

# **WAFCS Newsletter**

**Wisconsin Association of Family and Consumer Sciences** 

FOUNDED IN 1921

WINTER 2014 ISSUE

# Are you ready for the WAFCS-WICFR Joint Conference March 27-29, 2014?

### **Annual Conference Preparation Checklist:**

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 wellbeing, relationships, and resources to achieve optimal quality of life.

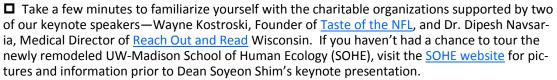
**Our Mission** 

■ Need a little extra support to attend this year's conference, fund your education, or implement a project in your place of employment or community? Consider applying for a student scholarship, student travelship, teacher stipend, and/or professional project/research grant by February 15. Click here for more information and application forms.

☐ Call Three Bears Resort at 608-378-2500 to reserve your hotel room by February 28.

Register by March 10 using the secure online link and pay via check, purchase order, or PayPal. Click here to register now.

☐ Prepare or purchase an item or two for the WAFCS Foundation Silent Auction.



☐ Pack your bag, business cards, and swimsuit for the waterpark if you are so inclined.

■ Enter "701 Yogi Circle, Warrens, WI" into your preferred mapping device, and navigate your way to Three Bears Resort March 27-29. See you there!

## WAFCS Seeks New Executive Director

Consumer
Sciences:
Bold, Brave,
and Visionary
articles and
feature stories
throughout
2013-2014

Watch for themed

WAFCS

publications!

The Wisconsin Association of Family and Consumer Sciences (WAFCS) is seeking a new Executive Director. It is a great opportunity with just the right amount of challenge and responsibility. It requires a commitment to family and consumer sciences, as well as management and leadership skills. Additional qualifications include excellent organizational and technology skills.

The Executive Director uses his/her own equipment and office space.

For a more detailed position description, <u>click here</u>, or visit the



WAFCS website. This is an independently contracted position with renewable

options. The contractual period

is July 1-June 30. If interested in this opportunity, send a letter of interest, resume, and three references (include name, address, and phone) to WAFCS President Barbara George via e-mail at <a href="mailto:bgeorge@enasco.com">bgeorge@enasco.com</a> or mail to 901 Janesville Avenue, Fort Atkinson, WI 53538 to be received no later than March 10. Call Barbara at 920-568-5558 with questions or requests for additional information.



# PRESIDENT'S MESSAGE

#### Make a Commitment to Family and Consumer Sciences in 2014



2014—A fresh start, a new outlook, great expectations, and positive outcomes. Let's all make a commitment to ensure 2014 is the most successful year for family and consumer sciences ever. We have a great opportunity to do that with the impending Academy of Family and Consumer Sciences. It is an exciting time to strengthen the image of family and consumer sciences with added voices in the academy model. It was an honor to represent Wisconsin at the AAFCS Leadership Conference in October, where the Academy was

Barbara George

discussed in great detail and work began on the affiliate structure. Recently, I agreed to work with a small group of affiliate leaders to complete a proposal for the affiliate structure in the Academy model. The goal is to have the first draft completed by early February. Be ready to provide opinions and assistance as we work through the model. There will be a complete update at the WAFCS Annual Conference in March, so be sure to attend.

The WAFCS Annual Conference, "Gateway to Healthy and Sustainable Families," is March 27-29, 2014, at Three Bears Lodge in Warrens, Wisconsin. Register now to attend! Thanks to the ambitious Conference Planning Committee under the direction of Esther Fahm, CFCS, for providing an outstanding program that has something to interest everyone. We are looking for record attendance at this conference. The Bylaws Committee has been busy at work and will have recommendations you won't want to miss. We are partnering with the Wisconsin Council on Family Relations

(WICFR) to offer a better program at a great value. Top-notch keynote speakers and educational sessions, commemoration of the 20th Anniversary of the Family and Consumer Sciences name change, and celebration of the 20th Anniversary of the International Year of the Family are just a few of the conference highlights. Also note that it is the 40th Anniversary of the AAFCS Family and Consumer Sciences National Teacher of the Year Award and the Smith-Lever Act Centennial. WOW! Get ready to meet us in St. Louis, too, June 25-28, 2014, for the AAFCS Annual Conference & Expo. Register now!

The Wisconsin Association of Family and Consumer Sciences is alive and well but needs your participation to grow even stronger. Register today for the conference to find out what is new and enjoy networking with other professionals. Resolve to make 2014 the best year ever for you, your family, and our profession by making a commitment to family and consumer sciences.

Note: It was with much regret that the Board accepted Tiffani Roltgen's letter of resignation as the WAFCS Executive Director. We are all grateful and appreciative for Tiffani's service the past two years, but we understand the demands of a young family. We know she will remain a strong participating member of WAFCS. We are beginning the search for someone to fulfill the duties of Executive Director. Please share the details in this newsletter with those who are qualified and encourage them to consider the role.

**NEW! Teen-Age Pregnancy Manikin** Bring your program to life Finally, a parenting - Affordable simulator at an - Under \$50 affordable price! - Easy to operate WA32122 - Less glamour than playing with a fancy doll - Experience the frustration/patience of infant care 24/7 Order your FREE catalog today! 

# **IYF 20th Anniversary Call to Action**

By Carol Anderson, CFCS, WAFCS Vice President Public Policy



# 20th Anniversary of the International Year of the Family Proposed Resolution

A resolution is a formal statement expressing the will of the Wisconsin Association of Family and Consumer Sciences (WAFCS). A resolution is presented to the membership for a vote, and if the vote is in the affirmative, this statement becomes the voice for the organization. The WAFCS Board has decided to place a 20th Anniversary of the International Year of the Family (IYF) Resolution before the membership at the Annual Meeting March 29, 2014, at

7:30 a.m. If passed, this means that members can use this particular resolution locally as part of the celebration of the 20<sup>th</sup> Anniversary of the IYF. To view a complete copy of the proposed resolution, <u>click here</u> or visit the <u>WAFCS website</u>.

#### **Share Your Story**

If WAFCS members are involved in 20th Anniversary of the IYF projects, please share your story for an upcoming WAFCS newsletter. Contact Executive Director Tiffani Roltgen at <a href="mailto:askwafcs@gmail.com">askwafcs@gmail.com</a> or 608-513-9433.

### SPRING ELECTIONS – GET INVOLVED!

In 2014, the spring elections are an excellent time to get involved. After all, the people elected will influence what happens in your life. In Wisconsin, spring elections mean that citizens are engaged in electing members of local boards such as school, township, village, city, and county. Additionally, local referendums may be on the ballot and often these relate to the school district or funding a specific project.

Become familiar with your local issues, and make contact with candidates to learn about their position(s) so that you can vote as an informed citizen. A couple of questions to be ask the candidates include:

- What will be the impact of your position(s) on families in the community?
- In what ways will your position(s) strengthen both families and the community?
- In what ways will your position(s) improve the health, safety, and overall well-being of both families and the community?

# **WAFCS-WICFR Joint Conference**

## Schedule-at-a-Glance

By Esther Fahm, CFCS, WAFCS Conference Chair

The schedule for the WAFCS-WICFR Joint Conference March 27-29, 2014, offers a mix of professional development and personal enrichment, with a little fun tossed in for good measure! The conference program has been approved by AAFCS for a total of 16.75 possible PDUs toward CFCS certification and 11.5 PDUs toward CPFEE certification. Join us in celebrating the 20th Anniversary of the Family and Consumer Sciences name change, 20th Anniversary of the International Year of the Family, 40<sup>th</sup> Anniversary of the AAFCS Family and Consumer Sciences National Teacher of the Year Award, and the Smith – Lever Act Centennial. For a complete conference schedule, visit the WAFCS web-site home page, and click on Tentative Conference Schedule.

Thursday, March 27, 2014					
	Three Bears Resort, Warrens, WI				
*Waterpark open for WAFCS-WICFR conference attendees only 7-9 p.m.*					
10:00 a.m.— 2:00 p.m.	WICFR Student Service Project				
2:30	Pre-Conference Workshop Registration				
3:00 – 5:00	Pre-Conference: Ten Tips to Make You a Better Grant Writer Judy Rommel, PhD, Professor Emeritus, UW-Stout				
6:00	WICFR Student Business Meeting and Alumni Panel				
6:00 - 9:00	AAFCS Certification Exam—Dependent upon pre-registrations				
7:00 p.m. – 9:00 p.m.	WAFCS Council Meeting	Waterpark Open Exclusively for WAFCS-WICFR Conference Attendees	Set-up Registration and Hall of Fame Celebrations (Optional)		

Friday, March 28, 2014 Three Bears Resort, Warrens, WI							
	*Waterpark open 5-9 p.m.*						
6:30 a.m.	Early Morning Wo			ound the F	Pond!		
6:30 - 8:00	Sunshine Breakfa	st Buffet and N	etworking	gThe Bed	ırs Visit!		
7:00	Set-up Registration, Exhibits, WAFCS Student Service Project, and Hall of Fame Celebrations: 20 <sup>th</sup> Anniversary of Name Change, 20 <sup>th</sup> Anniversary of the International Year of the Family, 40 <sup>th</sup> Anniversary of the AAFCS National Teacher of the Year Award, and Smith – Lever Act Centennial – Extension						
7:30-8:30	Registration Open						
7:30	Exhibits Open	Dedicated Times for Viewing Exhibits				Exhibits End	
		7:30 a.m. – 8:30 a.m.	9:45- 10:00	11:00- 11:15	1:45 - 2:00	3:00 p.m. – 3:30 p.m.	3:30 p.m.
8:00 - 8:30	Orientation for First-Time Attendees, New Members, and Non-Members: Making the Most of Your Conference Experience, Coffee and Conversation with Tiffani Roltgen, CFCS, WAFCS Executive Director						
8:30 - 9:45	First General Session  • Welcome ◊ Pledge of Allegiance ◊ Lighting the Betty Lamp ◊ Greetings and Academy of FCS Update — Sue Buck, AAFCS Past President ◊ Greetings—WICFR  • Keynote Address – Students' Financial Well-being: It's not just about money. It's about life. Soyeon Shim, PhD, Dean School of Human Ecology, UW-Madison						
9:45	Silent Auction and Art Design Show Open						
9:45 -10:00	Break/Viewing Ex	hibits					

# **WAFCS-WICFR Joint Conference**

## Schedule-at-a-Glance

10:00 - 11:00	Breakout Sessions			
	eParenting® High Tech Kids. Kristen Bruder, Family Living Agent, Dunn County, UW-Cooperative			
	Extension and Lori Zierl, Family Living Agent, Pierce County, UW-Cooperative Extension			
	Birth to Three Attachment. Margaret Machesky, Associate Lecturer, School of Education, UW-Stout			
	Celebrate the 20 <sup>th</sup> Anniversary of the International Year of the Family. Carol L. Anderson, President – LORAC Consulting, LLS			
	Rent Smart Tenant Education Program. Christine Kniep, CFCS, Family Living Educator/Department Head UW-Extension, Winnebago County and Karen Joos, Family Living Educator, UW-Extension, Monroe County			
	Student Panel: Out and About: Students' Experiential Learning Experiences. Alaria Anderson, UW-Stevens Point: Study Abroad for a Semester in Spain; Nikki Bruhn, UW-Stevens Point, Lakota Immersion; Molly Hundt, UW-Stout, Study Abroad for Three Weeks in Scotland/Ireland; Katie Ladsten, UW-Stout, National Student Exchange — One Semester in Texas; Kim Mennen, UW-Stevens Point, Study Abroad for Three Weeks in Austria; Jessica Monfils, UW-Stout, American Association of Family and Consumer Sciences Internship; Amanda Zellner, UW-Stevens Point, Family, Career and Community Leaders of America Internship			
	Pointer Unity Program (PUP)—Student Success Coaching Community Building. Celine McNelis-Kline, Ed.D, Health Promotion and Wellness, UW-Stevens Point			
11: 00—11:15	Viewing Exhibits			
11:15 –	Breakout Sessions			
12:15 p.m.	A Day in the Life of a Military Family Panel Discussion and What YOU Can Do to Offer Support Margaret and Steve Machesky; Mike and Tiffani Roltgen Family, Air National Guard			
	What Does a District Administrator Need and Want to Know about Your FCS Program. Christine			
	Stratton, ED.S., District Administrator, School District of the Menomonie Area, Menomonie, WI			
	Family Strengths in Daily Living. Marilyn Peplau, Asset Builder and Trainer, High School Educator, Professional Learning Community Facilitator, and Trainer for Search Institute			
	Designing your Plate: The Art and Science Eating. Karen Ostenso, MS, RD, CDE, Dietetics Program Director, UW-Stout			
	E. Alzheimer's Disease: The cleverest thief, because she not only steals from you, but she steals the very thing you need to remember has been stolen -Jarod Kintz. Andrea Griffin, MS, RD, LD			
	F. Wisconsin Afterschool Network: Promoting Quality Afterschool Programs. Linda Eisele, Wisconsin Afterschool Network Professional Development Lead Consultant, O-S-T Training and Consulting			
12:30 – 1:45	WAFCS Awards Luncheon WICFR Luncheon and Business Meeting			
1:45 – 2:00	Viewing Exhibits			
2:00 - 3:00	Second General Session			
	<ul> <li>Keynote Address: Books Build Better Brains: How Reading in the Early Days Affects Child Development.</li> <li>Dipesh Navsaria, MPH, MSLIS, MD, Assistant Professor of Pediatrics, University of Wisconsin School of Medicine and Public Health Medical Director, Reach Out and Read Wisconsin</li> </ul>			
3:00 -3:30	Viewing Exhibits-Exhibits End			
3:30- 5:00	Concurrent Sessions			
	• Cranberry Discovery Center Tour and Program. Barbara Hendricks & Nodji VanWychen, Cranberry Growers			
	<ul> <li>Laughter Yoga. Sue Halama: Laughter Yoga Leader, FACS and Health Science Educator, Menomonie High School, Menomonie, WI</li> </ul>			
	Tour of Thee Bears Lodge. Three Bears Lodge Managers			
5:15- 6:00	Speed Mentoring—Sterling Wall, UW-Stevens Point			
	Evening Session—Casual dress for pizza party and creative activities!			
	<ul> <li>Thirty Seconds or Less: Sharing the FCS Story and Brand. Sue Buck, EdD, CFCS; Coordinator, UW Colleges and UW-Extension Academy for Leadership and Innovation; Past President, AAFCS</li> </ul>			
8:30 p.m.	Silent Auction Ends (Pick up items at 9:30 p.m.) Bonfire and Hot Chocolate			

# **WAFCS-WICFR Joint Conference**

## Schedule-at-a-Glance

	Saturday, March 29, 2014			
	Three Bears Resort, Warrens, WI			
	*Waterpark open 9 a.m-9 p.m.*			
6:30 a.m.	Early Bird Wellness—Join the Walk Around the Pond			
6:30 - 8:00	Sunshine Breakfast Buffet and NetworkingThe Bears Visit!			
7:00	Registration Open			
7:30	WAFCS Business Meeting WAFCS Student Business Meeting Set Up Poster Session and Curriculum Showcase			
8:30	<ul> <li>Third General Session</li> <li>Keynote Address: Giving is Good Business – Achieve Super Bowl Results with Your Business, Community and Yourself. Wayne Kostroski, Founder, Taste of the NFL, and Co-owner, Cuisine Concepts, Minneapolis, MN</li> </ul>			
9:30 -10:00	Hotel Checkout time			
9:30 - 11:00	Breakout Sessions  Shaken Baby Syndrome (SBS) Training. Sue Halama: Laughter Yoga Leader, FACS and Health Science Educator, Menomonie High School, Menomonie, WI  B. Poster Session and Curriculum Showcase Open			
10:00 -11:00	C. Wayne Kostroski, Founder, Taste of the NFL, and Co-owner, Cuisine Concepts, Minneapolis, MN			
	The Secret to Success. Surprise - It's Not I.Q.! Deborah Gangnon, FCS Teacher, Hudson Middle School, Hudson, WI			
	Essential Tai Chi: An Evidence Based Format for Instant Group Practice. Peter A. Gryffin, PhD, MS, Assistant Professor, UW-Stevens Point			
	Using Technology to Enhance Your Financial Situation. Missy Bablick, Family Living Educator, Barron County UW-Extension and Judy Knudsen Family Living Educator, Brown County UW-Extension			
	G. Jicama and Other Oddities: Best Practices Based on Healthy Collaborations. Lyn Halvorson, SNS (School Nutrition Specialist), School Nutrition Director, Winona Area Public Schools, Winona, MN			
11:15 a.m. – 12:15 p.m.	Breakout Sessions  Rewards Along the Journey. Janice Atkinson, Health Sciences Consultant, DPI; Donna Dinco, Curriculum Specialist, Retired FCS Teacher, and Consultant for the Hartford School District; Arlene Welcher, Health Science Teacher, McFarland High School			
	The Pursuit of New Romantic Partnerships in Later Life: "Happily Ever After" or "Family Feud?" Elizabeth Bayler Levaro, Ph.D., Assistant Professor, UW-Stout			
	C. Educator Effectiveness Process for Family and Consumer Science Teachers. Nancy Graese, Career and Technical Coordinator, CESA 11, and Pam Hilleshiem, PhD, Retired CESA 5 STW Director/ Curriculum and Instruction Director			
	D. Essential Tai Chi: An Evidence Based Format for Instant Group Practice. Peter A. Gryffin, PhD, MS, Assistant Professor, UW-Stevens Point			
	E. What About My Stuff? Diane Klemme, PhD, CFCS, Professor, Family and Consumer Sciences Education Program Director, UW-Stout			
12:30 – 1:30	Mentoring and Networking Luncheon			
1:30	-Student Service Project Presentations -2015 Conference Announcement and Door Prizes			
2:30 p.m.	Adjourn			

# **All Things Family & Consumer Sciences**

AAFCS Election Polls Open, Region 5 Meeting Recap, and Networking Event

# Polls Now Open for AAFCS Leader Election

The polls for the 2014 election of AAFCS leaders are now open. You can cast your vote until Monday, February 24 at 2:59 AM (EST)/11:59 PM (PST). During the voting period you may enter the online election website to browse, read bios, practice filling out your ballot, or otherwise become familiar with the voting process, as many times as you wish. However, you may VOTE only one time.

Every eligible AAFCS Active, Ellen Richards Sustaining, Associate, and Emeritus member in good standing as of January 1, 2014, may vote for one candidate for President-elect, one candidate for Director-at-Large, one candidate for Treasurer, and two candidates for the Nominating Committee. If you are certified, your ballot includes candidates for the Council for Certification. If you believe your ballot is incorrect, please contact Roxana Marissa Ayona, Senior Manager, Awards & Governance at 1-800-424-8080 ext. 4608 or via e-mail at RAyona@aafcs.org.

To access your online ballot, <u>click</u> <u>here</u>. Be sure to have your six-digit AAFCS member number available.

Editor's Note: Best wishes from the Wisconsin Affiliate to President-Elect candidate Carolyn Barnhart, CFCS, and Council for Certification candidate Diane Klemme, CFCS!

## Region 5 Hosts Epic Entrepreneurship Event

By Tiffani Roltgen, CFCS, Region 5 Immediate Past President



On Tuesday, October 28, 30 family and consumer sciences professionals and friends gathered at

Epic Intergalatic Headquarters in Verona, WI, for "Bold, Brave, and Visionary Women: An Epic Night of Entrepreneurial Inspiration." The evening featured a delicious fall-themed potluck dinner provided by Re-

gion 5 Planning Committee members and a slate of entrepreneurship-focused speakers, including Nicki Maynard, CEO of Nicki's Diapers, and Arlene and Robin Welcher, owners of Artful Escapes. Epic technical services employee Mike Roltgen provided a guided tour of Epic with commentary about CEO Judy Faulkner and a visit with Epic chef Cassidi Olson. Door prizes and a brief business meeting rounded out the evening's activities. Special thanks to Region 5 Planning Committee members Priscilla Bondhus, Karen Goebel, Cathy Lader, Janet Powell, Jeanne Schwass-Long, Felicia Smith, Vera Riley, and Arlene Welcher and Past President Sue Simon. Join us for next fall's meeting under the leadership of Janet Powell, CFCS, and Priscilla Bondhus, newly elected Region 5 Co-Presidents.

## In the words of a Region 5 meeting attendee...

"The Region 5 meeting was 'out of this world.' There was a lot packed into the timeframe, the food was excellent, Nikki [Maynard]'s story is invested in so many of the concepts F/CE is based on—good choice. The tour really helped to begin to understand the foundation EPIC is based on. It was so much fun, a fantasy land with a slide!!!"



During the Region 5 event, WAFCS member Mary Crave enjoys one of the many unusual art pieces featured on Epic's campus.

# "Panera, Painting, & Pinot" WAFCS Networking Event



"Let us be bold. Let us be brave. Let us be together."

These words of Brad Henry, former Oklahoma Governor, are not only in keeping with our 2013-2014 "Family and Consumer Sciences: Bold, Brave, and Visionary" theme but remind us to take a chance, go on a new adventure, start a different conversation, and reach out to colleagues we may not know. So here's your chance to continue the conversations started at the Region 5 meeting at Epic or start a new discussion. Come and discover your creative side with fellow family and consumer sciences professionals and friends at Artful Escapes in Fitchburg. After lunch at Panera Bread, we will gather at Artful Escapes for the 2 p.m. class. We'll be instructed from start to finish on how to complete the tulip painting below and have time to sip a little Pinot or whatever beverage you choose. We will all bring home our completed paintings and welcome spring to our corner of the world. Hope you can join us for this fun networking event!

When: Sunday, March 9, 2014

Where: Panera Bread 12 noon lunch 2960 Cahill Main, Fitchburg Artful Escapes 2-4:30 p.m. class 3000 Cahill Main, Suite 214

**Cost:** Lunch is at your own expense.

Register for the painting class online at Artful Escapes.

**RSVP:** Tiffani Roltgen at 608-513-9433

or askwafcs@gmail.com



# **AAFCS UPDATES**

**Academy of Family and Consumer Sciences & Annual Conference Registration** 

## Academy of Family & Consumer Sciences Update



It's a new year—and we wanted to kick off 2014 by bringing you up-to-date on the proposed Academy of Family & Consumer Sciences model! Since the introduction of the Academy model concept last June at the American Association of Family and Consumer Sciences (AAFCS) Annual Conference in Houston, our Academy leadership team has been working diligently with FCS-related organizations, AAFCS affiliate leaders, and the Council for Accreditation during their annual meetings to collect input and start adding brushstrokes to the initial concept. Our

current concept paper is posted on the <u>AAFCS website</u>, and we will continue to add more information to that page as it becomes available.

In January, we hosted a webinar on the Academy model for Leadership Academy participants, student leaders, the Council for Certification, and the Assembly of Higher Education. We also included representatives from the past presidents, committees, community leaders, and former Board members (2003–present). Then we will follow up with conversations with the full complement of these groups. Additionally, we will have focus group-like sessions with new members, lapsed members, and non-members

With the benefit of input from many leaders and professionals in our field, the Board of Directors will vote at their March Board meeting on moving this topic forward to the Senate, with communications to the full membership as well as the Senators.

To help keep you informed as we further develop the Academy model, we'll be adding a new section to *Fast FACS*: "Academy Corner." We encourage you to read this, and at any time, we invite you to provide your thoughts and ideas on the Academy model by emailing us at FCSAcademy@aafcs.org.

As we had conversations on the Academy model and asked for a one-word summary of feelings, those mentioned most often include: EXCITED, CURIOUS, OPEN, CAUTIOUS, CREATIVE, and HOPEFUL. Thank you for your involvement as TO-GETHER we work towards creating a structure that enhances our ability to advocate for family and consumer sciences!

Sincerely,

Peggy Wild, CFCS, AAFCS President and Bev Card, CFCS, AAFCS President-Elect Sue Buck, CFCS, AAFCS Immediate Past President and Carolyn W. Jackson, CFCS, AAFCS Executive Director

## Registration for the AAFCS 105<sup>th</sup> Annual Conference & Expo Now Open

You are warmly invited to join the Wisconsin delegation to St. Louis, MO, for this year's American Association of Family and Consumer Sciences (AAFCS) 105th Annual Conference and Expo June 25-28, 2014. Stay current in your field and expand your network by learning from well-known keynote speakers including **Dr. Geraldene B. Hodelin,** International Federation for Home Economics (IFHE) Immediate Past President and International Year of the Family (IYF) Committee Chair, and **Marsha Wallace**, Founder, Dining for Women. Plan to participate in peer-reviewed educational sessions, plus many other special interest sessions and events! For more program information, visit <a href="https://www.aafcs.org/meetings/14">https://www.aafcs.org/meetings/14</a>.

## Register online by April 15, 2014!

- Professional/Emeritus Member Registration \$390 (\$365 online)
- Student Registration \$124 (\$99 online)
- Nonmember Registration \$474 (\$449 online)

To register online, visit <a href="http://www.rsvpbook.com/2014AAFCSAC">http://www.rsvpbook.com/2014AAFCSAC</a>. For more details, visit <a href="https://www.aafcs.org/meetings/14/reg.html">www.aafcs.org/meetings/14/reg.html</a>.

Reserve your room at the Hyatt Regency St. Louis at the Arch early at the conference rate (subject to availability)—\$154, plus taxes (single or double). Visit <a href="https://www.aafcs.org/meetings/14/hotels.html">www.aafcs.org/meetings/14/hotels.html</a> for details.



# **STUDENT ACTIVITIES**

## **WAFCS Student Unit: Fall Conference Recap and Meet Your President**



#### Student Unit Fall Conference in Review

By Molly Hundt, WAFCS Student Unit Vice President

The WAFCS Student Unit held its annual Fall Conference at UW-Stevens Point on November 9. Twenty-seven students from UW-Stevens Point and UW-Stout attended. The day started with introductions and a game to get to know each other. The conference then moved into three speakers, the first being WAFCS President-Elect Jeanne Schwass-Long, CFCS. Jeanne spoke about the importance of family and consumer sciences as a profession and about all the opportunities available for us. In small groups, students developed messages we think are important to send out to the public. Ideas included maintaining relevancy, addressing current social and economic issues, and teaching to the students so that they find purpose in their classes. Other areas

of discussion included the core values of WAFCS and advocating and maintaining visibility of FCS in our communities and country.

The second speaker was Brett Lesniak, an FCS teacher at Stevens Point Area Senior High. Brett addressed the group about practicum experiences and developing and designing curriculum. Students received great advice from Brett on how to get the most from a practicum experience and tips for being successful in the classroom. Brett also showed examples of curriculum created using "Understanding by Design" and talked about her methods for making lesson and curriculum planning easy and less stressful.

The final morning speaker was Kayla Correll, WAFCS Student Development Chair and FCS teacher at Greendale High School. Kayla demonstrated how to use WECAN and gave tips for how to be a better candidate when looking for jobs. Another topic of discussion was implementing ProStart into a school curriculum based on Kayla's experiences at GHS.

After a group lunch, students moved into the afternoon activity, which was sewing pillowcases to donate to ConKerr Cancer, a nation-wide organization that provides colorful pillowcases to children in local hospitals. The group made 46 pillowcases that will be donated to children's hospitals in Neenah and Milwaukee. Celine Pitzen, the regional coordinator for Neenah/Milwaukee, joined the group to assist and explain more about the organization. During work time, students also received a message from WAFCS Executive Director Tiffani Roltgen, CFCS, via Skype, about the opportunities available through WAFCS and learned more about the HUGS program.

Overall, the turnout at the conference was great, and the results of the group's service project will benefit many children in Wisconsin. A big thank you to all of the speakers and coordinators for providing a successful, informative, and fun experience!

## Meet Your 2013-2014 WAFCS Student Unit President, Dayleen Yoerger

Hello! My name is Dayleen Yoerger. I am majoring in family and consumer sciences education and have a minor in youth programming and camp management. Throughout my college career, I have held many different jobs, with my favorite being a tour guide at Cave of the Mounds in Blue Mounds, WI. I have also held jobs as a Summer Lunch Program Director for the Boys and Girls Club and am currently a head teacher for the infant room at a day care. I am a hard worker and am excited to be able to graduate with additional teaching certificates. After graduation, I am looking forward to teaching full time anywhere in Wisconsin; however I am more partial to the Stevens Point area or near my hometown of Evansville, WI. Even though I have only been a member of WAFCS for a short time, I have really enjoyed my experience in this organization connecting with wonderful professionals. I hope to be a lifelong member and serve in various leadership roles throughout my career. In the future, I plan to go back to graduate school to pursue a Masters in Guidance Counseling. In my free time, I enjoy spending time with my husband and our two kitties. We enjoy being outdoors and love going camping. I also run a lifestyle blog focusing on fitness and gluten free eating, along with various other aspects of my life. I am a runner, currently training for a full marathon and have dreams of running an ultra marathon some day.



From left to right, 2013-2014 WAFCS Student Unit Officers at Fall Conference in Stevens Point: President Dayleen Yoerger, Social Communication Chair Sarah Groskreutz, Celine Pitzen (ConKerr Cancer Wisconsin), Secretary Julie Martin, and Vice President Molly Hundt.

# FROM THE WAFCS MAILBOX

## Upcoming Conferences, 75 Years of IFT, Register Now

#### Save the Date

The 2014 Wisconsin Family and Consumer Educators (WFCE) Annual Conference will be held in Wausau at the Grand Lodge. The council meeting is set for August 3 with pre-session trainings on August 4 and the conference on August 5 and 6. More information will be available soon on the WFCE website.

#### **Nutrition Conference**

For more information including online registration for the Society

for Nutrition Education and Behavior Annual Conference, click here.



Click here to REGISTER NOW!

WAFCS-WICFR Annual Conference March 27-29, 2014



Three Bears Resort

Hotel, Water Park, & Convention Center
701 Yogi Circle
Warrens, Wisconsin
608-378-2500
www.go3b.com



## Congrats Institute of Food Technologists!

Seventy-five years ago on Jan. 16, 1939, the founding members of what would eventually be called the <u>Institute of Food Technologists (IFT)</u> gathered in New York City to discuss the new organization, its constitution and name, a definition of food technology, and a list of possible committees. The group met later again that summer and IFT was founded on July 1, 1939. 2014 marks the 75th anniversary and many activities are planned to celebrate the achievements of food science and technology and its promise going forward.

Celebrating 75 Years of Feeding Minds that Feed the World

Two Happy Clams: The Friendship that Forged Food Science

# Where Were You Reading the WAFCS Newsletter?

During her trip to DC for the AAFCS Affiliate Leadership Workshop October 18-20, WAFCS President-Elect Jeanne Schwass-Long was "caught" reading the WAFCS Newsletter on the Metro train.

We'd love to see you connecting with the WAFCS Newsletter in paper form or via your favorite electronic device. Please submit digital JPG photos to WAFCS Executive Director Tiffani Roltgen, CFCS, at <a href="mailto:askwafcs@gmail.com">askwafcs@gmail.com</a> for possible publication in an upcoming newsletter.



#### Lodging Rates and Accommodations:

Standard Queen—Sleeps 4

Thursday - \$69.95, Friday - \$89.95

\*2 queen beds, available w/ or w/o balcony

Queen Suite—Sleeps 5

Thursday - \$69.95, Friday - \$89.95

\*2 queen beds in separate bedroom, living area with sleeper sofa (single)

Family Suite—Sleeps 8

Thursday - \$69.95, Friday - \$109.95

\*1 king bed in separate bedroom, living area with sleeper sofa (double), 2 sets of bunk beds off living area

Hotel Registration Deadline = February 28 Online Registration Deadline = March 10

# **ASSOCIATION REPORTS**

## Financials, In Remembrance, Race to Renew, HUGS, Meeting Minutes

# Wisconsin Association of Family & Consumer Sciences Financial Report 1/1/14

Opening Account Balance	\$15,163.28
Income	\$ 1749.34
Disbursements	\$ 1941.31
Net Income	\$ (191.97)
Cash On Hand	\$14,971.31

(Chase Checking Account)

Securities Delaware Limited-Term Government Fund A Class (1233.997 Shares @ \$8.79) \$10,846.83

Total Assets as of 1/1/14

\$25,818.14

## Remembering WAFCS Member Charlotte M. Dunn

Retired UW-Extension Food Specialist Charlotte M. Dunn died on Saturday, November 23, in Fond du Lac. She was a professor in the Food Science Department at UW-Madison until retirement in 1982 after more than 25 years as an extension specialist. No obituary was published, and no memorial service was planned, but Charlotte will be remembered for her boundless enthusiasm and forthright approach to life. It was noted that many of her extension publications are still in county office files today.

# 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 <a href="http://www.aafcs.org/">http://www.aafcs.org/</a>

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 <a href="mailto:becomberstare">becomberstare</a>. 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: Randi Miller and Michelle Zick.

# Wisconsin Association of Family & Consumer Sciences Foundation Financial Report 1/1/14

Opening Account Balance	\$4	4,903.53
Income	\$	2195.72
Disbursements	\$	2466.13
Net Income	\$	(270.41)

Cash On Hand \$44,633.12 (Chase Money Market Savings Account)

Chase Certificate of Deposit \$35,713.51 (Interest Compounding Daily)

Total Assets as of 1/1/14

\$80,346.63

## 2013 AAFCS RACE To RENEW Challenge Crosses Finish Line with 4.5% Return

From November 1-December 31, 2013, the American Association of Family and Consumer Sciences (AAFCS) hosted a "Race to Renew" Challenge. Affiliates were invited to participate, and AAFCS is excited to announce that 64 members renewed by the official race deadline. While only one lucky affiliate will receive the prize drawing of a travel stipend for an association leader to speak at their annual event, AAFCS is not done yet. Race #2 is in the works, with more prizes in store. The real incentive is a robust FCS community. WAFCS welcomed back renewed members **Dottie Winger, CFCS,** and **Kimberly Hart-Shatswell**.

## 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 <a href="http://www.wafcs.org/council">http://www.wafcs.org/council</a> 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.



# WAFCS Pilots Mentoring Initiative

By Catherine Lader, WAFCS Director-at-Large New Professionals

What are the most important needs of new (up to five years in career) family and consumer sciences (FCS) professionals? Last autumn, new professionals were surveyed at the UW-Stout Annual FCS Conference, WI FCCLA TEAM Trainings, and WAFCS regional meetings. Based on those responses, this is what we learned:

- ⇒ The three top priorities of new FCS professionals in education are the sharing of professional resources, assistance with developing standards-based curriculum, and collaborating to construct exemplary lessons.
- ⇒ The preferred modes of communication with other professionals are e-mail, phone, Facebook, and in person.

In response, WAFCS is ready to support new FCS professionals – whether they are employed in business, education or government – by implementing a mentoring initiative during a one-year field test (April 2014 – March 2015). Currently experienced FCS professionals are being secured for a Mentor Pool. New FCS professionals, seeking a mentor, will select one or two professionals from the Mentor Pool to interact with during the one-year field test.

Why an FCS mentor? For FCS majors in education, their school district most likely has assigned them a mentor locally. WAFCS realizes the majority of Wisconsin FCS teachers are in a single teacher department; therefore their local mentor probably does not have an FCS degree. The benefits of a mentor degreed in FCS are endless. Mentors will be prepared to share their content expertise, make suggestions, demonstrate strategies, help locate resources, provide tips about lab management, engage in writing standards-based curriculum, and more. The mentee will identify his/her needs and set goal(s) with the mentor to meet these needs.

## WAFCS Award Nominees Sought

If you know an outstanding Leader, New Achiever, or Teacher of the Year candidate, please forward his/her name to the appropriate member of the 2014 WAFCS Awards Committee.

**Leader:** Carolyn Barnhart barnhartc@uwstout.edu

Teacher of the Year: Donna Dinco ddinco@execpc.com

New Achiever: Dottie Winger dwinger67@yahoo.com

Nomination forms are officially due November 1; the forms and additional information about each of the awards can be accessed via the WAFCS website Forms and Applications page. Let's celebrate the work, enthusiasm, and accomplishments of Wisconsin family and consumer sciences professionals!

Mentees in this mentoring field test will (1) spend time getting to know their mentor(s), (2) identify their professional needs, (3) collaborate with their mentor(s) to establish goal(s) for this mentoring experience, (4) determine with their mentor most effective modes of communication to use, (5) outline a plan of action to achieve identified goal(s), and (6) use the WAFCS mentoring initiative as a means to invest in their professional development.

Mentors in this WAFCS initiative will (1) foster sharing with mentee to get to know each other on a personal and professional basis, (2) collaborate with mentee to set goal(s) reflective of their professional needs, (3) determine with mentee the most effective modes of communication for them to use, (4) outline with mentee plan of action to pursue one, or more, of their goals, and (5) support ongoing professional development. Mentor requirements for this WAFCS initiative include (1) a minimum of five years as a FCS professional, (2) commitment to a one-year field test of this mentoring initiative (April 2014 – March 2015), (3) current member of WAFCS, (4) currently fulfilling a professional / management/volunteer role that utilizes your FCS expertise, (5) will communicate with mentee on a regular basis, and (6) provide an update to WAFCS Director-at-Large New Professionals regarding your progress three times during year (July and November of 2014, March 2015).

Do you have enough time to participate in this mentoring field test? Check out the WAFCS website for the <a href="Mentoring Initiative Q & A">Mentoring Initiative Q & A</a> document that addresses time commitments and other concerns. You may also submit your own questions regarding the field test as per the instructions in the Q & A document. Come one, come all! WAFCS is ready to support all new FCS professionals (both WAFCS members and non-members) as a service to our profession. Refer to the <a href="WAFCS website">WAFCS website</a> to locate the mentee and mentor applications. <a href="All applications are due by March 15">All applications are due by March 15 and may be returned electronically to Catherine Lader at <a href="jclader@inwave.com">jclader@inwave.com</a>.

# New Member Spotlight



# Victoria Colle, Indian Mound Middle School Teacher, McFarland

#### How did you discover the field of family and consumer sciences?

I originally wanted to become a 4-H Youth Agent and never really planned to "teach" in the traditional sense. I was told I needed a BS in home economics education to be a 4-H agent. After college, I married and started my family. When the children got old enough, I was asked to be a substitute teacher for their school. I took classes to renew my license and eventually got a job in FCS.

New to WAFCS?
We'd love to feature
YOU in the next
WAFCS Newsletter!
Please contact WAFCS
Executive Director
Tiffani Roltgen, CFCS,
at askwafcs@gmail.com
or 608-513-9433.

#### What made you decide to join AAFCS/WAFCS?

It seems WAFCS is doing a lot of the same things as the organization I have been a member of for quite a few years, Wisconsin Family Consumer Educators. Both groups are seeing membership numbers going down. The time was right for me to become a member of both (and WAFCS had a great incentive to join!).

#### Tell us a little bit about your career path.

When my children started school, I was offered a part-time position as librarian in their parochial school. I learned all I could about the job and stayed there for five years. I also was part-time library assistant at the local high school. I moved to West Allis and found another part-time job with a parochial school teaching computers and technology. It was a shared position in two buildings. I also was in charge of the weekly newsletter. I was at that job when I spoke to the principal at my son's school and found they were looking for an FCS teacher at the middle school. I applied and was hired. I stayed there for five years and then relocated to my present position at Indian Mound Middle School in McFarland. I am currently in my ninth year at McFarland, and I hope I will be able to stay until I retire!

#### What does a typical day in your job look like?

I am on the road by 6 a.m. so I can get to work by 7 a.m. That allows me an extra "prep time" before students arrive. Students start coming in at 7:45 a.m., and I have a homeroom with 6th graders until 8:15 a.m. My class periods are 42 minutes each, so food labs are interesting! I see all students for nine weeks. Each day I have two classes of 6th, 7th, and 8th with a couple prep periods and lunch thrown in for good measure. Sixth grade FCS is an exploratory class. We cover more topics for a shorter period of time. In seventh grade, I teach empathy, sewing, food and nutrition, and financial literacy. Eighth grade topics are human growth and development and sewing. I will often have meetings or students in after school, so I don't get home until 5 p.m. or later.

#### What do you enjoy most about your job?

I love seeing the students each year and how they have changed physically and emotionally. My favorite class to teach is human growth and development. Students want to know this information, and I have a variety of speakers who share their knowledge. The information is always changing, and I can bring in current topics. I also work in an AWESOME district; my building is particularly great. There is a strong work ethic, and the administrators are always striving to include staff in decision making.

#### How do you stay current with family and consumer sciences trends and info?

I stay current by networking on social media sites (Facebook, Linked In, Twitter) and attending conferences.

#### Any family or hobby information you'd like to share?

My husband and I are empty nesters to five children. One lives in Madison, but the rest are in the Milwaukee area. We have one 2-year-old granddaughter. We live in the country ten miles west of Monticello and have a dog that keeps us on our toes. I enjoy gardening, making new foods, reading, and sewing. When I retire I hope to do a lot more sewing.

#### What is your best advice for new teachers and FCS professionals?

My advice for new teachers is to find a way to collaborate with other professionals in your area. "Borrow" as much information and curriculum as you can, and make them your own. My teaching is always evolving and changing, and I hope it is for the better!

# WAFCS FOUNDATION

#### CALL FOR RESEARCH GRANT PROPOSALS AND SILENT AUCTION ITEMS

By Jean Zeithaml, CFCS, WAFCS Foundation Member-at-Large and Susan Turgeson, CFCS, WAFCS Foundation Treasurer

### **Professional Project/Research Grant**

The Wisconsin Association of Family and Consumer Sciences Foundation will award up to \$1,000 in grant money for a special project or research proposal related to the field of Family and Consumer Sciences. Applicants must hold a bachelor's degree and be a current member of AAFCS/WAFCS. The grant recipient will acknowledge the grantor and share his/her project/research findings or results with the WAFCS/AAFCS membership via a WAFCS newsletter article and/or presentation at a WAFCS and/or AAFCS Annual Meeting. Preferably, the grant recipient will be present at the 2014 WAFCS Annual Conference to receive the award.

To apply for a grant, applicants should submit a one- to two-page proposal (preferably electronically) to Karen Goebel, WAFCS Foundation Chair, at <a href="kpgoebel@wisc.edu">kpgoebel@wisc.edu</a> AND Vera Riley, WAFCS Foundation Member-at-Large, at <a href="verari-ley@aol.com">verari-ley@aol.com</a> no later than February 15, 2014. For questions, contact Karen at 608-444-2652. The grant recipient will be announced at the 2014 WAFCS Annual Conference in Warrens on Friday, March 28.

Proposals must include:

- Name, address, phone number, e-mail address, and AAFCS member number of applicant(s).
- Project description and objectives (or statement of problem and justification, research objectives, and methodology or procedure).
- Proposed time frame for the project/research.
- Amount requested with rationale for request, e.g., how grant funds will be used.
- Plan for dissemination of project results/research findings.



#### **Items Needed for ONE-DAY Silent Auction**

The Silent Auction held during the WAFCS Annual Conference is the Foundation's primary fundraising activity. This year's format will be a little different in that it will be a ONE-DAY event for the first time, so time is of the essence. Come prepared to "bid high and bid often," and we'll add "bid early!"

Please consider donating good quality items to benefit scholarships, professional grants and stipends, travelships, and WAFCS organizational membership in the International Federation for Home

Economics (IFHE). "Themed" or pamper baskets are popular as well as homemade items. If you make arts, crafts, pickles, or jam, share an example of your creativity for this good cause. Consider requesting corporate donations as well. Contribute items from your international travels and vintage jewelry or decor. Re-gifting is permissible! Bring your donated items or send items by March 24 to Jean Zeithaml, 2536 East Princeton Avenue, Eau Claire. WI 54703.

Please bring your donations to the auction and come prepared to BID HIGH, OF-TEN, and EARLY in Warrens. It's always a fun time—see you there!

#### **Recent Donation**

The Foundation is especially appreciative of a \$2,171 donation from an **Anonymous Donor** who took advantage of the charitable IRA legislation which allows a donation to be made directly from an IRA to a non-profit organization without having the distribution count as taxable income.

## 2013-2014 WAFCS Foundation

Karen Goebel, CFCS Chair 608-238-8766 kpgoebel@wisc.edu

Susan Turgeson, CFCS
Treasurer
715-346-2263
sturgeson@outlook.com

Vera Riley, CFCS Member-at-Large 608-798-2182 verariley@aol.com

Jean Zeithaml, CFCS
Member-at-Large
715-962-4248
rzeithaml@centurytel.net

# WAFCS FOUNDATION

#### TEACHER STIPENDS AVAILABLE TO SUPPORT CONFERENCE ATTENDANCE

#### **Teacher Stipends for WAFCS Conference Attendance**

As the Wisconsin Association of Family and Consumer Sciences Foundation has been supportive of student members and their attendance at the WAFCS Annual Conference, the Foundation has decided to expand its reach to our professional members. In light of budget cuts and financial constraints in many of the school districts, teachers are often limited in the amount of time that can be spent out of the classroom for professional development activities. It has been pointed out that the availability of funds to pay for a substitute teacher could be the difference in having some of our teaching members be able to attend our conference or not. The Foundation is poised to address this concern by offering three stipends of up to \$125 each to support classroom teacher attendance at the 2014 WAFCS Annual Conference. All applicants will be notified prior to the registration deadline of February 28 and will be reimbursed after conference attendance and submission of appropriate expense documentation. Preference will be given to first-time professional WAFCS Conference attendances.

To apply for a stipend, classroom teachers should submit a brief statement (preferably electronically) to Karen Goebel at <a href="mailto:kpgoebel@wisc.edu">kpgoebel@wisc.edu</a> AND Vera Riley at <a href="mailto:verariley@aol.com">verariley@aol.com</a> no later than February 15, 2014. For questions, contact Karen at 608-444-2652.

The application must include:

- Name, address, phone number, e-mail address, and AAFCS member number of applicant.
- Brief statement of how a \$125 stipend would make the difference in being able to attend the conference or not and how it would be used (substitute teacher cost, registration fee, travel & lodging, etc.).
- Indicate if you are a first-time professional WAFCS Annual Conference attendee.

WAFCS FOU	NDATION DONATION FORM
\$Other	\$100\$50\$25
Name:	
Address:	
City/State/ZIP:	
In memory of:	
In honor of:	
AAFCS/WAFCS is a 501(c)(3) not-for-profit organization.  All contributions are tax deductible.	Please send a card acknowledging this gift to:
Make checks payable to WAFCS Foundation:	Name:
Karen Goebel 1821 Camelot Drive	Address
Madison, WI 53705	



## 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: <a href="mailto:askwafcs@gmail.com">askwafcs@gmail.com</a>

## 2014 Calendar of Events

March 9	WAFCS "Panera, Painting, and Pinot"
	Networking Event (Fitchburg, WI)
March 27	WAFCS Council Meeting
	(Three Bears Resort, Warrens, WI)
March 27-29	WAFCS and WICFR Joint Conference
	(Three Bears Resort, Warrens, WI)

June 25-28

Submit newsletter content to <a href="mailto:askwafcs@gmail.com">askwafcs@gmail.com</a>

**AAFCS Annual Conference** 

(Hyatt Regency St. Louis at The Arch)



Connect with us via web-enabled phone or log on to <a href="https://www.wafcs.org">www.wafcs.org</a> today!

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Click here to register now for the WAFCS Conference!