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# WAFCS NEWSLETTER

WISCONSIN ASSOCIATION OF FAMILY AND CONSUMER SCIENCES

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Founded in 1921 Fall, 2015 Issue

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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.

## Protégé Plus - Going Strong!

Protégé Plus - Advancing the Field through Mentorship - is sponsored by WAFCS. Initiated in 2012 and continuing to the present, Protégé Plus – Tier I began with One-to-One Mentoring. Many thanks to Cathy Lader for her vision and commitment to this initiative. At the WAFCS 2015 annual conference, Stephanie Love, Vice President of Membership and Julie Martin, new professional, stepped forward to initiate Tier II. Alissa Uttech has just accepted the position of Director of New Professionals and will be working with Stephanie and Julie. Tier II encompasses Resource Rallies and sessions to further professional development of young FCS professionals. Seasoned professionals are available by way of a resource directory to provide their expertise.

The first Protégé Plus Resource Rally was held at NASCO, Fort Atkinson in August, 2016 in association with NASCO's Teacher Appreciation Day. Theme:

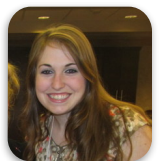
### **Protégé Plus Responds to "What does it mean to be a Professional?"**

The five key guiding components that participants considered and will consider at future rallies are

- ⌘ I contribute to my life-long learning as a professional by actively participating in a learning community.**
- ⌘ I pose questions that will cause me to reflect on current practices and make changes to further my understanding of learners and/or FCS content.**
- ⌘ I read/study FCS and/or educational materials that are research based.**
- ⌘ I am willing to share a lesson, activity, unit, etc. that I developed and field tested with students.**
- ⌘ I will be part of a professional community/organization that connects me with state and/or national FCS/educational initiatives and research.**



A report of the NASCO Resource Rally follows on the next page. Tier I continues through the efforts of Cathy Lader - [jclader@inwave.com](mailto:jclader@inwave.com). An application to participate can be found at [www.wafcs.org](http://www.wafcs.org) under the New Professionals link. Additional Rallies under Tier II will take place around the state. Contact Stephanie at [loves1989@my.uwstout.edu](mailto:loves1989@my.uwstout.edu) and Julie at [juliemartin834@gmail.com](mailto:juliemartin834@gmail.com), for more information.



## NASCO's Teacher Appreciation Day Report

### Protégé Plus Resource Rally

- The FCS group got together at NASCO to share resources and ideas that teachers can use to enhance classrooms.
- Julie Martin talked about the "Inside Scoop" and gave tips for first year teachers as well as provided useful information for seasoned professionals.
- Everyone brought a resource or a lesson plan and shared with the rest of the group.
- We toured Nasco and learned how they make their catalogues and products to enhance teaching experiences.
- There were 46 booths that had products from Nasco's education line, as well as other educational suppliers that provided free resources.
- Everyone was a recipient of either a NASCO door prize or an FCS door prize courtesy of Protégé Plus.
- This wonderful Resource Rally was put on by Stephanie Love and Julie Martin.



**Alissa Uttech**

*WAFCS Director of New Professionals*

I am from Merrill, WI and I plan to graduate in the fall of 2017. I am majoring in Family Consumer Sciences Education and minoring in psychology and health education. Upon graduation my plan is to go back to my hometown and teach at the high school. I plan on getting very involved in FCS classes. After a couple years of teaching I would like to get my masters in an area of child development. I have been involved in the college chapter SPAFCS (Stevens Point Association of Family Consumer Sciences) for 4 years and have been the social coordinator for two years. I have also been involved in the Student Unit conferences, WAFCS conferences, and this last summer I attended the AAFCS national conference in Florida. I also judged an FCCLA event. I attended the HOSA HOPE, Health Science, and NASCO teacher conference. I enjoy attending FCS events to gain more knowledge to become a better FCS professional, while meeting and creating friendships with people who share the same interest and passion as I do.



### AAFCS Tidbits -

Carolyn Barnhart  
being sworn in as  
President of  
AAFCS

Fun at Sun and  
Sandals Reception





## ***A Message from your president - Mary Kennedy***

By now schools and universities are in full swing. What are students learning? Why

are they learning? How will they use the information now or in their futures as individual, families and communities? Family and Consumer Sciences is, in my opinion, the absolutely most essential topic needed for today's individuals, families and communities. When family is the focus in positive, meaningful ways for well-being and sustainability, everyone comes out a winner.

In the last WAFCS newsletter, I referred to the AAFCS "Strategic Priorities", which provide a desired destination for AAFCS and our field of Family and Consumer Sciences. Leadership Council Training at the AAFCS Annual Meeting in Jacksonville clarified the direction we need to go based on our core values and overall mission. Jeanne Schwass-Long and I attended the one day session feeling good about how we were trained and where we can move strategically

and collectively to achieve greater success as an organization.

The three **Strategic Priorities** include: 1) **Advocacy and Collaboration** to enhance the visibility and impact of Family and Consumer Sciences, 2) **Education and Recognition** to promote excellence in individuals, programs and institutions, and 3) **Research and Innovation** to validate, guide, and advance the Family and Consumer Sciences Body of Knowledge. Each of these priorities was presented, explained and clarified with goals and desired results spelled out. Our AAFCS Mission being to provide leadership and support to 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.

May these **Strategic Priorities** be the basis for our efforts to plan WAFCS Fall Meetings, implement classroom activities, volunteer within communities, hold offices, and overall when we make connections with others as we share our mission and core values related to Family and Consumer Sciences.

**Nasco offers one-stop shopping for all your Family & Consumer Science supplies!**

**New products to help promote the field of Family & Consumer Sciences.**

**Now Offering! Expanded Culinary and Food Service Items!**

**New!**

**YES TO FaCS**

**I LOVE FaCS**

**FaCS is for ME**

**LOOK OUT FUTURE FaCS teacher!**

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**FACS Life Skills Poster**

**2015 Life Skills Education FAMILY & CONSUMER SCIENCES**

**KitchenAid**

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## Member News



Dear WAFCS colleagues,

Thank you so much for the humorous cards, kind words, and encouragement this summer. I truly appreciate your thoughtfulness and support through this journey. Currently, I'm undergoing chemo treatments and anticipate those ending in January. I'm looking forward toward spring semester and seeing all of you at the state meeting.

Sincerely,

Diane Klemme

**From Molly Hundt** – I am definitely feeling better. I am still receiving chemotherapy every week, but overall I'm starting to feel closer and closer to normal. As I'm not quite ready for the demands of a full-time teaching job, I am trying my hand at subbing and hopefully continuing to do that more throughout the school year. I greatly appreciate the support and messages from my fellow WAFCS members. Molly Hundt



### Congratulations Chris Kniep! NEAFCS Educator of the Year

Epsilon Sigma Phi is the national extension organization open to all Extension Educator and administrators (not subject matter based) ESP is dedicated to fostering standards of excellence in the Extension System and developing the Extension profession and professional. I have been selected for the Central Region Continued Excellence Award – one is awarded in each of the four Extension regions in the country. The Continued Excellence award is for:

**Continued Excellence** - Experienced Extension professional with 20+ years who has exhibited continued leadership, initiative and excellence in the Extension program or administration, on a chapter/ regional/national level. Members are eligible for nomination five years after receiving the chapter DSA Recognition.

The nomination summary that was submitted stated:

#### Continued Excellence Award

*Christine Kniep*

Christine Kniep has exhibited continued leadership, initiative, and excellence in UW-Extension program planning, delivery, and evaluation in the Family Living Program on state, regional, and national levels. She is a tireless advocate of ESP, serving in elected positions, on committees, and as the unofficial ESP cheerleader for recruiting new members. Chris' research, teaching, and scholarship over a 30-year career in UW-Extension is transformational. A number of her programs, including Grandparents Raising Grandchildren are statewide models.

## Consider Making a Year-End Contribution to Honor, Memorialize, or in Lieu of Gifts

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

We've all heard it and maybe we've even said it, "I don't need anything!" when asked for a gift suggestion. Next time, suggest your desire to channel gifts toward your favorite cause(s) instead. Learning that a non-profit has benefited from gifts given in your name is an honor and a joy. Financial gifts made in honor of family and friends at special times such as a birthday, wedding, anniversary, or the birth of a child or grandchild are gifts of love. This type of contribution can also make a very thoughtful holiday gift for a relative or friend. Contributors to the WAFCS Foundation have often honored a loved one or friend and memorial gifts honor those who have lived a life of service. Making gifts in recognition of others offers a wonderful way to affirm their personal priorities and values.

Also, as the end of the year approaches, you'll be contacted by multiple charitable organizations for year-end contributions. Some people spread their giving around, but most experts advise to focus on your passion and concentrate your giving to what you are about and what you believe is important. Support those things that have meant the most to you. Your Foundation asks you to make a decision to support the profession of Family and Consumer Sciences that affected your career choice, personal life, and probably introduced you to some of your dearest lifelong friends. "Do your givin' while you're livin', so you'll be knowin' where it's goin'!" is a favorite line of WAFCS Foundation Board Chair, Karen Goebel!

### Foundation Donations Make Unique Gifts/Honors

We admire and appreciate members' creativity in making contributions to the WAFCS Foundation as a unique way of honoring their colleagues. **Carolyn Barnhart** made a donation in honor of **Susan Turgeson** completing her doctorate degree. **Susan Turgeson** made a donation in honor of her mentors, **Cathy Lader** and **Carolyn Barnhart**. Thanks, also, to **Barbara George** for returning her \$300 Leader Award Travelship to the Foundation.

Five of **Karen Goebel's** colleagues donated to the Foundation in memory of Karen's mother, **Gertrude Goebel**, who passed away at the age of 105 on July 15, 2015. They were **Carolyn Barnhart**, **Janet Powell**, **Jeanne Schwass-Long**, **Vera Riley**, and **Jean Zeithaml**.

### Your Foundation Contributions at Work

The future of our association and profession is in our collegiate and new professional membership. Therefore, the Foundation awards **undergraduate scholarship(s)** and **travelships** to support student attendance at national/AAFCS as well as state/WAFCS annual conferences. **Teacher stipends** have also been offered to encourage state conference attendance.

**Professional Project/Research Grants** have been awarded to professional members since 2009. **Professional travelship** support is offered to the WAFCS Teacher of the Year to attend the AAFCS Annual Conference the following year when they are in consideration for national recognition. The Foundation also pays the WAFCS annual association **membership dues in the International Federation for Home Economics** to support our profession at the international level.

Consider making a year-end contribution to make an investment in the future of our profession! AAFCS/WAFCS is a 501 (c)(3) not-for-profit organization and all contributions to the Foundation are tax-deductible. Thank you for your support!

## WAFCS Business

### 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 & send to:

Karen Goebel,  
Chair WAFCS Foundation  
1821 Camelot Drive  
Madison, WI 53705 Ph: \_\_\_\_\_

### Nominate Someone Special!!

Time to start thinking of someone in Wisconsin who deserves to be nominated for one of these awards.

**WAFCS Leader Award**

**WAFCS New Achiever Award**

**WAFCS Teacher of the Year Award**

**Nominations are due by November 1.**

Information is available on the website under Forms and Applications:

[www.wafcs.org](http://www.wafcs.org)



**Veronica Campbell**  
**2014 WAFCS Teacher of the Year**

## WAFCS Information



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

**WAFCS 2016 Annual Conference**  
**March 31, 2016 - PreConference Day**  
**April 1, 2, 2016 - Conference Days**

Featuring **ElizGreene**, keynote speaker. Eliz survived a heart attack at age 35 while pregnant with twins.

She will have you up and dancing, shouting Woo Hoo while sending you home with simple wellness strategies you can use right away. Heart attack survivor, adaptive move specialist, and wellness expert Eliz Greene delivers down-to-earth strategies with hearty laughter and compelling personal stories. Her presentation will inspire you to **improve heart health** so you can **live longer, feel better, and stress less**.



**Robert McGrath**, UW Madison - keynote speaker, will talk on **Living with Vitality**. Robert McGrath is the Coordinator of Mind/Body Wellness Services at University Health Services. A trained psychologist, Robert has expertise in health psychology, authentic happiness, mind/body wellness and stress management.

Reserve the conference dates now! This is just a sampling of outstanding presenters you will enjoy at this conference.

**Do you have an expertise you would like to share in a Break Out session?** The deadline of October 4 for submitting your proposal is quickly approaching. The proposal form is available at [www.wafcs.org](http://www.wafcs.org) under conference information. It is available under **State** (right hand column) in PDF or Doc format.

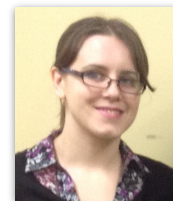
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### Sharing Information from the Student Unit Officers

**Hailey Ruff**. Uw Stout. I am social communication chair of the Student Unit. I will graduate in May with a family and consumer sciences education degree. I love sports and being outside. I enjoy cooking, sewing, and couponing. Family and friends are very important to me. I am a member of the Stout Association of Family and Consumer Sciences and Phi Upsilon Omicron. I am also the family and consumer sciences student ambassador and the family and consumer sciences student representative for the College of Education, Health, and Human services. I work for UW Stout's event technology crew in the student center. I would like to get the student unit more involved within the community.



My name is **Michelle Lindsay**. I am secretary of the Student Unit. I am a non traditional student at UW-Stevens Point, 23 years old, senior majoring in FCS, child youth and family studies option, minoring in Anthropology with interests in nutrition, sustainable lifestyles, parenting, and resource management. I have studied abroad and have strong feelings about diversity appreciation and cooperation. I hope to help make this year's student unit conference a success!



My name is **Brianna Laabs**, and I am this year's vice president for the Student Unit of WAFCS. I am also this year's president for SPAFCS (Stevens Point Association of Family and Consumer Sciences). I am currently a junior at UWSP, and plan to graduate in spring 2017. I am incredibly excited about my future in FCS, and I am looking forward to getting out into the field. We are currently working on our student unit conference for the fall, which will be held on November 14th. We are going to be making bread for the Salvation Army Hope House and be delivering it that day. We are very excited for the other activities and programs that are currently in the planning stage of the conference.



## Dealing with Alzheimer's

### Making Memories with Mom by Jeanne Schwass-Long

My mother Jane is 93 years young and is experiencing Alzheimer's disease. She has lived in assisted living for 5 years and was moved to Memory Care after fracturing her hip in March 2015. She is fortunate to be at Waterford Senior Living, a facility that is clean, has excellent activities, caring workers, and great homemade food.

As mom's memory changes, I realize it is now our job to become her memory. Suggestions given are to 1) spend time with her 2) Make a memory scrapbook / box with her while she can enjoy it. 3) Find old pictures, of her as a child or of her family home and talk about them. 4) Have pictures with both of you and other family members – list the names of each person on the back and list the activity with date. 5) Add old love letters and meaningful bits of jewelry, prize winning ribbons, a dried corsage and pieces of music to the memory box. 6) Sing her favorite old time songs.

Mom has a memory jar made while in assisted living. It contains many colored slips of paper with open ended statements on which she wrote her thoughts and ideas. We now open the jar, pull out a slip, read her memory and she fills in the story.

Suggestions that have helped me communicate with mom include: 1) Turn off the TV or radio before you start talking. 2) Keep what you are telling her short and simple, but not CHILDLIKE. 3) Be patient, give her lots of time to answer your question. 4) Give her lots of time to finish what she is trying to say, don't butt in! 5) If she loses the thought, ask the same question again. 6) Pay close attention to what her body language is telling you.

In July, four family members took her to the Racine County Fair. This is the fair we attended while growing up on the farm as 4H members. On the way there we shared memories of past fair experiences. Mom even told how exciting it was to exhibit projects when she was a 4Her. When we arrived at the Fair she commented on the sounds and smells of the fair. We took turns pushing her wheel chair from barn to barn and exhibit to exhibit. In the Dairy barn we found granddaughter Debbie and great grand kids 5. They proudly showed GGMA their ribbons and shared some of the show ring experiences. Time for a photo of GGMA Jane and the 3 generations and away we go. After seeing the projects of sheep, chickens and rabbits we headed to the crafts and jewelry displays. She was so proud every time she saw a name she recognized, telling stories of her showing days. Lunch time was the biggest treat ever. She wanted a fair hamburger, fries and lemonade eaten outside at a picnic table. A pictorial display on 100 Years of 4-H in Racine County brought back many memories of 4-Hers we had known and worked with. We reminisced with mom over so many great memories. On returning home, she shared it was one of the best days yet.

A simple lesson I have learned is to take it slow and share experiences she has had throughout life. Mom will fill in the details! It's a win-win situation because I always learn something new about her.

Jeanne Schwass-Long

Helpful resources: Alzheimers & Dementia Alliance of WI [www.alzwissc.org](http://www.alzwissc.org)

Playbook on the Web: [www.alzheimersplaybook.com](http://www.alzheimersplaybook.com)





## Teacher's Corner..

Julie Kryll is a first year teacher in the Shawano School District. We are delighted she shared this lesson with us. She developed a Power Point to deliver the lesson. If you would like more information about the powerpoint, contact Julie at [kryllj@shawanoschools.com](mailto:kryllj@shawanoschools.com)

### Flowerpots and Families

Write a definition for the word "family." Share.



### Flowerpot/ Family Analogy

Julie's power point analogy includes: a definition of family, flower pots are like families, the fragility of families, what it takes to mend broken families, and what it takes to build strong families. Throughout, she uses the flower pot analogy. Broken flower pots are rebuilt and glued together.

*"I did this project with my 8th grade FACS classes. Both of my classes only have 8 students so we worked as a team to rebuild our flowerpots. I think this is a project that they will remember for a long time. They are now sitting on the window sill with beautiful yellow chrysanthemums."*



**Editor's Note: We would like to make this a regular part of the newsletters.**

**Teachers, please share lessons with [janetmpowell38@gmail.com](mailto:janetmpowell38@gmail.com) .**

## New Directory being published November 1

**Is your information up to date?** Have you changed your email address? Have you moved? Have you changed jobs or retired? Are you no longer using a business phone for your preferred phone number? **Please send me [janetmpowell38@gmail.com](mailto:janetmpowell38@gmail.com) any changes to your information before October 15.** Or you can sign into your "myaafcs" account and make your changes. That way AAFCS will have your correct information as well. **THANK YOU!**



## Family and Consumer Sciences

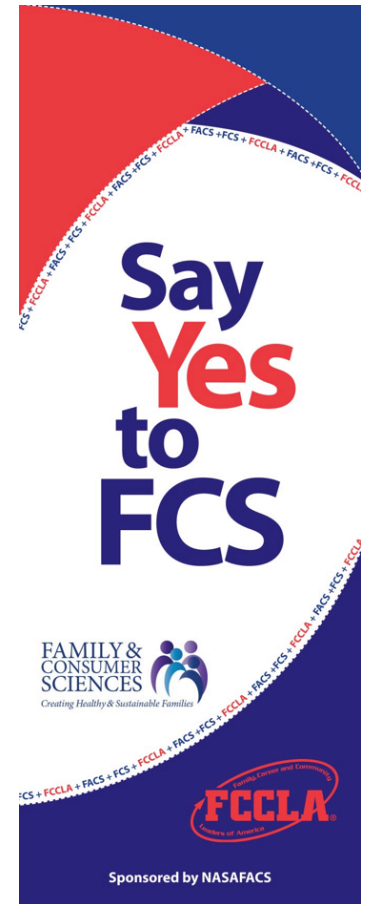
Family and Consumer Sciences is experiencing a shortage of candidates for the positions available in education and extension nationwide. More than 100 family & consumer sciences colleagues convened in Jacksonville, FL at the 2015 AAFCS conference to develop a national strategic plan for addressing the shortage. Carolyn Barnhart and Susan Turgeson from Wisconsin were participants in this process.

Individuals and institutions at the state and local levels are encouraged to take action to help fill the pipeline.

What can be done? The state of Indiana has formed a FCS Teacher Recruitment Task Force with the following goals:

- Recruit at least 10 FCS education candidates each year for each degree granting institution starting Fall 2015.
- Assist at least five emergency licensed teachers in the process of seeking permanent teacher license.
- Connect with business and industry personnel to fill open positions.

Let's use this framework to guide our actions. We must promote FCS education as a career. In addition to high school students, we can reach out to career changers and veterans to consider the field of FCS. Working together to share the message "Say Yes to FCS", we can fill positions with qualified candidates.



**Family and Consumer Sciences Day is December 3, 2015!** We want to double the participation in last year's commitment to "Dining In". This year, the goal is 200,000 commitments to

prepare and eat a healthy meal together on Dec. 3. To commit now, complete our simple [sign-up form!](#)

AAFCS has many resources available on the website <http://www.aafcs.org/FCSDay/resources.html>. You will find family meal and food-related articles, websites (some with recipes and cooking demos), and much more! Be sure to check out the templates for proclamations and press releases to help you promote.

WAFCS encourages you to make FCS Day special at your organization, agency, or school. Plan ways to celebrate and highlight your activities in social media using #FCSDay.





## **AAFCS Announces the 2015-16 TRAINING PASS!**

### **AAFCS is bringing you a new member benefit—the 2015-16 Webinar TRAINING PASS!**

Just like many of us may subscribe to Amazon Prime for shopping perks and 24/7 access to online entertainment, the TRAINING PASS provides 24/7 access to online professional development training at a very affordable price!

**The cost for the TRAINING PASS is just \$99 for professional members (includes both Professional and Emeritus categories of membership) and \$49 for student members (a \$41 savings!).** With the PASS, choose from [60+ high-quality archived webinars](#) to view at your leisure between September 1, 2015 and August 31, 2016. Additional archived webinars will be added through the year, and each webinar is worth 1 to 1.5 PDUs.

Whether you have suddenly been asked to teach a new content area, need research information at the last minute for a presentation, want to update your knowledge in a particular area, or need a convenient way to get professional development units, the TRAINING PASS to the AAFCS archived webinars is for you!

#### **To purchase the PASS, follow these easy steps:**

1. Go to <http://bit.ly/aafcspass>.
2. Log into your MyAAFCS account.
3. Complete the online order form.

Once you purchase the PASS, you'll be able to start viewing unlimited archived webinars beginning Sept. 1. If you have any questions, please contact Daila Boufford, AAFCS director of professional development, at [dboufford@aafcs.org](mailto:dboufford@aafcs.org).

Here's to a great year of learning!



**Wisconsin Association of  
Family and Consumer Sciences**

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### 2015-16 Calendar of Events

<b>October 15</b>	Membership Directory and E-Newsletter deadline*
<b>October 24</b>	WAFCS Board Conference Call
<b>November 15</b>	Annual Conf. Registration Info due
<b>December 15</b>	Winter Newsletter deadline
<b>March 31</b>	WAFCS Council Meeting
<b>April 1, 2</b>	WAFCS Annual Conference Radisson Hotel, Madison, WI
<b>April 15</b>	Summer Newsletter deadline*
<b>June 22-25</b>	AAFCS Annual Conference Bellevue, WA

\*Send newsletter info to: [executivedirector@wafcs.org](mailto:executivedirector@wafcs.org)

#### Keep in touch!

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Find us on Facebook. Search **WAFCS**

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