

# WAFCS E-NEWSLETTER

WISCONSIN ASSOCIATION OF FAMILY AND CONSUMER SCIENCES

Volume V, Issue I

August 2016



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.

## In This Issue:

Wisconsin in Bellevue	1
President's Message	2
Student page	3
New Dietary Guidelines	4
Chihuly Exhibit	5
Special Messages	6
Board of Directors	7



## Wisconsin Celebrates in Bellevue, WA

What a great AAFCS Annual Conference took place in Bellevue, WA.! We celebrated Carolyn Barnhart's year as AAFCS president. Mary Kennedy, WAFCS president, and Cindy Quilling, WAFCS president elect, attended an outstanding AAFCS Leadership Council meeting and are excited with the direction and initiatives of AAFCS. Carol Anderson, Sue Buck, and Karen Goebel were awarded Family and Consumer Sciences Legends. Susan Turgeson is president-elect for NAFACS. Carol Anderson, Susan Turgeson, Marcia Larson, Cathy Lader, and Sarah Puddy were presenters. A group of seven students from UW-Stevens Point represented our student unit. We learned from and enjoyed excellent sessions.



## Celebrating with Carolyn Barnhart as she completes her year as AAFCS president!



WA specialties provided by WA Affiliate



Carolyn and Grandson



Mary Kennedy and Cindy Quilling

## Message from New WAFCS President, Cindy Quilling

Greetings, WAFCS members!

*I hope this summer has found you rested, relaxed, traveled and maybe energized as we begin to look at autumn that is quickly approaching. My summer provided those things having just returned from a weekend of campfires and kayaking at our little log cabin in the north woods being inspired by everything that nature offers. It provided a perfect mindset to meet with your WAFCS Board to set our goals and directions for this coming year. As we do that what can we do for you? What might be your professional development goals and might you consider a leadership role on the WAFCS Board? As your president my goals are to relook at how we can better serve you at our regional levels. We will also identify the Wisconsin 'legends' within our organization that have served above and beyond. Lastly, we will place high emphasis on AAFCS signature initiatives ... 'Say Yes to FCS' and 'FCSFit'. Watch for more information! It is an honor to serve you as WAFCS president. Enjoy the rest of your summer remembering to connect with nature and the peace she provides.*



### AAFCS Legends

"Legends" are leaders featured in the new *Leaders in Family & Consumer Sciences* or previously released *African American Women: Contributions to the Human Sciences*, both published by Kappa Omicron Nu. Wisconsin is honored to be represented by three "Legends".  
**Carol Anderson, Sue Buck, Karen Goebel**





## Student Thank You

The National Conference for AAFCS in Seattle was amazing! Not only did we learn many new things, but we also got to network with people in Family and Consumer Sciences. The Washington chapter did a great job hosting the annual conference. The Stevens Point University Students had a wonderful time learning new things and experiencing the new FCS Fit movement. We biked for smoothies, did yoga, Zumba and a walk/run event that was 2 miles. We attended interesting break-out sessions and got information at the expo.

The UW-Stevens Point Students thank our WAFCS unit for the amazing opportunity to attend AAFCS National Conference! We were blessed with this great experience.

**THANK YOU SO MUCH FOR THE TRAVELSHIP MONEY!**

Andrew

Sarah

Megan

Alissa

Brianne

Christina

Randi

## Student Unit Officers for 2016-17

VP: Kaylee Lemke-Stout



President: Randi Miller  
Stevens Point

Social Communication: Kristen Nickles  
Stevens Point



Secretary: Kennedy Navis-Stout

AAFCS Session: **“Mealtime Conversations: What’s on the Plate of the New 2015 Dietary Guidelines for Americans?”** Review by Jeanne Schwass-Long, CFCS

*Recommendations For Professionals re: Dietary Guidelines for Americans 2015-2020, 8<sup>th</sup> edition*

Here is your chance to make a difference in countless lives, starting a few at a time. Take the challenge. “Based on the current body of nutrition science, The Dietary Guidelines is a “go-to resource” for policymakers, public health professionals and other experts working to improve the health of individuals, families, and communities across the nation.”

#1. Follow a Healthy Eating Pattern Across the Lifespan. Examples are the Healthy U.S.-Style, Healthy Mediterranean Style, and Healthy Vegetarian Eating Patterns. What really matters is the big picture: how a person’s food and beverage choices add up over their lives.

- Healthy eating patterns can help prevent obesity, heart disease, high blood pressure and Type 2 diabetes. Diet is one of the most powerful tools to reduce the onset of disease.
- Healthy eating patterns are adaptable. They can work for anyone, accommodating their traditions, culture, budget and likes in food.

#2. Focus on Variety, Nutrient Density and Amount. Healthy eating patterns need to: stay within the calorie limits for a person’s age, sex and activity level, meet nutritional needs and be achievable and maintainable in the long-term.

- Nutrient dense forms include: a variety of VEGETABLES, whole FRUITS, whole GRAINS, DAIRY products (as well as fortified soy beverages), a variety of PROTEIN foods including legumes, soy products, nuts and seeds and OILS from plants and those naturally present in foods: nuts, seeds, seafood, olives and avocados.

\*\*\*NOTE: these foods are only nutrient dense if prepared with little or no added solid fats, sugars, refined starches and sodium. \*\*\*

#3. Limit calories from added sugars and saturated fats and reduce sodium intake.

- Added Sugars: Limit to less than 10% of total calories daily. Fats: Limit saturated fats to less than 10% of total calories daily by replacing them with unsaturated fats and limit trans fats to as low as possible. Sodium: Limit to less than 2,300 mg daily to anyone over 14. Alcohol: Limit to 1 drink per day for women and 2 for men.

#4. Shift to Healthier Food & Beverage Choices. SHIFT= healthy substitutions- replacing typical food choices with Nutrient Dense alternatives. Healthy shifts can be within food groups or between them. An example is fancy cuts of meat to seafood or beans. Focus on small improvements as an opportunity to make healthy changes.

- Don’t Forget PHYSICAL ACTIVITY! Adults need at least 150 minutes of moderate intensity physical activity each week and MUSCLE-Strengthening exercise 2 or more days per week.

#5. Support Healthy Eating Patterns for ALL. The vast majority of Americans aren't following the recommendations in the DIETARY GUIDELINES. Professionals working together – with support from the public – can put the Dietary Guidelines into action around the nation: At Home, In Schools, At Work and In the Community.

The DIETARY GUIDELINES can help Americans eat healthier regardless of zip code, age, sex or ethnicity.

*Go to [health.gov/dietaryguidelines](http://health.gov/dietaryguidelines) to learn more!*

## **CHIHULY GLASS MUSEUM, Seattle, Washington**

This is a site NOT to be missed as you visit Seattle. The displays of blown glass indoors and out are remarkable! Dale Chihuly, the artist who creates these works, was born in Tacoma, Washington in 1941. He attended the University of Wisconsin, Madison where he learned the art of glass blowing; stating he will never forget his first bubble.

The 2,150 degree furnace holds the liquid glass. The steel pipe is rotated continuously to “gather” the glass. He then blows into the pipe, creating a bubble of liquid glass at the end. Next wooden paddles and blocks are used to shape the bubble, moving it between two furnaces as it is shaped. When complete, the piece is put into a specialized oven, “annealer”, to cool slowly for many hours/days.

Chihuly loves to surprise people by putting glass in unexpected places, especially in nature. He likes to visit botanical gardens and put Towers and Chandeliers inside glass houses that are filled with palm trees or ferns. Then he places some glass among the flowers, and lets other pieces drift on lily pads. His work and nature seem to fit together. He likes to create things that others say are impossible to build. These structures are made of hundreds to thousands of individual glass pieces that are attached to enormous metal structures that look like skeletons. One we saw weighed over 3,000 pounds.

His work has been on display throughout the world at 60 installations. One of these is located in the Kohl Center on the UW-Madison campus. You may have seen these unique spirals of glass as you enter the Kohl Center for an athletic event. This is CHIHULY GLASS, enjoy!



Jeanne Schwass-Long, CFCS

## **SAVE THESE DATES!!!**

**March 2,3,4, 2017**

### **WAFCS Annual Conference**

Radisson Paper Valley Hotel  
Appleton, WI

The Theme will coordinate with the newly released initiative of AAFCS: FCS Fit

The Request for Proposals will be sent out this week. Please consider doing a break-out session in your area of expertise! **Submit a proposal!**

### **Check Your Calendar!!**

**WAFCS is putting together a FCS Calendar!** In answer to a need for a common calendar that shows FCS events around the state to avoid duplication of scheduled times for events, we are attempting to set up a common calendar. Organizations from which we would like information are DPI, FCCLA, CTE, UW-Stout, UW-Stevens Point, WFCE, UW Extension and any other related organizations that would share common users. The calendar on the WAFCS website will be the vehicle to do this. I will be entering events, dates and times that are sent to me. However, to make this work:

- a. I need to have data sent to me to put on the calendar.
- b. People (not only WAFCS members) need to “LOOK” at the calendar and “USE” it.

If you know of items that should go on the calendar, please send them to me at [janetmpowell38@gmail.com](mailto:janetmpowell38@gmail.com)

**Take a look at the WAFCS website calendar.** I have already posted quite a lot of information that has been sent to me. Let me know what you think. Thanks.

### **Has Your Membership Lapsed?**

It is easy to slip by and not renew in a timely manner. Now is a good time to play “catch up”. It is easy to renew right on the AAFCS website.

# WAFCS Board of Directors 2016–2017

## Executive Committee

President	Cindy Quilling
President Elect	<b>Open</b>
Immediate Past President	Mary Kennedy, CFCS
Secretary	Mary Kaye Merwin
Treasurer	Susan Turgeson CFCS

## Ex-Officio

Executive Director	Janet Powell CFCS
--------------------	-------------------

## Vice Presidents

VP Membership	Stephanie Love
VP Awards and Recognition	Carolyn Barnhart CFCS
VP Technology/Communication	Kayla Correll
VP External Relations	Marilyn Swiontek, CFCS*
VP Public Policy	Charmaine Rimple, CFCS*
VP Professional Development	Esther Fahm CFCS
Foundation Designee	Karen Goebel CFCS

We are here to serve you. Contact information can be found on the WAFCS website at: [www.wafcs.org](http://www.wafcs.org).  
Let us know your desires and concerns.

Editor's Note: Because we did not have positions filled at the time of the annual conference, we have not sent out a ballot. Since that time, two starred positions have been filled and appointed by the Board. The Board is still working to fill the position of President Elect.

## Upcoming Calendar of Events:

**Check the online calendar at [wafcs.org](http://wafcs.org) under “Calendar of Events”. Click on the event for a description of the event.**

## Stay Connected:

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



**Like us on Facebook**