



WAFCS ANNUAL CONFERENCE

	<p>WISCONSIN ASSOCIATION OF FAMILY AND CONSUMER SCIENCES INVITES YOU!</p>
<p>WAFCS ANNUAL CONFERENCE</p> <p>STONE CREEK HOTEL ONALASKA, WI</p>	
<p>MARCH 2 & 3</p>	<p>THIS YEAR'S KEYNOTE SPEAKERS AND BREAKOUT SESSIONS WILL HIGHLIGHT THE PAST PRESENT & FUTURE OF FCS.</p>

President Char's Message

Happy November! This can be a very exciting time of year for a lot of us. It can also be a stressful one. Did you know that educator stress levels tend to rise a little each week from now until our holiday break?

There is so much to do in the next 4 weeks. If you are a parent of littles, you may be dreading or celebrating the arrival of the Elf On The Shelf. I am sure you cannot wait for Uncle Ned to bring up the election at the Thanksgiving table, insert my sarcastic snort. Maybe you are dreaming of all those homemade pies and cookies that are ahead of you! As much as I love this time of year, the gift lists, the grocery lists, and if I am being honest, the "guilt" lists are a lot for my heart to sometimes manage.

As we traject ourselves towards Thanksgiving and Christmas this month, please give yourself the permission to let go of any expectation or even tradition that no longer suits you. Don't go to the staff party unless you think you will enjoy it. Don't participate in the Christmas cookie exchange if it means you are baking until midnight and miserable. Or bake 20 dozen cookies, because let's be honest, you geek out at doing the math on a standard recipe and it's a natural high to accomplish it! Set your boundaries and find your joy.

December will kickoff our #ElevateFCS initiatives. Check the WAFCS and the AAFCS Facebook pages and email blasts for more information. I am excited to share with you some activities I will be using. Have a wonderful season!

DECEMBER PROFESSIONAL DEVELOPMENT

Sign Up Now!

SOCIAL MEDIA BLOGGING
with Teaching in Heels

Thursday, December 8th from 4-5 pm

Join Angela, FCS Educator and Social Media Blogger for our December Professional Development Series. Angela has 51,000+ followers through her social media accounts, all while teaching FCS Education full time. Come learn about Angela and her entrepreneurial Spirit.

REGISTER NOW

WAFCS.ORG/---EVENTS OR SCAN

WAFCS.ORG | PROFESSIONAL DEVELOPMENT SERIES

Wishing the best to you during the Holiday Season!

"Works of the Heart"

By Sue Strutz

"Helping others is the way we help ourselves."
Oprah Winfrey

The 2022-2023 WAFCS Service Project will be port pillows and chemo caps for patients undergoing cancer treatments. We are calling this project "Works of the Heart!"

Unfortunately, most of us know a family member, friend, or colleague that has been touched by a cancer diagnosis. According to the American Cancer Society, there will be an estimated 1.9 million new cancer cases diagnosed in the United States by the end of 2022. Sometimes knowing what to say or how to support someone during a cancer crisis can leave one feeling uneasy. WAFCS has chosen to help cancer patients across Wisconsin through our sewing efforts.

There are two ways to help!

- Port Pillows—A port pillow is a small, rectangular pillow that chemotherapy patients use with a seat belt to relieve pressure and possible irritation around the port. A chemo port pillow can also be used around the strap of a purse or bag strap to make carrying things more comfortable.
- Chemo Caps—A chemo cap is a hat intended for wear by a cancer patient who is losing or has lost their hair due to chemotherapy or radiation treatments.

During the WAFCS Conference, there will be collection bins available to place your completed projects for regional distribution. However, you may choose to donate your sewn pillows and caps to your local cancer treatment center instead! Since last year's sewing event during the conference was such a success, we will also have sewing machines and materials available for additional contributions.

Here are links to the directions:

- Port Pillow
- Chemo Cap
- Bucket Hat (This is a more difficult project than the chemo cap!)

If you would like to attach a personal note or meaningful quote to your projects, please feel free to do that. If you would like tags for these notes or quotes sent to you, email Sue Strutz at sstrutz@sdwd.k12.wi.us



ATTENTION EVERYONE!



This year's WAFCS service project is "Works of the Heart!" It will involve making port pillows and cancer caps for those undergoing cancer treatment. Details to participate are to the left of this page.



CALL FOR BREAKOUT PROPOSALS

The 2023 WAFCS conference planning committee is working hard to provide dynamic learning opportunities for Family and Consumer Sciences professionals. Some of the best learning comes from our breakout presenters. We know that our members have many talents and skills and we are excited to read your breakout proposals. Please fill out this google form if you are interested in presenting on Friday, March 2nd in Onalaska, WI at the Stoney Creek Hotel and Conference Center.

WAFCS Member Shout-Outs!!

- Chef Duff Goldman recently gave a 'shout-out' to **Emily Larson** for the exciting things Emily does in her Amery High School classroom!
- WHBY "Inside the Headlines" interviewed Menasha High School FCS educator, **Michael Westbrook**, at the beginning of the school year! Michael's interview is 20 minutes into the program. Take a few minutes and visit their link at: <https://www.whby.com/2022/08/31/august-29-2022-co-host-michael-ford-landen-moore-michael-westbrook-ari-brown-and-chancellor-andrew-leavitt/>
- **Susan Turgeson** from UW-Stevens Point is now serving on the National FCCLA Board of Directors representing FCS Education!



WAFCS Foundation
Check it out!

REMEMBER YOUR WAFCS FOUNDATION

Do your givin' while you're livin', so you'll be knowin' where it's goin'!
WAFCS Foundation Chair, Karen Goebel

Make a decision to support the profession of Family and Consumer Sciences that affected your career choice, personal life, and introduced you to some of your dearest life-long friends. The Foundation awards an undergraduate scholarship, professional project / research grant, travelships to foster student attendance at state WAFCS meetings, and travelships to support WAFCS award winners' attendance at the AAFCS Annual Conference.

WAFCS Foundation Donation Form

Updated 11/2020

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(special achievements, retirement, birthdays, anniversaries, weddings, etc)

_____ WAFCS Annual Conference Keynote Speaker Fund

_____ Silent Auction

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WAFCS NEWS - NOVEMBER 2022

Editor: Cindy Quilling

All newsletter submissions are due the 1st of each month to cindyquilling.wafcs@gmail.com