
WAFCS NEWSLETTER

WISCONSIN ASSOCIATION OF FAMILY AND CONSUMER SCIENCE

Founded in 1921 | Winter, 2016 Issue



Are you ready for the WAFCS Conference March 31, April 1, 2?



IMPROVING THE
Health and Well-Being
of a changing society

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.

What is important about these dates??? (answers on page 2)

February 15

March 1

April 1

Conference Highlights

★ **Living with Vitality: Pathways to Health and Happiness, Robert McGrath, PsyD, ABPP**, Coordinator of mind/body wellness services, University Health Services, UW-Madison

★ **"It's not like I'm poor: How working families make ends meet in a post welfare world."** Sarah Halpern-Meekin, Ph.D Department of Human Development and Family Studies in the School of Human Ecology

★ **Embrace Your Heart, Eliz Greene**, Speaker, Author, EmbraceYourHeart.com

★ **Caring for the Caregiver: Mindful Movement for a Stressful World, Gerri Gurman**, choreographer, dance and integrated arts educator with degrees in Physical Education, Dance Education, and Elementary Education as well as certification in Tricia Yu's Tai Chi Fundamentals program and many courses in Mindfulness Based Stress Reduction at U.W Health Sports Medicine will present an active, participation-based session highlighting the mind-body approach.

★ **College, Career and Life-ready Panel**

★ Check out the **outstanding break-out sessions** in Program at a Glance on page 6-8.

February 15 - Deadline for professionals and students to apply for Foundation Grants, Scholarships, Stipends and Travelships

March 1 - \$25 late fee applies for conference registration after this day.
Deadline for special conference room rate at Radisson Hotel
Deadline to apply for Certification Exams

April 1 - Deadline to apply for Professional travelship to national AAFCS Conference

A Message from Your President..

As we enter a new year, let us do so with the spirit of joy, the power of strength, the need of exact knowledge, the appreciation of beauty, the value of service, the bond of cooperation, the blessing of fellowship, and the satisfaction of achievement. These are the very qualities that the “Betty Lamp” logo symbolizes. Being mid-year through my presidency, I take time to reflect on the various aspects of my role. I have experienced each of these qualities on both a personal and professional level.



As you reflect on the past and look forward to the future, may you also take into account the “Betty Lamp” qualities that you have experienced in your personal and professional lives. If one or more are lacking, take the time to commit to working on these, even if in small but meaningful increments. Consider the role you can play in our organization as part of that reflection. Might you run for an office, lead a project, write a school or community newspaper article sharing some of our much needed expertise? What cooperation can you enlist from others within and those outside of our profession? Who have you nominated for WAFCS awards to recognize achievement?

Certainly attending the WAFCS State Conference in April will help get us all on the right path!“Membership Has Its Benefits!”

Check out Nasco's exhibit at the WAFCS annual meeting in Madison! Register Today!

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Foundation Offers New Membership Benefits & Encourages/Seeks Applicants

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

New Graduate Scholarship and Professional Travelships to Promote Conference Attendance

The Foundation has been supportive of student members for years in the form of scholarships and travelships to promote their attendance at State WAFCS and National AAFCS Annual Conferences. Now the Foundation has decided to expand member benefits by reaching out to our professional members! Specifically, the Foundation has created **THREE NEW MEMBERSHIP BENEFITS** to professional members:

- **NEW** Graduate Scholarship (\$1000)—**February 15 deadline!**
- **NEW** Stipend (three at up to \$125 each) to promote professional attendance at our State WAFCS Annual Conference—**February 15 deadline!**
- **NEW** Travelship (three at up to \$300 each) to promote professional attendance at the National AAFCS Annual Conference—**April 1 deadline!**

These new benefits are in addition to the Undergraduate Scholarship (\$500) and current travelships available to students to support their attendance at both the State WAFCS and National AAFCS Annual Conferences. Details for applying for ALL of these benefits can be found on the WAFCS website at www.wafcs.org under *Forms & Applications* and then under *WAFCS Foundation Forms &/or Student Scholarship and Travelship* (or for a specific application form, contact Jean Zeithaml at 715-836-8330 or djeithaml@att.net). To promote the concept that “**Membership has its Benefits!**” you must be a current AAFCS member to be eligible and preference for the conference travelships will be given to first-time attendees and/or those in the early years of their professional careers.

Professional Project/Research Grant

The Foundation also will continue to offer 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. 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 2016 WAFCS Annual Conference to receive the award.

To apply for a grant, applicants should submit a one to two-page proposal (preferably via email) to **Karen Goebel** kpgoebel@wisc.edu, **Vera Riley** verariley@aol.com, and **Jean Zeithaml** djeithaml@att.net no later than February 15, 2015. For questions, contact Karen at 608-444-2652. The grant recipient will be announced at the 2016 WAFCS Annual Conference in Madison, March 31-April 2.

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.

Recent Donation - Thanks to **Janet Powell** for her recent donation to the Foundation in memory of Karen Goebel's mother, **Gertrude Goebel**.

WAFCS FOUNDATION 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.

Make checks payable to:
WAFCS Foundation & send to:
Karen Goebel, Chair
WAFCS Foundation
1821 Camelot Drive
Madison, WI 53705
Ph: 608-444-2652
kpgoebel@wisc.edu

Please send a card acknowledging this gift to:

Name _____

Address _____

City/State/Zip _____

Items Needed for ONE-DAY Silent Auction!

The Silent Auction held during the WAFCS Annual Conference is the Foundation's primary fundraising activity. Come prepared to "bid high and bid often!" Please bring items to Madison for this year's Silent Auction on Friday, April 1, ONLY. Consider donating good quality items for the fundraiser to benefit scholarships, professional grants and stipends, travelships, and WAFCS organizational membership in the International Federation for Home Economics (IFHE).

Think about assembling a "themed" basket or pamper package. If you make arts, crafts, or preserve 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!

If you are unable to attend, but would still like to donate items, please send them along with someone who is attending the conference. Contact any one of the following members who have volunteered to transport donated items to the conference:

Milwaukee Area: Marilyn Swiontek, 262-691-1560, swiontma@wi.rr.com

Madison Area: Karen Goebel, 608-444-2652, kpgoebel@wisc.edu

or Vera Riley 608-798-2182, verariley@aol.com

Eau Claire Area: Jean Zeithaml, 715-836-8330, djzeithaml@att.net

Menomonie Area: Carolyn Barnhart, 715-235-3166, barnhartc@uwstout.edu

Southern Wis.: Mary Kennedy, 262-728-6725, kennmaindel@gmail.com

Northern Wis.: Carol Subera, 715-223-2915, cmsubera@hotmail.com

Please bring or send your donations ready to display and with a starting bid amount (bid sheets will be provided) to expedite set-up. Come prepared to BID HIGH, OFTEN, and EARLY in Madison! It's always a fun time—thank you and see you there!



Celebrating our Award Winners

Every year we celebrate the accomplishments of our WAFCS members. Our Friday luncheon at the state conference provides the venue for the recognition of our members by spotlighting New Achievers, applauding Teachers of the Year and celebrating winners of the Leader Award. We have also honored Distinguished Service Award winners and Friends of WAFCS! These awards begin with a nomination, require applications from the nominated individual and presented by the Awards and Recognition Committee Chairs. Committees are appointed to read the applications to select the winners.

Many of you have nominated individuals by the November 1 deadline. Others have served on review committees. Most important several WAFCS members have been award winners. As an association we believe in the research by Kouzes and Posner (2012) declaring in order for an organization to thrive they need to recognize, appreciate and celebrate the contributions of their members.

In WAFCS we celebrate all the significant ways our members make a positive difference in enhancing the well-being of individuals and families. The Recognition and Awards Chairs thank you for the 2016 nominations. Stay tuned for the names of the Award Winners at the luncheon celebration in Madison on April 1st.

Kouzes and Posner state “public ceremonies ... serve as a collective reminder of why people are there, of the values and visions they share.” (p.308) Our annual celebration is our way of respecting, expressing our gratitude and building a stronger community within our association. “Ceremonies and celebrations are opportunities to build healthier groups and to enable members of an organization to know and care about each other.” (p.310) We look forward to seeing you at the Annual Awards and Recognition Luncheon. We hope this article has kindled your anticipation for the April 1 announcement of the winners; and, you will be motivated to nominate more members for the 2017 awards!

Recognition and Awards Chairs: Donna Dinco, Dottie Winger and Carolyn Barnhart

- Kouzes, J. & Posner, B. (2012). The Leadership Challenge-How to make extraordinary things happen in organizations. (5th Edition). San Francisco, CA: Jossey-Bass.

2016 WAFCS Annual Conference Preliminary Program at a Glance

9:00 a.m. – 4:00 p.m.

A Day at the Capital: Advocacy in FCS

6:00 p.m.

AAFCS Competency Exams

7:00 p.m. – 9:00 p.m.

Registration Open

7:00 - 9:00 p.m.

WAFCS Council Meeting

Friday, April 1, 2016

6:30 am - 8:00 am

Breakfast for hotel guests

7:00 a.m.

Set-up Registration, Exhibits, Displays, Silent Auction

7:30 a.m. – 8:30 a.m.

Registration Open

7:30 a.m.

Exhibits Open 7:30 a.m.

Dedicated Times for Viewing Exhibits, Silent Auction :

7:30 - 8:30 9:45.- 10:00 11:00 – 11:15 12:15- 12:30 1:45 – 2:00 3:00 - 3:30 **Exhibits End 3:30 p.m.**

8:00 -8:30 a.m.

Orientation for First-Time Attendees, New Members, and Non-Members: Making the Most of Your Conference Experience, Coffee & Conversation with Janet Powell, WAFCS Executive Director

8:30 – 9:45 a.m.

First General Session

Welcome □ Pledge of Allegiance □ Lighting of Betty Lamp □ Greetings from AAFCS, Carolyn Barnhart, President

Keynote – *Living with Vitality: Pathways to Health and Happiness*, Robert McGrath, PsyD, ABPP, Coordinator of mind/body wellness services, University Health Services, UW- Madison 9:45 – 10:00 a.m.

Break/Viewing Exhibits, Silent Auction

10:00-11:00 a.m.

Breakout Sessions

- “We Passionately Believe” The Power of Sewing and the Community, Margaret Jankowski, The Sewing Machine Project
- Savvy Savers...Get Your Grant Writing On, Catherine Lader, WAFCS Protege Plus and Julie Martin, FACS Educator, New Glarus Schools
- Planning for Recovery: Supporting Action – Wellness: Presentation concepts, Part 1, Karen Riggers, NAMI Fox Valley
- Square-foot and Raised Bed Gardening, Lisa Johnson, Dane County UW-Extension. Horticulture Educator
- Get Moo-ving with new (free) curriculum and physical activity programs from the Wisconsin Milk Marketing Board. Tina Gilbertson, Regional Program Manager, Wisconsin Milk Marketing Board- Wisconsin Dairy Council

11:00 -11:15 a.m.

Break/Viewing Exhibits, Silent Auction

11:15 a.m. -12:15 p.m.

Breakout Sessions

- What Are You Doing in Your Classroom? Tasha Uecker, Valerie Hodgson, FCS Educators, Ashwaubenon School District
- Beef: A Nutrient Powerhouse for School Age Children, Sarah Agena, MS RDN, WI Beef Council
- Planning for Recovery: Supporting Action – Wellness, Hands On Activities, Part 2, Karen Riggers, NAMI Fox Valley
- Impacting Families and Communities Through Women's Financial Empowerment, Rebecca Gerathanas, Summit Credit Union

12:15-12:30 p.m.

Break/Viewing Exhibits, Silent Auction

12:30-1:45 p.m.

WAFCS Awards & Networking Buffet Luncheon

1:45 – 2:00 p.m.

Break/Viewing Exhibits, Silent Auction

2:00 – 3:00 p.m.

Breakout Sessions

- Organ Donation Awareness, Brenda Cortez, Donate Life: Author, Living Kidney Donor
- Community Food Challenge for Teens, Judy Knudsen, Family Living Educator - Brown County UW-Extension
- Facebook Networking, Sarah Jill Puddy, FCS Educator, Fond du Lac School District
- Utilizing iCEV in Today's FCS Classroom, Dave Rizzardi, CT Curriculum Consultant - CEV Multimedia

3:00 – 3:30 p.m.

Break/Viewing Exhibits, Silent Auction –Exhibits End

3:30 – 4:30 p.m.

College Career and Life Ready Panel, Sharon Wendt, Director, DPI; Diane Ryberg, Family and Consumer Sciences Education/ FCCLA, DPI; Janice Atkinson, Health Sciences/WI HOSA, DPI; Brigitta Altmann, CTE coordinator, Stevens Point School District; Kari Mueller, CTE coordinator, Manitowoc School District; Jen Wegner, Personalized Pathways coordinator, Madison Metropolitan School District

4:30 – 5:15 p.m.

Round Table Discussions with Panel Participants

5:15 – 6:00 p.m.

Mentoring Session, Marsha Larson, Ph.D, and Susan Turgeson, Ed.D. UWSP, Stevens Point, WI

6:15 – 7:00 p.m.

Buffet Dinner

7:00 – 8:00 p.m.

Evening Session

"It's not like I'm poor: How working families make ends meet in a post welfare world." Sarah Halpern-Meekin, Ph.D Department of Human Development and Family Studies in the School of Human Ecology

8:30 p.m.

Silent Auction Ends (pick up items at 9:30 p.m.)

Saturday, April 2, 2016

7:00 a.m. – 8:00 a.m.

Breakfast for Hotel Guests

7:00 a.m.- 8:30 a.m.

Registration Open

7:30 a.m. – 8:30 a.m.

WAFCS Annual Business Meeting WAFCS Student Business Meeting

8:30 a.m.- 9:30 a.m.

Second General Session

Embrace Your Heart, Eliz Greene, Speaker, Author, EmbraceYourHeart.com

9:30 – 10:00 a.m.

Hotel Checkout Time

10:00 -11:00 a.m.

Breakout Sessions

- What's New in Food Preservation Research? Karen Dickrell, Family Living Educator, UW Extension Outagamie County
- Gatekeeper Training, QPR (Question, Persuade, Refer) for Suicide Prevention, Jean Papalia, QPR Coordinator, Suicide Prevention Training, Safe Communities of Madison-Dane County
- Is There an App for FCS?, Ashley Nelson, FCS Educator, Milaca High School - MN
- Essential Oils 101, Kim Hart-Shatswell, FCS Educator, Jefferson High School
- Create a College and Career Ready Program with RealCare Experiential Learning Tools, Chris Dorn, Realityworks, Inc.

11:00-11:15 a.m.

Break

11:15a.m.-12:15 p.m.

Breakout Sessions

- Healthy Heart – Happy Life, Catherine Lader, Retired FCS Professional, Janesville, WI
- Local Foods, Alyssa Anderson, FCS Educator, Pittsville School District
- Grandparents Raising Grandchildren, Christine Kniep, Family Living Educator, UW Extension, Winnebago County
- Meeting the Needs of LGBTQ+ Children, Parents, and Families, Melanie Duncan, Assistant Professor of Sociology, UW Stevens Point

12:15-12:30 p.m.

Break

12:30-1:00 p.m.

Mentoring and Networking Buffet Luncheon

1:00 – 2:00 p.m.

Third General Session

Caring for the Caregiver: Mindful Movement for a Stressful World, Gerri Gurman, choreographer, dance and integrated arts educator with degrees in Physical Education, Dance Education, and Elementary Education as well as certification in Tricia Yu's Tai Chi Fundamentals program and many courses in Mindfulness Based Stress Reduction at U.W Health Sports Medicine will present an active, participation-based session highlighting the mind-body approach.

2:30 p.m.

2016 Conference Announcement and Door Prizes

3:00 p.m.

Adjourn

What time is it? Time to get certified!

Since 1987, the American Association of Family & Consumer Sciences (AAFCS) has administered the Professional Assessment and Certification program, which measures competencies of professionals and awards certifications to those who pass assessments and meet other requirements. Whether you are a new professional or seasoned veteran, validate your professional expertise through the AAFCS competency examination system. These national competency exams also meet a major requirement for obtaining corresponding professional certifications. At the Wisconsin state conference, you can sit for one of four exams, each corresponding to one of the four certifications:

[CFCS: Certified in Family and Consumer Sciences](#)

[CFCS-HDFS: Certified in Human Development and Family Studies](#)

[CFCS-HNFS: Certified in Hospitality, Nutrition, and Food Science](#)

[CPFFE: Certified Personal and Family Finance Educator](#)

Click on each certification title above for more information about each of the assessments and certifications and to access assessment materials. The cost for paper-based testing (PBT) at the Wisconsin affiliate conference is \$95.00. This is a significant savings over the computer based testing at \$165.

Assessment administration will be on Thursday, March 31 at 6:00 p.m. These exams are not listed on the conference registration form. To register online for paper-based testing (PBT) at the Wisconsin state conference, [please click here](#). Additionally, please contact Janet Powell, conference co-chair at janetmpowell38@gmail.com to confirm your intent. Exam registration for this paper-based administration must be completed by March 1, 2016.

Maximize Your Professional Credibility and Recognition!

Achieve Professional Certification from the FCS Credentialing Center

2016 WAFCS Conference Registration

April 1, 2 – Radisson Hotel, Madison, WI

***Required information**

Please Print



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*First Name _____

*Last Name _____

*Email _____

*Mailing Address 1 _____

Mailing Address 2 _____

*City _____ *State _____ *Zip _____

*Preferred Phone _____

*Are you currently a member of American Association of Family & Consumer Science? Yes No

Please provide your AAFCS membership number if applicable. _____

[Member Registration = AAFCS/WAFCS member](#)

***Registration Type: (Meals are included) ♦ Please note, registration is non-refundable.**

Registration after March 1 – add \$25.00 late fee

10% Discount offered to multiple attendees from same organization/agency

☐ Fri/Sat Member - \$150

☐ Fri Only Non-Member \$110

☐ Fri/Sat Non-Member \$185

☐ Fri Only Student \$50

☐ Fri/Sat Student \$90

☐ Sat Only Member \$90

☐ Fri Only Member \$90

☐ Sat Only Non-Member \$110

☐ Sat Only Student \$50

Company/Organization Name _____ Title _____

*Badge Name _____

Please specify meals you will be eating so we can have an accurate meal count *

- ☐ Friday Luncheon Buffet
- ☐ Friday Dinner Buffet
- ☐ Saturday Luncheon Buffet

***List any special dietary needs** _____

☐ Yes ☐ No I plan to attend the session Gatekeeper Training, QPR (Question, Persuade, Refer) for Suicide Prevention – Saturday 10:00 – 11:00

For Students ONLY:

What university do you attend?

- ☐ UW-Stevens Point
- ☐ UW-Stout
- ☐ UW-Madison

- ☐ WI Technical College System
- ☐ Other

***Payment Method:**

*Pay by Check - Register online (wafcs.org) preferred; Mail check to: **Gail Sommerfeld 5115 W. Willow Road, Mequon, WI 53092-8516** (If using printed registration form send with check)*

or: pay with PayPal/Credit Card at wafcs.org. If using PayPal, please register online.

***Payment Amount: Total: (Registration, Donations, Books) \$** _____

You may print a copy of this completed form for your records before submitting

Separate registration information will follow regarding the Pre-conference activity on Thursday, March 31.

All conference information including Registration Forms, Conference Program, and Lodging Information as well as forms to apply for Foundation grants, scholarships and travelships can be found at www.wafcs.org

Room Reservation Information

Room Information:

Radisson Hotel
517 Grand Canyon Drive
Madison, WI 53719
Phone: 1-608-833-0100

Room Type	Room Rate
Double/2 (2 Double beds, additional charge for more than 2)	\$99 + tax
King 1	\$82 + tax

If you qualify for state rate, please show your tax-exempt form.
Room includes complimentary breakfast. Begins 6:30 a.m. Friday; 7:00 a.m. Saturday
Special rate expires March 1, 2016.

Need Additional Meal Tickets??

Purchase additional meal tickets by indicating the number of each and submitting payment to: *Mail check to:*
Gail Sommerfeld 5115 W. Willow Road, Mequon, WI 53092-8516

____ Friday Luncheon Buffet x \$15 ea = \$_____ Friday Dinner Buffet x\$27 ea = \$_____
____ Saturday Luncheon Buffet x \$15 ea = \$_____

Total Amount Enclosed \$ _____

*Please indicate any special dietary needs

OTHER WAFCS NEWS

Resource Rally-Spring 2016
LaCrosse Area Event- Westby High School

When: February 13, 2016 Time: 9-12:00

What: Come and Share, Positive practices in:

**** Child Development Curriculum &**

****How to incorporate STEM into your classroom**

Tentative: Reality Works-"Baby Think It Over",
Demonstration and Updates.

If you would like: Meet afterwards for lunch, tour and
shopping in the Westby area.

Stephanie Love: Co-Chair, Protégé Plus
WAFCS Sponsored Event

RSVP or Questions to: Stephanie.love@spps.org

"Dining In Day" is celebrated with UW-Madison Phi Upsilon Omicron collegiate chapter

WAFCS members and Phi U Alumnae, Karen Goebel and Jeanne Schwass-Long, prepared a Chili dinner to share with the UW Collegiate chapter on December 3rd 2015 which coincided with a "social" meeting designed to frost Holiday cookies and socialize. Since most Phi U collegiates were initiated as juniors and seniors, getting to know each other is key to the functioning of the group. We met on campus at a classroom in the School of Human Ecology, Nancy Nichols Building.

The turnout was great. 24+ individuals enjoyed the red vegetarian or white chicken chili with toppings shredded cheese. Cornbread, fresh vegetables, and beverage accompanied the chili. Introductions were made and students visited for a good length of time, considering we were a week from finals. It was mentioned that a home cooked meal had brought many to the event. We visited with most Phi U Collegiates and were amazed by their schedules and how much they accomplish.

We shared the origin of "Dining In Day – December 3", which coincides with AAFCS founder, Ellen Swallow Richards' birthday. She was the first woman to graduate from MA Institute of Technology (MIT) with a degree in Chemistry. Her interest was in water purification and sanitation connected with the home. We discussed the many benefits of eating together as a family or group. It was clearly a success as most students stayed for well over an hour enjoying the interaction. Pictures were taken and sent to AAFCS to be counted with the national campaign.

We are looking forward to "Dining In 2016" to build on this success. Jeanne Schwass-Long, CFC



Student Unit News by Dayleen Yoerger, Student Unit Advisor

The 2015 Student Unit Fall Conference has come and gone with great success with 11 students attending in total. This year, the conference was held at UW-Stevens Point on November 14th. The morning started out with fun ice breaker games to energize the students and introduce each other from both UW-Stout and UW-Stevens Point. There was also a brief presentation from Protege Plus explaining the mentorship program as well the various resources available for all new teachers in Family and Consumer Sciences.

In keeping with the theme of the AAFCS national conference, Improving the Health and Well-Being of a Changing Society, we wanted to keep our service project focused around this. We chose to bake whole wheat bread and donate the loaves to the Salvation Army Hope Center in Stevens Point. It was great practice for the students to image running their own foods lab and think about the various things that could go wrong and how they will need to help their future students out. During this time, there was also a question and answer session with Susan Turgeson and myself regarding our experiences teaching and running food labs.

After lunch, the students had a very informational, yet laid back, session with Bret Lesniak from Stevens Point Area Senior High on curriculum development and teaching Health Occupations. There was a round table discussion where students got to ask general teaching questions; this proved very helpful for the handful of students beginning their pre-service teaching experience this spring.

The day concluded with a tour of the Stevens Point Hope Center, learning about their services, and then donating our freshly baked bread. Be sure to look for our display board highlighting our experiences at the annual Spring Conference.



Congratulations to Kelsey Haelfrisch who received the Chancellor's Leadership Award from UW-Stevens Point at December graduation. Haelfrisch is one of 704 students who earned a degree at the end of the semester. She graduated with a degree in family and consumer sciences and a minor in business administration. Professor Susan Turgeson states "Kelsey Haelfrisch is a great example of embracing opportunities and making the most of them!"

Established in 1978 at the urging of former Chancellor Lee Sherman Dreyfus, the award honors graduates who contribute significant leadership, demonstrate university or community service and display a commitment to personal growth. Each recipient receives a bronze medallion emblazoned with the university seal, hanging from a purple and gold ribbon.

Members in the News

Get-well wishes for Priscilla Bondhus. .

While visiting her daughter in California for Christmas, Priscilla became ill and will be having surgery in San Francisco soon. Her family set up a CaringBridge account so family and friends can send well wishes and keep up on her progress. Log into www.caringbridge.org If you have an account, put in your email address and password. If not, you can easily set one up. Then put in 'Priscilla Bondhus' and it will take you to her site.

Congratulations to..

Former WAFCS Executive Director Tiffani Roltgen and her husband Mike welcomed a baby boy on Saturday, October 24, 2015, at 10:19 p.m. at St. Mary's Hospital in Madison. MacArthur (Mac) Michael Roltgen weighed 7 lbs. 13 oz. and measured 20.5 inches long. MacArthur was named after the late and greatly missed Colby High School physical education teacher and basketball coach Dave MacArthur who passed away suddenly in 2006. He joins sisters Adelline Grace (5) and Stella Alice (3.5) who are over the moon about their new baby brother. Everyone is doing well and adjusting to the official switch to zone defense!



6 days old..

Also..

We are awaiting the news of the birth of a baby girl to Dayleen Yoerger and her husband. Baby is due around the end of January. We are very excited for you, Dayleen!

Sympathy to..

the family of Edith Knepfel. Long-time member Edith, died in March, 2015.

Follow WAFCS on Twitter! @AAFCS_WI

1. go to 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"



Family and Consumer Sciences

Janet M. Powell, CFCS

WAFCS Executive Director

5605 Barton Road

Madison, WI 53711

608-271-0776

email: executivedirector@wafcs.org

2016 Calendar of Events

February 15	E-Newsletter deadline*
March 31	WAFCS Council Meeting
April 1, 2	WAFCS Annual Conference Radisson Hotel, Madison, WI
May 1	Summer Newsletter deadline*
June 22-25	AAFCS Annual Conference Bellevue, WA

*Send newsletter info to: executivedirector@wafcs.org

Keep in touch!

Log on to www.wafcs.org

Find us on Facebook. Search **WAFCS**

Log on to www.aafcs.org

Follow WAFCS on Twitter! [@AAFCs_WI](https://twitter.com/AAFCs_WI)

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