/Student & Professional Travelships

Julie Martin of UW–Stevens Point and **Molly Hundt** of UW–Stout were each awarded a \$500 Undergraduate Scholarship. Travelships of up to \$300 each to attend the 2014 AAFCS Annual Conference in St. Louis were awarded to **Molly Hundt** of UW–Stout and **Sarah Navarro** and **Dayleen Yoerger** of UW–Stevens Point. In addition, a special student travelship of up to \$300 was awarded to **Shelby Bowe** of UW–Stevens Point for a Lakota Diversity Immersion Experience on the Lakota Reservation in LaPlant, South Dakota.

The Foundation honors WAFCS Award winners by offering \$300 travelships to support their attendance at the AAFCS Annual Conference in the following year when they are in consideration for national recognition. Eligible for a travelship this year is **Diane Klemme** (2013 WAFCS Leader Award).

Professional Project/Research Grants

Multiple Professional Project/Research Grants were awarded in the amount of \$1,000 each. A grant was awarded to **Catherine Lader** for her project, “Protégé Plus: A Mentoring Field Test for FCS New Professionals.” **Cynthia Jasper** received a grant for disseminating results of her Elder Financial Exploitation research. **Jessie Kilian** was awarded a grant to promote young sewers participation in a sewing and quilting exposition in Lancaster on August 2, 2014.

Recent Donations

Thanks to **Carolyn Barnhart**, **Sue Buck**, **Esther Fahm**, **Virginia “Ginny” Hall**, **Jessie Kilian**, **June Luett**, **Nyla Musser**, **Janet Powell**, **Cindy Quilling**, **Jeanne Schwass-Long**, **Gretchen Speerstra**, and **Carol Subera** for recent donations. The following celebration/honorary donations were made to the Foundation: **Carol Anderson** in honor of **Jeanne Schwass-Long**, incoming WAFCS President, and **Tiffani Roltgen**, outgoing WAFCS Executive Director; **Sue Buck** in honor of **Carolyn Barnhart** upon her election as AAFCS President-Elect; **Barbara George** in support of WAFCS student members; **Mary Kaye Merwin** in honor of **Barbara George**, who started out as a beginning 4-H member under Mary Kaye’s guidance, and in celebration of her mentor and longtime close friend **Ginny Hall’s** 80th birthday; and **Tiffani Roltgen** in commemoration of **Barbara George’s** 2013-14 WAFCS presidency. We sincerely thank those making donations to the WAFCS Foundation, representing their “passion” for their chosen profession!

In the Words of Albert Pike

“What we have done for ourselves alone dies with us; what we have done for others and the world remains and is immortal.”

2014-2015 WAFCS Foundation

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kpgoebel@wisc.edu

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Vera Riley, CFCS
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WAFCS FOUNDATION

GRANT-FUNDED EMPATHY BELLY BENEFITS STUDENTS AT CGB HIGH SCHOOL



Foundation Bylaws, Policies and Procedures Review

Revisions to the WAFCS Bylaws and Policies and Procedures Manual were approved during the 2014 WAFCS Annual Meeting. Therefore, the Bylaws and Policies and Procedures of the Foundation will be reviewed and revisions will be proposed to ensure that the Foundation is aligned with the recently revised bylaws, policies, and procedures of the WAFCS.

Empathy Belly Demonstrates Real Life Pregnancy Effects and Challenges

Thanks to generous professional projects/research grant funding from the WAFCS Foundation, the Pregnancy Profile or "Empathy Belly" Simulation kit was implemented into my Child Development curriculum this past year at Cedar Grove-Belgium High School. Based on professional evaluations and testing, students were able to understand various concepts that relate pregnancy to real life. The Empathy Belly provides a very realistic pregnancy experience to both males and females, while also allowing students to experience up to twenty different symptoms and effects of pregnancy. These symptoms and effects include things such as weight gain of 35 pounds, pressure on the abdomen and internal organs, postural changes, mild fetal movements, perspiration, fatigue, increased urination and more! After wearing the Empathy Belly for three hours, students wrote written reflections of their experience. ~Submitted by Danielle Dreher, FCS Teacher



WAFCS FOUNDATION DONATION FORM

\$ _____ Other _____ \$100 _____ \$50 _____ \$25

Name: _____

Address: _____

City/State/ZIP: _____

In memory of: _____

In honor of: _____

AAFCF/WAFCS is a 501(c)(3) not-for-profit organization.
All contributions are tax deductible.

Make checks payable to WAFCS Foundation:

Karen Goebel
1821 Camelot Drive
Madison, WI 53705
608-238-8766

Please send a card acknowledging this gift to:

Name: _____

Address _____

City/State/ZIP: _____



**Wisconsin Association of
Family and Consumer Sciences**

Tiffani Roltgen, CFCS
WAFCS Executive Director
5306 East Buckeye Road
Madison, WI 53716
Mobile: 608.513.9433
E-mail: askwafcs@gmail.com

2014-2015 Calendar of Events

| | |
|--------------------|--|
| June 25-28 | AAFCS Annual Conference (Hyatt Regency St. Louis at The Arch) |
| Summer | WAFCS Board Meeting Date, time, and location TBD |
| September 1 | Fall Newsletter Deadline |
| March 26-28 | WAFCS Annual Conference (Three Bears Lodge, Warrens, WI) |

Submit newsletter content to executivedirector@wafcs.org



Connect with us via web-enabled phone
or log on to www.wafcs.org today!

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