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# WAFCS NEWSLETTER

WISCONSIN ASSOCIATION OF FAMILY AND CONSUMER SCIENCES

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Founded in 1921 Fall, 2018 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.*



CULTIVATING  
Social and Emotional Competence for  
**HEALTHY RELATIONSHIPS**

## **2019 WAFCS Annual Conference**

**March 7 – 9, 2019**

**The Wintergreen Conference Center in Lake Delton**

**Put in your request now for conference days to attend!**

Plans for the 2019 Annual Conference are well underway focusing on the AAFCS Theme “Cultivating Social and Emotional Competence for Health Relationships and “change”. To jump start the theme and Annual Conference, we will begin on Thursday evening, March 7th with a “Relax, Refresh and Relate Welcome Reception”. Change to our conference schedule will continue as we move our business meetings to Friday afternoon, celebrate awards and scholarships at a banquet Friday night and end our conference by noon on Saturday – changes made in response to the feedback we have received from you, our members.

What are the next steps in planning for the conference?


- Save the dates – submit a request for conference days
- Submit a breakout session proposal – the form is included in the newsletter and is available on the website under Events
- Recruit an exhibitor for the Conference
- Join the planning committee – contact Chris Kniep at [ctkniep@new.rr.com](mailto:ctkniep@new.rr.com)

## 2019 Art and Design Show


Hello Everyone! This is your new Art and Design Show Chair, **Terri Williams**. I would like to invite all of you to start thinking about what you might like to bring to the Art and Design Show this March at our yearly conference. The theme will be ***"A Touch of Home"*** centering around things that bring you comfort or remind you of home or growing up. These can be anything that you have made, it does not have to be something sewn. You could bring in pictures of a project you worked on for your home, such as redoing a piece of furniture, or redecoration/painting of a room, or bring in pictures of things you have baked or cooked that remind you of family and those good times. You could bring in something that you have sewn, knitted, crocheted, or cross stitched even. We want to see what you love, and how you show your creativity! Keep an eye out for our contest with it too! You could win a prize for your fabulous work!

Do you not have something to bring, but still want to help? We will need people to help watch the room during our breakout sessions throughout the conference. Please contact Terri Williams at [tlwfcs@gmail.com](mailto:tlwfcs@gmail.com), if you are interested in helping out.


How can I help?  
Start looking for  
items to donate




How is the money used?  
Primary fund-raising activity of  
the WAFCS Foundation




What is needed?  
Themed baskets  
are always good.




Bring anything  
which is \$5.00 or  
more in value.



This year we  
will also have  
raffle tickets



Bring lots  
of items!



# WAFCS SILENT AUCTION

**Wisconsin Association of Family and Consumer Sciences “Call for Proposals”**  
**Annual Conference, March 7-9, 2019**  
**Wintergreen Resort & Conference Center, Lake Delton, WI**

**Become a WAFCS presenter...This is your chance to participate!** The Conference Committee invites you or your team to submit a proposal to present during a breakout session at the 2019 WAFCS conference. To be a presenter, you must register for the conference. Presenters receive a 10% discount on registration. Companies must be an exhibitor to be a presenter.

**Submission Deadline: November 9** - Electronic Mail Only – MS Word or PDF format. Send to: Sarah Puddy @ spuddy@fbfcsgroup.com

**Conference Theme: Cultivating Social and Emotional Competence for Healthy Relationships**

**Conference Objectives**

- To **create** opportunities for students and professionals to expand their knowledge and networks related to social and emotional health
- To **connect** with FCS students and professionals across content areas and practice settings
- To **communicate** how FCS professionals and programs address and strengthen social and emotional well-being
- To **cultivate** mentor relationships between FCS students and professionals
- To **celebrate** the accomplishments of members
- 

The Committee will select a variety of topics to meet the needs of WAFCS professionals. Breakout sessions will be 45 minutes in length, Friday March 8 and Saturday March 9. Presenters are encouraged to submit their slides and/or handouts for posting on the WAFCS website. When planning your breakout session use the table below to check which content area(s) you will be addressing:

<b>Content Areas</b>	<b>Check all that apply</b>
Conference Theme: Cultivating Social and Emotional competence for Healthy Relationships	
Community Outreach	
Education, Leadership	
Culinary Arts, Nutrition	
Design, Art	
Health, Wellness	
Family Relations, Child Development	
STEM(Science, Technology, Engineering, Math	
Public Policy	

### **Selection Criteria**

- \* Relationship of the content to conference theme and objectives
- \* Relevance and timeliness of the proposed topic(s)
- \* Appeal to a number of members - engaging and participatory in nature \* Conduciveness to the breakout session setting
- \* The need for balance within and among the sessions

**Submit only one form per breakout session. When there are co-presenters one form is submitted.**

Presenter (Proposal submitted by):

Name (as you want it printed in the program) School/Organization/College/University E-mail

Mailing Address

City State ZIP

Office Telephone

Home Telephone

Fax

Co- Presenter (if additional co-presenters, please submit information by e-mail): Name (as you want it printed in the program) School/Organization/College/University

E-mail

Mailing Address

City State ZIP

Office Telephone

Home Telephone

Fax

**Proposal Title:**

**Session Objectives:**

**Description** (100-word limit on description for use in conference program) :

**Room Preparation** – Please list any special requirements – table, podium, microphone etc.

All presenters will need to provide their own computer, and LCD projector. Screens and AV carts will be provided

**Time Preference** – When constructing conference schedule we will do our best to accommodate your time preference. However, this is not a guarantee that your request will always be met.

Friday breakout sessions AM\_\_\_\_\_ PM\_\_\_\_\_ Saturday breakout session AM\_\_\_\_\_

**Brief Bio/Introduction** (that will be used to introduce you.)

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Greetings, WAFCS Members!



I had hoped to be sharing information from the Fall AAFCS Leadership Workshop at this time, but Mother Nature had other plans. About four days before we were scheduled to meet in Washington DC, it appeared that Hurricane Florence had the potential of impacting the area and travel was not advised, so the meeting was cancelled! We are currently receiving parts of the workshop via webinars scheduled over the next couple of weeks. Our first webinar was “You Can’t Pour From An Empty Cup: Leading with Intention and Purpose”, supporting this year’s AAFCS theme of “Cultivating Social and Emotional Competence for Healthy Relationships”. As FCS professionals we pour ourselves into what we do for others, but we must also remember that we also have to take care of ourselves to maintain our own social and emotional well-being.

You will soon be seeing information regarding our upcoming 2019 annual conference supporting this theme. The planning committee is hard at work and dedicated to bringing you a fulfilling assortment of presenters and activities. Please mark your calendars now for the March 6 pre-conference and March 7-8, 2019 for the conference. I look forward to seeing you there. In the meantime, take time to ‘fill your cup’. Do something for yourself, so that you have what you need to do for others.

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### **WAFCS Foundation Awards \$1000 IFHE Scholarship**

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

### **Foundation Welcomes New Board Member**

On July 1, the WAFCS Foundation officially welcomed the newest member of its Board of Directors, Rita Houser. Rita recently retired as Regional Program Manager of Dairy Farmers of Wisconsin (formerly Wisconsin Milk Marketing Board). In addition to other responsibilities as a Foundation Member-at-Large, Rita will assume leadership of the annual Silent Auction held during the WAFCS Annual Conference, the primary fundraising activity of the Foundation. Many new ideas have been suggested and discussed, including the addition of items available via raffle tickets and setting a minimum bid of \$5.00 on all Silent Auction items, so keep that in mind with donated items.

The Foundation expresses its deepest gratitude to outgoing board member, Dr. Vera Riley, for her 14 years of service to the Foundation. Vera worked tirelessly, especially to promote student development via scholarships and travelships to participate in state and national conferences. Vera is a past president of WAFCS and most recently served as a principal and assistant principal within the Madison Metropolitan School District.

### **Foundation Board Meeting**

The Foundation Board of Directors held a meeting on July 23, 2018 and made several decisions regarding new business. As was recommended by the WAFCS Council at their July 10, 2018 meeting, it was resolved that the Foundation provide a \$1000.00 scholarship for a representative from an underdeveloped country to attend the IFHE (International Federation for Home Economics) World Congress in Atlanta in 2020. The Foundation also pays WAFCS organizational membership dues (\$425) in IFHE to support our profession at the international level.

To avoid delays and confusion, it was resolved that all Foundation application forms and donations be submitted to the Executive Director who will forward materials to Foundation Board member(s) in a timely manner and an easily accessible format.

The Foundation received a Professional Project/Research Grant Application from the WAFCS Annual Conference Planning Committee requesting funds to be used toward keynote speaker fees. An amount of \$500.00 was awarded for this specific request. In order to maintain the integrity of funds under the purview of the Foundation, it was decided to add a donation category on the Foundation donation form for this purpose in the future. The new donation category will be "WAFCS Annual Conference Keynote Speaker Fund." Funds accumulated in this manner will be available upon request by future WAFCS Annual Conference Planning Committees. Annual Conference Planning Committees are also reminded to utilize speakers available through the UW System and other in-state networks.

### **Keep in Mind these Foundation Benefits Offered to Members**

See the WAFCS website [www.wafcs.org](http://www.wafcs.org) (under Forms & Applications/WAFCS Foundation Forms or Student Scholarship and Travelship) for more information and applications for each of these Foundation benefits offered to our membership:

#### **For Student/Pre-professional Members:**

- \$500 Undergraduate Scholarship
- \$1000 Graduate Scholarship
- \$100 Travelship (up to 8) offered to support student attendance at WAFCS Annual Conference
- \$300 Travelship (up to 3) offered to support student attendance at AAFCS Annual Conference

#### **For Professional Members:**

- \$1000 Professional Project/Research Grant
- \$125 Stipend (up to 3) offered to promote professional attendance at WAFCS Annual Conference
- \$500 Travelship (up to 3) offered to support professional attendance at AAFCS Annual Conference
- \$500 AAFCS Annual Meeting Travelship to WAFCS Award Recipients (Teacher of the Year, Leader, New Achiever)

### **Recent Donations**

The Foundation gratefully acknowledges a donation made to the Foundation by Nyla Musser in honor of Mary Meehan Strub to recognize her exceptional dedication to UW–Extension. Barb George made a donation in honor of Janet Powell as the recipient of the 2018 Mount Mary University Madonna Medal for Professional Excellence.

*Thank You!*

*Thank You!*

*Thank You!*



## WAFCS FOUNDATION DONATION FORM

\$ \_\_\_\_\_ Other \_\_\_\_\_ \$100 \_\_\_\_\_ \$50 \_\_\_\_\_ \$25 \_\_\_\_\_ Date \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

In Memory of \_\_\_\_\_

In Honor of \_\_\_\_\_

Commemorating \_\_\_\_\_  
(special achievements, retirement, birthdays, anniversaries, weddings, etc.)

WAFCS Annual Conference Keynote Speaker Fund \_\_\_\_\_

AAFCS/WAFCS is a 501 (cx3) not-for-profit organization. All contributions are tax deductible.

Make checks payable to:  
WAFCS Foundation & send to:  
Janet M. Powell, CFCS  
WAFCS Executive Director  
5605 Barton Road  
Madison, WI 53711  
H: 608-271-0776  
[executivedirector@wafcs.org](mailto:executivedirector@wafcs.org)

Please send a card acknowledging this gift to:  
Name:  
Address:  
City/State/Zip

## Nominate a member for an Award or an Agency or non-member for a Friend of the Family Award

In WAFCS we have new achievers, outstanding teachers and great leaders. Please nominate our members for awards by November 1, 2018. The nomination process is simple. Send an e-mail to the appropriate award chair below and state in a sentence why the person you are recommending deserves the award. You do not need to contact the person - the award chair will take care of connections! Therefore, include the e-mail address of the nominee as well in your e-mail.

If you have observed an agency or a non-member promoting and supporting Family and Consumer Sciences and you would like to recognize their support, then nominate them for the WAFCS Friend of the Family Award. A simple e-mail to Carolyn Barnhart will start the process for selection.

## The following are the WAFCS award chairs ready to receive your nominations by or before November 1, 2018:

- Teacher of the Year to Donna Dinco [ddinco@execpc.com](mailto:ddinco@execpc.com)
- New Achiever to Dottie Winger [dwinger@madison.k12.wi.us](mailto:dwinger@madison.k12.wi.us)
- Leader Award to Carolyn Barnhart [barnhartc@uwstout.edu](mailto:barnhartc@uwstout.edu)
- Friend of the Family to Carolyn Barnhart [barnhartc@uwstout.edu](mailto:barnhartc@uwstout.edu)
- Your nominee will be contacted and asked to complete an application. If your nominee is selected for the Award, he/she will be honored at the WAFCS Annual Conference.



## **Legacy Corner**

### **Cecile Hoffman**

Cecile Hoffman, a legacy AAFCS member for over 60 years (11 in Missouri and 49 in WAFCS) earned her B.S. and M.S. from the University of Missouri, Columbia. She furthered her education with study at UW-Madison and Cornell University.

Beginning her career, Cecile taught high school FCE for 11 years in Illinois and Missouri. She then spent six years as an instructor at UW-Platteville and 27 years as Director of Vocational Education and School to Work Project Director at CESA#3 Fennimore.

Cecile contributed in many ways to WAFCS serving as President, Counselor, and Vice-President of Member Relations. While in Missouri she was Secretary of the Missouri Home Economics Association.

Cecile has been involved in many other groups including Wisconsin Women's Initiative Spokesperson for AARP, President of MU Chapter, Delta Kappa Gamma, President, Chapter AC PEO and member of AAUW. She has also participated in many Road Scholar Programs across the country.

Cecile's family includes a daughter and three grandchildren.

The importance of Home Economics/FCE was expressed by Cecile in this statement –“It was an opportunity to develop the knowledge and leadership skills that could be used to focus on the work of the family”. She further states that “it also provided me the opportunity to work with many dedicated, competent colleagues. It was not only a fulfilling career but such significant work and that is why I feel it is important to continue my membership in AAFCS and WAFCS and support it financially”.

The advice that Cecile would like to give to current members is “Stay involved with your professional organization at the local, state and national level and enjoy the benefits of membership.”

We thank Cecile for her years of commitment, dedication and contributions to FCE and AAFCS/WAFCS.

## **Notes From the WAFCS Student Unit**

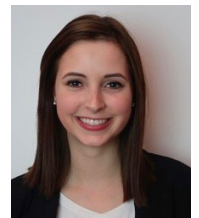
### **Student Unit Conference**

The student unit is excited to announce that our fall conference will take place on October 13th in Stevens Point. This year our theme is all about thinking locally! The day will begin with a trip to the Stevens Point farmers market to shop the wonderful fruits and vegetables grown by local farmers. We will spend some time downtown and have lunch at one of the best known local restaurants - Politos! We will head back to the UWSP campus to make a recipe with our findings at the farmers market. Our day will conclude with a service project to thank those who serve our community. We will be baking treats for the Stevens Point fire department as a thank you for helping the families of Stevens Point. We are extremely excited to be coming together to share ideas and help make a difference as a team.

### **Meet the WAFCS Student Unit Officers**

#### **Shelby Fehrenbach** - President, Student Unit

Hi, my name is Shelby Fehrenbach and I am a senior at the University of Wisconsin Stevens Point. I am majoring in Family and Consumer Sciences Education with a minor in Communication. I am currently the president for the student unit board for WAFCS and am looking forward to this upcoming year! I grew up in Green Bay, Wisconsin and love to be outdoors!



**Macey Staab - Social Media Coordinator, Student Unit**

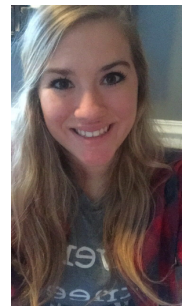
I am from Marshfield Wisconsin and I've always wanted to attend UW-Stevens Point because it was close to home and I knew they had a great Family and Consumer Sciences Program. I am majoring in Family and Consumer Sciences with intent to teach and am pursuing a Health Education minor as well. Currently I am also working towards my vocational license in food services and child services. I have learned a great deal through my courses at UW-Stevens Point as well as through working towards my vocational licensure that I look forward to taking with me in the future. I am treasurer of Stevens Point Area Family and Consumer Sciences as well as secretary for WAFCS Student United office. I plan to teach in fall of 2019 and my goal is to stay in Wisconsin and teach in a high school. I look forward to what the future has in store for me with the Family and Consumer Sciences path that I plan to follow!

**Alyson Wilcox - Vice President, Student Unit**

I am a senior in the FCSE program at Stout with a minor in health education. I am the VP of the Stout association of FCS. Along with my position on this board. Outside of school I am on the track and field team as a thrower for indoor and outdoor events. I enjoy photography, yoga, cooking, and learning new things.

**Kyla Bergstrom - Secretary, Student Unit**

Hi, my name is Kyla Bergstrom. I am from Cumberland, Wisconsin. I live with my mother (Pam), Father (Dean), and twin sister (Kalley). At UW-Stout, I am majoring in Family and Consumer Sciences Education, minoring in Health Education and a minor in Human Development and Family Studies. On campus I am involved in Phi Upsilon Omicron as a co-initiation chair, Aspiring Educators of Wisconsin as the Treasurer, and a part of the Wisconsin Association of Family and Consumer Sciences Student Unit as the Secretary. My twin sister and I have our own baking business Small Town Sweethearts. Our most requested item is decorated sugar cookies. In my free time, I enjoy baking, sewing, being on the lake, camping, and being with family and friends. I am very excited to see what this year brings as the secretary of the WAFCS Student Unit.

**Phi Upsilon Omicron Conclave**

The Phi Upsilon Omicron Conclave was held September 27-30 in Natick, MA. Karen Goebel and Jeanne Schwass-Long attended representing NU Chapter, UW-Madison. Jeanne was honored as a 50 year member. Tau chapter from UW-Stout had nine collegiate delegates and two advisors attending. TAU delegates led the initiation for the National Honorary member. Kennedy Navis is the National Region One Chair and the National Collegiate Chair. She led several sessions at Conclave. Kyla Bergstrom and Kennedy Navis received scholarships along with four other members from UW-Stout.

## **Your WAFCS Board working for YOU**

<b>President</b>	Deborah Gangnon
<b>President Elect</b>	Mary Kaye Merwin
<b>Past President</b>	Carol Subera
<b>Treasurer</b>	Susan Turgeson, Ed.D, CFCS
<b>Secretary</b>	Ginny Hall

<b>V-P Awards and Recog.</b>	Carolyn Barnhart, CFCS
<b>V-P Communications and Tech.</b>	Kayla Correll, CFCS
<b>V-P Public Policy</b>	Charmaine Rimple, CFCS
<b>V-P External Affairs</b>	Marilyn Swiontek, CFCS
<b>Membership</b>	Stephanie Love

<b>WAFCS Foundation Chair</b>	Karen Goebel, CFCS
<b>WAFCS Members at Large</b>	Jean Zeithaml, CFCS
	Rita Houser
<b>Student Unit Advisor</b>	Michael Friedel

<b>2019 Conference Chair</b>	Chris Kniep, CFCS
<b>IFHE Liaison</b>	Carol Anderson, CFCS



**Wisconsin Association of  
Family and Consumer Sciences**  
Janet M. Powell, CFCS  
WAFCS Executive Director  
5605 Barton Road  
Madison, WI 53711  
608-271-0776  
email: [executivedirector@wafcs.org](mailto:executivedirector@wafcs.org)

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### 2018-19 Calendar of Events

**December 15** Winter Newsletter Deadline

**March 7, 2019** WAFCS Council Meeting

**March 8, 9** WAFCS Annual Conference Wintergreen  
Conference Center, Lake Delton, WI

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

#### Keep in touch!

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

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