

# WAFCS E-NEWSLETTER

WISCONSIN ASSOCIATION OF FAMILY AND CONSUMER SCIENCES

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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.

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## 2016 WAFCS Annual Conference

March 31, April 1 and April 2.

Radisson Hotel, Madison, WI

**Mark your calendar now!**



IMPROVING THE  
**Health and Well-Being**  
of a Changing Society

The 2016 Annual Conference will be a unique combination of offerings based on the **7 Dimensions of Wellness**. These are:

Spiritual  
Physical

Emotional  
Career (includes  
financial)

Intellectual  
Environmental  
Social

Program highlights include:

### ELIZGREENE Embrace Your Heart

Eliz Greene survived a **heart attack** at age 35 while **pregnant with twins**. Her entertaining keynotes have inspired thousands to make small changes to improve heart health so they can live longer, feel better, and stress less.



### Robert McGrath Living with Vitality

Robert is a psychologist with expertise in health psychology, authentic happiness, mind/body wellness, stress management. He is coordinator of mind/body wellness services, University Health Services



**Sarah Halpern-Meekin “It's not like I'm poor: How working families make ends meet in a post welfare world.”**

Assistant Professor Sarah Halpern-Meekin of the Department of Human Development and Family Studies in the School of Human Ecology (<https://sohe.wisc.edu/staff/sarah-halpern-meekin/>) has just published a book titled "It's not like I'm poor: How working families make ends meet in a post welfare world." The book has gotten coverage in the New York Times and on CNN Money among other media outlets.

**Friday afternoon**, a panel of experts from WI Department of Public Instruction, CTE coordinators and practitioners in the field will participate in a panel on “**College, Career and Life Readiness**”. Following the panel will be Round Table discussions with the panel participants.

**Saturday morning** attendees may choose a one hour **Gatekeeper Training for Suicide Prevention**.

**Twenty+ breakout sessions on Friday and Saturday** have been chosen to meet the needs and interests of the diverse conference group of educators, business professionals, university students, and retirees.

**A Silent Auction** for the benefit of the WAFCS Foundation will take place all day **Friday**. **Exhibitors** will provide information about their products/services on **Friday**. A **Student Mentoring Session** will be held **Friday afternoon**.

**Thursday, March 31** is a pre-conference day with a theme of “**Advocacy for FCS - The Time is Right. What can I do?**” With the need for FCS educators, participants will explore tools in support of family and consumer sciences education with a possible visit to legislators at the state capital.



These are just a few of the highlights of the 2016 Wisconsin Association of Family and Consumer Sciences Annual Conference. **Program at a Glance and Registration information will be sent out early December.**

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Nominations **due today** for **Teacher of the Year, Leader, and New Achiever!** If you know of someone who you believe is deserving but you don't have time to fill out a nomination form, just send your nomination name to Carolyn Barnhart. [barnhartc@uwstout.edu](mailto:barnhartc@uwstout.edu). TODAY!

**Good News!!** *The AAFCS Board of Directors voted recently to reinstate national recognition for the Leader Award and the New Achiever Award as of the 2017 national conference.* National recognition of these two awards was suspended as a cost cutting measure as the Board worked for a balanced budget. After concerns were expressed by affiliates, led by a very succinct letter from your president, Mary Kennedy, the decision has been reversed. Thank you, Mary, for your efforts in the reinstatement of these awards.

## A Message from your President..

How do you respond when people ask what you do or what you teach? Do you answer with “I’m a FACS or FCS teacher?” When people say “Oh, that’s the old Home Ec., right?”, how do we react? At the American Association of Family and Consumer Sciences (AAFCS) Leadership Council held in Alexandria, VA this past September, participants were asked to think about how crucial our responses and reactions are to those questions. Have we as a discipline truly changed? Do we want people to see us as the “old Home Ec.” stereotype? Don’t we have much more to offer?



Do we want to move forward as a recognized integral influence in society? How we respond is critical. It can open people’s eyes and minds to the vital role that Family and Consumer Sciences plays in our modern, technological society. **First of all**, we must all speak the same language. Avoid the acronyms when addressing the general public, such as parents, friends, school board members, etc. We should state completely that we are Family and Consumer Sciences educators and professionals. If we need to use an acronym, the recognized ones accepted by AAFCS are FACS or FCS.

**Secondly**, we need to have a ready positive response to quickly define what we do as educators and professionals. For example, isn’t our work really based on science, research and best practice? Don’t we actually use this science, research and best practice to address continuing concerns facing individuals, families, communities and societies? A good response may be, *“We had our beginnings with Home Economics and we have changed with the times. Our central focus is still the family as we apply a body of knowledge based on science, research and best practice to help individuals, families, and communities not just survive but also thrive in today’s society.”*

**Thirdly**, never underestimate the power of your words in the promotion of our field of study. Your confidence and posture can help others rethink or understand better our professional and personal discipline for the betterment of society.

**Lastly**, follow through with actions that support your words. If anything, it opens the eyes and minds of others to our dedication and commitment personally and professionally to help inform others about the value of Family and Consumer Sciences Education.



**What are you doing to participate in FCSday and “Dine In” ?**

## Calendar of Events

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### November 15, 2015

- Information for WAFCS Annual Conference due

### December 15, 2015

- Information due for 2016 Winter Newsletter

### January 9, 2016

- WAFCS Board Conference Call  
9:00 - 10:00 a.m.

### February 13, 2016

- Protege Plus Resource Rally  
Westby-Norse School District

### March 31, 2016

- WAFCS Council Meeting
- 7:00 pm

### April 1, 2, 2016

- WAFCS Annual Conference  
Radisson Hotel, Madison, WI

### April 15, 2016

- Summer Newsletter  
Information due

### June 22-25, 2016

- AAFCS Annual Conference,  
Bellevue, WA

\*Send newsletter info to:  
executivedirector@wafcs.org

## WAFCS Presents "STAR Events – GEAR UP"

**WHO:** For new advisers & postsecondary FCS students  
**WHAT:** Resource Rally  
**WHERE:** New Glarus High School  
**WHEN :** Saturday, November 21<sup>st</sup>  
9:00 am to noon  
**HOW:** Thanks to funding by WAFCS this program is being offered at no charge.

### Here's the Plan:

- ★ Learn how to use event Rubrics with members
- ★ Demonstrate translating event guidelines to student friendly format
- ★ Managing STAR Events and tips to do this
- ★ Resources for advisers
- ★ Learning strategies for integrating FCCLA into FCS classes
- ★ Networking with other FCS professionals

### Interested?

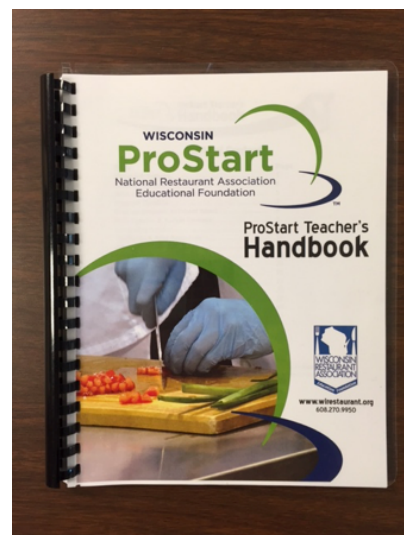
- ★ Contact Ms. Julie Martin, New Glarus FCCLA & WAFCS Protégé Plus Co-Chairperson at [julie.martin@ngsd.k12.wi.us](mailto:julie.martin@ngsd.k12.wi.us)
- ★ In need of lodging or have further questions please do not hesitate to contact Julie at above email address.

**FCS Resource Rallies are provided by WAFCS Protégé Plus mentoring program.  
Protégé Plus – "Advancing the Field through Mentorship"**

Please watch for information about the next Protege Plus Resource Rally on February 13 at the Westby-Norse School District.

### **Attention ProStart Teachers!**

Kayla Correll and Russ Tronsen created an extensive "teacher's guide" this past summer that includes lesson plans, recipes, competition guides, service learning ideas, SLO samples, and other helpful information all related to teaching ProStart. It is a FREE resource that will soon be available online. If you'd like a copy right away, please email the WI ProStart Coordinator, Alex Newman, at [ANewman@wirerestaurant.org](mailto:ANewman@wirerestaurant.org)



**@AAFCS\_WI**

### **Follow WAFCS on Twitter!**

What is twitter? Twitter is an online social networking service that enables users to send and read short 140-character messages called "tweets". Registered users can read and post tweets, but unregistered users can only read them

New to twitter? Here's how to join:

1. go to [www.twitter.com](http://www.twitter.com)
2. in the top left corner, click "sign up"
3. create your account and log in
4. In the search box at the top of the screen, search for "WAFCS"
5. Find our picture and click "follow"



### **Keep in touch!**

Log on to [www.wafcs.org](http://www.wafcs.org)

Find us on Facebook. Search **WAFCS**

Log on to [www.aafcs.org](http://www.aafcs.org)

Request to join: [Family and Consumer Sciences Teachers Facebook page](#)