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# WAFCS E-NEWSLETTER

WISCONSIN ASSOCIATION OF FAMILY AND CONSUMER SCIENCES

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Volume 7, Issue 2      November 2018

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The mission of WAFCS is to provide leadership and support for professionals whose work assists individuals, families, and communities in making informed decisions about their well-being, relationships, and resources to achieve optimal quality of life.

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## 2019 WAFCS Annual Conference

Pre-conference March 7

Conference March 8, 9

Wintergreen Resort & Conference Center Lake Delton, WI



### 2019 Keynote Speaker

#### Children with Incarcerated Parents

Julie Poehlmann-Tynan, Ph.D.,  
Dorothy A. O'Brien Professor of Human Ecology  
Director, Center for Child & Family Well-being

The U.S. incarcerates more people than any country in the world, and most incarcerated individuals are parents of minor children. Children of incarcerated parents are at risk for developing negative outcomes in adolescence and adulthood, including substance abuse, externalizing problems, cognitive delays, school failure, truancy, criminal activity, and persistent internalizing problems.

Julie has been studying children and families affected by parental incarceration since her first National Institutes of Health grant was funded in 2001. She first became aware of the issue in the late 1990s working as a clinical psychologist at the State University of New York Health Science Center at Syracuse in the Department of Family Medicine. She started receiving referrals to evaluate young children whose mothers were incarcerated because some children were exhibiting intense social emotional reactions following the mother's departure, including social withdrawal, developmental regressions, significant behavior problems, and language delays.

Julie Poehlmann-Tynan earned her Ph.D. in child clinical psychology at Syracuse University in 1995. She worked as a licensed psychologist in the Department of Family Medicine at the State University of New York for 3+

years before starting a post-doctoral fellowship in Developmental Psychopathology at the Waisman Center at the University of Wisconsin in 1998. Julie currently holds the Dorothy A. O'Brien Professorship in Human Ecology at the School of Human Ecology and Center for Healthy Minds at the University of Wisconsin-Madison. Her research focuses on the role of family relationships in the development of resilience in high-risk infants, toddlers and preschoolers, especially as captured using observational methods.



### **2019 Annual Conference Checklist:**

- \_\_\_\_\_ **Save the dates** – Thursday March 7-8-9, 2019
- \_\_\_\_\_ **Secure funding** for registration – November 1, 2018 to March 7, 2019 is 126 days – early bird registration is \$160 - that's only \$1.27 per day! Less expensive than a cup of Starbucks Coffee..
- \_\_\_\_\_ **Submit proposal** to present by November 9 – application is on the website and in the fall 2018 newsletter
- \_\_\_\_\_ **Work on your Art and Design Show entries** – the theme is “A Touch of Home” Details in the Fall 2018 newsletter
- \_\_\_\_\_ **Secure exhibitors** for the conference – pass on the names to Marilyn Swiontek, Deb Gagnon or Janet Powell
- \_\_\_\_\_ **Secure a sponsor** for our Thursday evening “Relax, Refresh and Relate Welcome Reception/Supper” – pass on the sponsor names to Chris Kniep
- \_\_\_\_\_ **Consider the pre-conference** offering “Building Protective Factors for Youth” – flier included in newsletter
- \_\_\_\_\_ **Keep watching the newsletter and website** [www.wafcs.org](http://www.wafcs.org) for Conference information and registration materials

This year's conference format will be refreshingly different. From the Thursday evening “Relax, Refresh and Relate Welcome Reception/Supper” to an earlier ending time on Saturday, you will find events and activities to stimulate the brain and encourage the heart. Be sure to set aside the days, and advocate with your employer to attend.

Registration materials will be available in the December e-newsletter.

# Building Protective Factors for Youth

**Wintergreen Resort**

**Lake Delton**

Please see official flyer of information at:

**Thursday, March 7, 2019**

<https://wafcs.org/Docs/WAFCS-Pre-Conference-with-Student-Rate.pdf>

**1:30–5:15 p.m.**

Join us for two impactful workshops offered in partnership with the Gundersen National Child Protection Training Center. These workshops are especially relevant for teachers, child care providers, social workers, nurses, youth advocates and parents.

## **ACE Study: Adverse Childhood**

### **Experiences - Identify, Intervene and Interrupt**

Experiences in childhood matter. Numerous research studies have shown how childhood stress and trauma can impact adult health. The ACE study is the largest study investigating the health and social effects of negative childhood experiences. Now that we have the research, what can we do about it? The cycle of violence, generational poverty and abuse, homelessness, substance abuse, incarceration, perpetration and victimization of violence are all related to ACE's. Strategies such as identification and assessment, reducing risk and exposure and nurturing resiliency and skill building are effective interventions. Changing the negative course that many children are on is our best way to prevent abuse in future generations. This presentation will increase your knowledge of trauma and provide ways to work with children, families and communities to reduce the impact of trauma.

### **Teachable Safety Skills for Professionals**

This presentation focuses on what works when talking to children and teens about personal safety, online/cell phone safety, and sexual abuse prevention. Our agency is committed to using what we learn in our 25+ years of case management of missing and exploited children to empower our audiences to walk around smart and not scared. This presentation is designed for professionals, but parents will also benefit from the various replicable safety tools.

**Presenter: Jane Straub**

**Victim Assistance Specialist, Jacob Wetterling Resource Center**

Jane has been working in the violence prevention and intervention field for almost 20 years. She has had the opportunity to work with victim/survivors of all ages and their families as well as offenders. In addition to providing advocacy and support, Jane is a national trainer on topics such as domestic abuse, sexual violence, stalking, trafficking, bullying/cyberbullying, reproductive coercion and impact of trauma (Ace Study). One of Jane's goals is to work with a variety of fields such as law enforcement, all components of health, education, social services and business to collectively connect the dots of risk and prevention and to provide services and hope for all of our children and families.

**Cost to attend:**

**\$65 General Public**

**\$30 Discounted Rate for UWSP Students**

**Discount made possible by a grant from UWSP Centennial Funding**

**sponsored by: [uwsp.edu/conted](http://uwsp.edu/conted)**

## **Share Your Expertise in a Break Out Session at the 2019 WAFCS Conference**

This is your opportunity to share your expertise in a breakout session - or maybe you know someone else who would be a great breakout presenter. Entries should be submitted electronically to Sarah Puddy [spuddy@fbfcsgroup.com](mailto:spuddy@fbfcsgroup.com) by November 9. The form is on the wafcs website:

<https://wafcs.org/Docs/forms/WAFCS-Breakout-Session-Proposal.pdf>

### **Friend of the Family Award**

Nominate a non-WAFCS member for the Friend of the Family Award. Please check out the WAFCS website and review the criteria, [https://wafcs.org/Docs/forms/WAFCS\\_FOF\\_Award\\_Criteria-2017.pdf](https://wafcs.org/Docs/forms/WAFCS_FOF_Award_Criteria-2017.pdf) nomination [https://wafcs.org/Docs/forms/WAFCS\\_FOF\\_Award\\_Nomination\\_Form-2017-2018.pdf](https://wafcs.org/Docs/forms/WAFCS_FOF_Award_Nomination_Form-2017-2018.pdf) and the review sheet. [https://wafcs.org/Docs/forms/WAFCS\\_FOF\\_Reviewer\\_Sheet-2017.pdf](https://wafcs.org/Docs/forms/WAFCS_FOF_Reviewer_Sheet-2017.pdf)

Your nomination of a non-WAFCS member or an organization is due before or by December 15, 2018. The nomination process is brief and you are encouraged, but not required, to contact the person or organization you are nominating to help with completing the application.

Listed below are the criteria:

The Wisconsin Friend of the Family Award recognizes a person or an organization for outstanding leadership and service in advancing public policy and/or leadership and support to goals and purposes consistent with Family and Consumer Sciences.

The Friend of the Family Award is presented to a person or an organization whose work aligns with the vision, mission and goals of the American Association of Family and Consumer Sciences and the Wisconsin Association of Family and Consumer Sciences.

The Award winner's work is an outstanding example of support and aligned with the research-driven body of knowledge (BOK) for the field of Family and Consumer Sciences.

The Friend of the Family Award is given to a person or an organization who upholds the Ethical Statement for the American Association of Family and Consumer Sciences.

The Friend of the Family Award is given to a non-member of WAFCS in the state of Wisconsin.

The Friend of the Family Award winner agrees to attend the WAFCS State Conference to receive the Award. Additional family members attending the award ceremony are invited and will be asked to pay for their meals, if they are attending the banquet. This award is presented at a banquet or luncheon, lodging and transportation fees are not paid for the awardee or their guest(s).

The nominator(s) will prepare a presentation highlighting the leadership and service of the Friend of the Family Award winner. The gift/token and a certificate will be awarded by the President of WAFCS and the nominator(s).

### **Please nominate a person or an organization by December 15th!**

If you have questions, please contact Carolyn Barnhart , CFCS, Vice President of WAFCS Awards and Recognition. [barnhartc@uwstout.edu](mailto:barnhartc@uwstout.edu)

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**Time to nominate outstanding peers - Teacher of the Year, New Achiever, Leader.** Award information and nomination forms can be found on the wafcs website under "Forms". Nominations are due by November 1 (or maybe a day or 2 late).

## Message from your President, Deborah Gangnon

As the fall and winter holidays of Thanksgiving and Christmas seasons approach, I find myself thinking about family and looking forward to the time spent with them. Much of that time will revolve around meals; the good food and the sharing of memories, stories and hopes for the future. Meals spent with family are the focus of Celebrate FCS Day and "Dining In with Healthy Families"! Through the FCS Day initiative, AAFCS provides information, tools, and research on the benefits of families preparing and eating healthy meals together. In 2018, the #FCSDay initiative will have a special focus on the emotional and social aspects of family mealtimes and promote device-free dinners. Login to commit to "Dining In" during the week of December 3, 2018.



One of the great benefits to AAFCS membership is the access to many webinars that support your professional growth. Three webinars are coming up soon that support the ideas of social/emotional well being through food; "Common Sense: Device-Free Dinners & Digital Well-Being", "Baking for Family Fun and Learning", and "Farm to Community - Harvest Freezing Strategies for Community and School Kitchens". Check them out!

And, on a final note, it is not too early to mark your calendars for March 7-9, 2019 for the Annual WAFCS Conference at Lake Delton. Your conference committee has been hard at work putting together a conference you won't want to miss. Details will be coming. We hope to see you all there!

Wishing you all a great fall and holiday season!

### Spot light on Our Legacy Members

*This is a series spotlighting our legacy members recognizing their contributions to WAFCS as well as to their profession and community. (thank you, Carol Subera, for this initiative)*

Mary Heisler has been a member of WAFCS/AAFCS since 1956. Her educational background includes a degree in Home Economics Education from Stout and a Master's Degree from Stevens Point. Mary's career as an Extension Home Economist from 1956-1989 included the counties of Portage and Fond du Lac in Wisconsin and Bay County, Michigan.

Mary served as WAFCS Parliamentarian for 3 years, was the chairman of the Northwest region and was a presenter at Region II. Mary was active in the National and Wisconsin Association of Extension Home Economists, serving as 1st vice-president of NAEHE along with other offices and committees. She also served as president of WAEHE.

Mary's other involvement has included Epsilon Sigma Phi, Fond du Lac County Graduate Home Economists and serving on many scholarship committees before and after retiring. Since retiring in 1990, Mary has been an active member of the Wisconsin Retired Educators' Association where she currently is a member of the WREA Foundation Board, previously serving as an officer and on many committees. She has also been active in the Fond du Lac Retired Educators' Association serving on committees and as an officer.

Mary volunteers at the Fond du Lac Hospital and at the Galloway House and Village Historical Site. Some of the changes that Mary has seen include more emphasis on family relations and financial issues as opposed to hands on activities in foods and clothing. However, leadership skills were always an important part of the program for adults as well as 4-H youth.

Mary states that Home Economics was important to her professionally and personally and Mary has been an important asset to our profession and to WAFCS/AAFCS. We thank you for your dedication, involvement and membership.

**Have you renewed your membership? Have you updated your information? A 2018-19 WAFCS directory will be out soon. Please send current information to Janet Powell at [executivedirector@wafcs.org](mailto:executivedirector@wafcs.org)**

## **AAFCS News:**

### **FCSfit Wellness Wednesday: Project Grants are Back!**

It's take some time, but we're excited to announce the [FCSfit Project Grant application](#) period **is open!** Two grants of \$500 each are available to AAFCS members (or member-led teams) whose **projects clearly demonstrate the potential to improve lives in one or more of these FCSfit areas:**

- Physical Well-being
- Financial & Resource Well-being
- Emotional Health & Relationship Well-being

More details:

The FCSfit Project Grant may be awarded to individuals or groups, though the **project leader must be a current AAFCS member (of ANY membership level).**

- Priority will be given to projects that are **creative, innovative, collaborative,** and **replicable.**
- Up to two grants may be awarded. The grant application period is open through November 30, 2018, and applicants will be notified no later than December 17, 2018.
- Funding will be awarded in January 2019.
- If you have any questions, email Sophy Mott, director of affiliate and member programs and FCSfit liaison at [smott@aaafcs.org](mailto:smott@aaafcs.org).

[Learn more and apply here today!](#)

**Check out the AAFCS website: [aaafcs.org](http://aaafcs.org) to learn about the following member benefits and activities:**

- Free Archived Webinars
- FCS Day and
- Dining in for Healthy Families - **week of December 3rd** - sign up to participate on the website; receive materials and suggestions for participation

# WAFCS Board of Directors 2018–2019

## Executive Committee

|                          |                           |
|--------------------------|---------------------------|
| President                | Deborah Gangnon           |
| President Elect          | Mary Kaye Merwin          |
| Immediate Past President | Carol Subera              |
| Secretary                | Virginia Hall             |
| Treasurer                | Susan Turgeson Ed.D, CFCS |

## Ex-Officio

|                    |                    |
|--------------------|--------------------|
| Executive Director | Janet Powell, CFCS |
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## Vice Presidents

|                             |                        |
|-----------------------------|------------------------|
| VP Membership               | Stephanie Love         |
| VP Awards and Recognition   | Carolyn Barnhart, CFCS |
| VP Technology/Communication | Kayla Correll, CFCS    |
| VP External Relations       | Marilyn Swiontek, CFCS |
| VP Public Policy            | Charmaine Rimple, CFCS |
| VP Professional Development | Sarah Puddy            |
| 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.

## Stay Connected:

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



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