

# WAFCS E-NEWSLETTER

WISCONSIN ASSOCIATION OF FAMILY AND CONSUMER SCIENCES

Volume IX Issue 2

December 2020



## 2021 WAFCS Virtual Annual Conference

March 5, 6 2021

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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Yes, Wisconsin will be having a spring conference, but this time virtually on Zoom. After needing to cancel the 2020 conference twice due to Covid-19, the planning committee decided a virtual conference would be necessary for 2021. Here is what it will look like:

Friday evening via Zoom - Awards Recognition Celebration where we will celebrate our award winners. This will be a similar event to the 2020 Awards Recognition Celebration held in October this year.

Saturday via Zoom - 9 a.m.- 2:30 p.m. The program will include

- 2 keynote speakers,
- many breakout sessions,
- time for networking.

The conference will be recorded for ease in viewing ALL that is offered after the conference is completed.

Conference cost is nominal -

**\$50 - WAFCS members;**

**\$75 - Non-members;**

**\$20 - University students.**

Plus - no travel costs!! **This is a win-win situation.**

### Saturday Morning Keynote Speaker

#### Deborah Blum

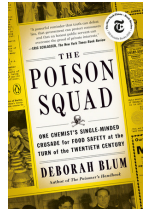
We are pleased to announce that Deborah Blum, author of *The Poison Squad*, *The Poisoner's Handbook* (and several other books), will be our Saturday morning keynote speaker. *The Poison Squad* was required reading on the UW Campus in 2019 and is the story of Dr. Harvey Washington Wiley's campaign for food safety and consumer protection.



## *The Poison Squad*

Riveting. . . . Blum isn't just telling one scientist's story but a broader one about the relationship between science and society. . . . [A] timely tale about how scientists and citizens can work together on meaningful consumer protections."— *Science* magazine

Deborah Blum is a highly acclaimed science journalist, Pulitzer Prize-winning author, and co-editor of *A Field Guide for Science Writers*. She is also the Knight Science Journalism program director at Massachusetts Institute for Technology.



Hear about the struggles for food safety from the expert herself. This keynote presentation will be worth the registration cost in itself.

### **Saturday Afternoon Keynote Speaker "A Consumer Bill of Rights: How One Food Company Responded to 1970s Activism"**



This presentation investigates the story behind Giant Foods' hiring of a longtime consumer activist to represent the supermarket chain amid a decade of public distrust. The 1970s witnessed deep ambivalence among consumers regarding the fairness of grocery prices and the health claims of processed foods. Giant Foods responded by hiring Esther Peterson, a veteran consumer activist, as a spokesperson. Her "Consumer Bill of Rights" committed Giant to now standard practices, such as unit pricing, recycling, and other measures.

Peterson's work drew directly from her earlier experiences as a union organizer and official within the Kennedy and Johnson Administrations, where she advanced the cause of gender equality. Her work for Giant thus allows a wide consideration of how food companies internalized social activism to regain the public trust.

Dr. Neil Prendergast teaches history at UW-Stevens Point. His courses include Food in Modern America, U.S. Environmental History, Designing the American Dream, and Environmental Justice. Prendergast earned his PhD in environmental history from the University of Arizona. His published work includes "Raising the Thanksgiving Turkey: Agroecology, Gender, and the Knowledge of Nature," which appeared in *Environmental History* and "Food and Environment," which appeared in the *Routledge History of American Foodways*.

### **You Won't Want to Miss This! The WAFCS Conference Line-Up by Delaine Stendahl**

Our year has been filled with a lot of uncertainty but you can be certain the WAFCS Annual Conference will not let you down! We are offering a great virtual conference where you can join in on many great sessions and network with your colleagues! Not only can you attend the session that interests you best during each sectional, but you can go back to recorded sessions and actually view them all! So, not all outcomes of the Covid 19 pandemic have been all that bad. We have been able to learn new ways of doing daily tasks and determining what really matters in life. I know that I have appreciated more time with family and enjoyed extra time to slow down and reflect on things that are important to me. I suspect each of you has also found some 'good' in this

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pandemic. So what sessions are being offered to spark your interest? Here is a checklist for you! I am sure you will want to participate in our conference this year!

- Telling Your Family Story
- Technology Tools to Use in Your Classroom
- The Pulse on Health Science Education in Wisconsin
- Starting a CTSO
- How Does a Pandemic Affect Our Food Supply?
- Caring for the Caregiver
- How to Create an Inviting Learning Environment: Encouraging Kindness in Your Classroom
- Gamification in the Culinary Classroom
- Burial Plots to Yellow Pie Plates-End of Life Decisions
- The Joy of Leadership 101
- Integrating Leadership Skills Into Your FCS Program
- Beyond College Graduation
- FCS Activities for a Healthy Environment
- Networking Sessions: Business, Education, Extension, and Retirees
- Inclusion in the Classroom-Special Olympics Fitness Program
- Standards Based Grading: A New Approach to Learning and Assessment
- Project Money- “The Coaches” Advice

## WAFCS SILENT AUCTION CANCELLED



The WAFCS Foundation has decided to cancel the 2021 Silent Auction, which is typically held at our conference to help raise money for scholarships, travelships and grants. It is an event which everyone looks forward to and involves a lot of friendly bidding. However, any form of an on-line silent auction would mean expensive shipping charges to get the items to the winner. So instead the Foundation is proposing the following . . . .



Think about what you would typically spend at the Silent Auction and **make a donation directly to the WAFCS Foundation.** There is a line on the WAFCS Foundation Board Donation Form, if you would like to make a donation to the Silent Auction.

## “Membership Has Its Benefits!”

### Foundation Seeks Applicants

Due to the continuing COVID-19 pandemic, the WAFCS Annual Conference will be virtual on Saturday, March 6, 2021. Therefore, adjustments will be made in the 2021 Foundation Awards. The undergraduate and graduate scholarships and the Professional Project/Research Grant will be awarded as usual. “Travelships” for the WAFCS Virtual Annual Conference will be awarded in the form of “Reimbursement Scholarships” for registration fees.

- **Reimbursement Scholarships for Student Conference Registration Fees** (up to 40 at \$20 each) to promote student participation in the 2021 WAFCS Virtual Annual Conference.
- **Reimbursement Scholarships for Professional Conference Registration Fees** (up to 20 at \$50 each) to promote professional participation in the 2021 WAFCS Virtual Annual Conference.

Applicants should submit proof of registration and payment and you will be reimbursed after your conference participation. Send receipt and documentation for registration to Janet Powell, 5605 Barton Road, Madison, WI 53711 or [executivedirector@wafcs.org](mailto:executivedirector@wafcs.org).

The Foundation offers these additional benefits/opportunities for students and professionals!

- **Undergraduate Scholarship** (\$500)—February 15 deadline!
- **Graduate Scholarship** (\$1000)—February 15 deadline!
- **Professional Project/Research Grant** (\$1000)—February 15 deadline!
- **Professional Travelships/2022 IFHE World Congress** (three at up to \$500 each) to promote professional attendance at the IFHE World Congress in Atlanta, September 4-10, 2022—Use “Travelship Application—National Conference” form and substitute “IFHE World Congress” for “National Conference.” This is a unique opportunity as this is the first time it’s been hosted in the U.S. since 1988!

Details for applying for these benefits can be found on the WAFCS website at [www.wafcs.org](http://www.wafcs.org) under *Forms* and then under *WAFCS Foundation Forms* and/or *Student Scholarship and Travelship* (or for a specific application form, contact Jean Zeithaml at 715-836-8330 or [djeithaml@att.net](mailto:djeithaml@att.net)). To promote the concept that “**Membership has its Benefits!**” you must be a current AAFCS member to be eligible. Preference for the conference reimbursement scholarships/travelships will be given to first-time participants and/or those in the early years of their professional careers. Decisions regarding student and professional travelships to promote attendance at the National AAFCS Annual Conference will be made closer to that time.

### WAFCS FOUNDATION DONATION FORM

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

Name \_\_\_\_\_

Address \_\_\_\_\_

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

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

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

In Celebration of \_\_\_\_\_

(special achievements, retirements, birthdays, anniversaries, weddings, etc.)

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

WAFCS Silent Auction \_\_\_\_\_

AAFCS/WAFCS is a 501(c)(3) not-for-profit organization. All contributions are tax deductible.

Make checks payable to:  
WAFCS Foundation & send to:

Janet M. Powell, CFCS  
Executive Director  
5605 Barton Road  
Madison, WI 53711-3428  
H: 608-271-0776  
[executivedirector@wafcs.org](mailto:executivedirector@wafcs.org)

Please send a card acknowledging this gift to:

Name \_\_\_\_\_

Address \_\_\_\_\_

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

**Online registration begins the first week of January.**

**If you have access to funding for professional development, apply now!!**

**WAFCS Virtual Conference Registration**

**March 5, 6, 2021**

*\*Required information*

**\*First Name** \_\_\_\_\_ **\*Last Name** \_\_\_\_\_

**\*Email** \_\_\_\_\_

**\*Mailing Address** \_\_\_\_\_

**\*City** \_\_\_\_\_ **\*State** \_\_\_\_\_ **\*Zip** \_\_\_\_\_

**\*Preferred Phone** \_\_\_\_\_

**\*Are you currently a member of American Association of Family & Consumer Sciences?**

☐ Yes ☐ No

**If yes, please provide your AAFCS membership number if applicable.** \_\_\_\_\_

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

**\*Registration Type:** ☐ Please note, registration is non-refundable. **Registration after Saturday, February 20 – add \$10.00 late fee**

☐ Fri/Sat Member - \$50

☐ Fri/Sat Non-Member \$75.

☐ Fri/Sat Student \$20

**10% Discount offered to conference presenter. Indicate session presenting**

**For Students ONLY:**

What university do you attend?

☐ UW-Stevens Point

☐ UW-Stout

☐ UW-Madison

☐ WI Technical College System

☐ Other

**WAFCS Permission for Publication Release Form**

☐ I give my permission for WAFCS to use my photo, possibly with my name included, in a manner consistent with quality, professional education, in any WAFCS electronic or print paper media communication. I also realize that WAFCS or any of its Regions may submit such communications to AAFCS as well as professional media covering WAFCS events and achievements.

☐ I do not give permission to WAFCS to use my photo.

This permission can be revoked at any time by contacting the WAFCS State President in writing.

## WAFCS Agreement to Code of Conduct

☐ I give my consent to abide by the 2021 WAFCS Annual Conference Code of Conduct in all venues, including ancillary events and official and unofficial social gatherings.

(See Addendum at end of registration form)

### \*Options for Payment:

Register online.

Pay by Credit card via PayPal

Pay with Check. Mail check to Janet Powell,  
5605 Barton Road, Madison, WI 53711-3428

**\*\*\*Registration will not be complete until payment is received.**

### \*Payment Amount:

Registration Fee \_\_\_\_\_

10% Presenter discount \_\_\_\_\_

\$10 Late Fee – after February 20 \_\_\_\_\_

Donation to WAFCS Foundation \_\_\_\_\_

#### Donations:

WAFCS HUGS \$\_\_\_\_\_ WAFCS Foundation Scholarships & Travelships \$\_\_\_\_\_

WAFCS Keynote Speaker Fund \$\_\_\_\_\_ WAFCS Silent Auction \$\_\_\_\_\_

**(Pay with separate check to WAFCS Foundation or PayPal )**

Total \$\_\_\_\_\_

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

## ADDENDUM: 2021 WAFCS Annual Conference Code of Conduct

The 2021 WAFCS Virtual Annual Conference aims to be inclusive to the largest number of contributors, with the most varied and diverse backgrounds possible. As such, we are committed to providing a friendly, safe and welcoming environment for all, regardless of gender, sexual orientation, ability, ethnicity, socioeconomic status, political beliefs, and religion.

This Anti-Harassment Policy and Code of Conduct outlines our expectations for all those who participate in the 2021 WAFCS Virtual Annual Conference, as well as the consequences for unacceptable behavior.

**We expect all participants in the 2021 WAFCS Virtual Annual Conference to create a safe and positive experience for everyone.**

“Participant” in this policy refers to anyone present at the 2021 WAFCS Virtual Annual Conference including staff, contractors, hotel and AV staff, speakers, WAFCS leadership, and all attendees.

## **Expected Behavior**

We expect all participants at the 2021 WAFCS Virtual Annual Conference to abide by this Code of Conduct in all venues, including ancillary events and official and unofficial social gatherings.

- Exercise consideration and respect in your speech and actions.
- Refrain from demeaning, discriminatory, or harassing behavior and speech.
- Be mindful of your surroundings and of your fellow participants.
- Alert WAFCS leadership if you notice a dangerous situation, someone in distress, or violations of this Code of Conduct, even if they seem inconsequential.

## **Unacceptable Behavior**

Unacceptable behaviors include but are not limited to

- intimidating, harassing, abusive, discriminatory, derogatory, or demeaning speech or actions by any participants in the 2021 WAFCS Virtual Annual Conference, at all related events and in one-on-one communications carried out in the context of the 2021 WAFCS Virtual Annual Conference WAFCS event venues may be shared with members of the public;
- please be respectful to all patrons of these locations.
- harmful or prejudicial verbal or written comments or visual images related to gender, sexual orientation, race, religion, disability, age, appearance, political beliefs, or other personal characteristics
- inappropriate use of nudity and/or sexual images in public spaces (including presentation slides)
- deliberate intimidation, stalking, or following
- harassing photography or recording
- inappropriate disruption of talks or other events
- unwelcome and uninvited attention or conduct
- physical assault (including unwelcome touch or groping)
- real or implied threat of physical harm
- real or implied threat of professional or financial damage or harm
- possession or use of any illegal drug, narcotic or banned substance
- possession or use of any item defined as a weapon, illegal or not

Be careful in the words that you choose. Remember that sexist, racist, homophobic, Islamophobic, anti-Semitic, transphobic, and other exclusionary jokes can be offensive to those around you. Excessive swearing and offensive “jokes” are not appropriate for the AAFCS Leadership Workshop.

## **Consequences of Unacceptable Behavior**

Unacceptable behavior from any participant at the 2021 WAFCS Virtual Annual Conference will not be tolerated.

**If a participant engages in unacceptable behavior, WAFCS may take any action they deem appropriate, including removal from the 2021 WAFCS Virtual Annual Conference (without refund) at which the harassment occurred. Egregious violations will result in more severe sanctions.**

## **If You Are Subject to or Witness Unacceptable Behavior**

If you are being harassed, notice someone else is being harassed, or have any other concerns, please contact a member of the WAFCS Leadership or Janet Powell, Executive Director immediately, ALL reports are confidential.

If possible, provide the following information, preferably in writing:

- Identifying information (name, appearance, role) of the participant who has committed an offense
- The approximate time of the behavior
- The circumstances surrounding the incident
- Other people involved in or witnessing the incident



The staff are trained on how to deal with the incident and how to further proceed with the situation.

If needed or requested, leadership will help participants contact venue security or local law enforcement, provide escorts, or otherwise assist those experiencing harassment to feel safe for the duration of the 2021 WAFCS Virtual Annual Conference. **No one will be contacted without the permission of the person who was harassed/assaulted.** If requested, WAFCS Conference Chairs will provide a full refund (minus ticketed events already attended) to anyone who has been harassed or assaulted so that they may process the event in their own space.

### **Addressing Grievances**

If you feel you have been falsely or unfairly accused of violating this Code of Conduct, you should notify Janet Powell, Executive Director with a concise description of your grievance, by email to [executivedirector@wafcs.org](mailto:executivedirector@wafcs.org).

Policy developed based on information from Smarts Consulting

### **Message from WAFCS President - Charmaine Rimple**

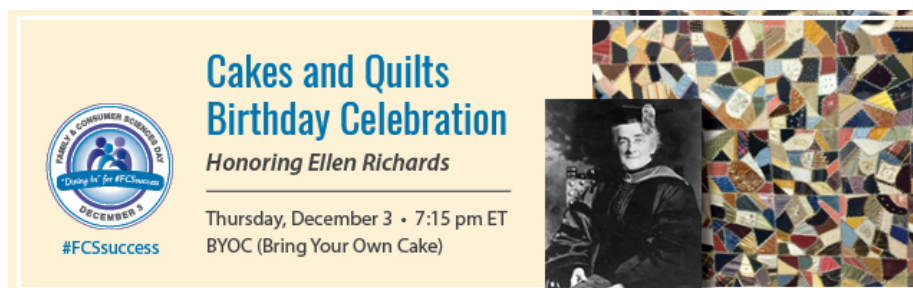
Roasting and toasting to share in the fall festivities and upcoming winter holidays with many family members and the usual assortment of friends for this year is an intimate setting (covid-style dining in) with fewer than average amount of participants. Nowadays, many of us embrace sharing and expressing gratitude by celebrating online. I encourage WAFCS members and friends to join AAFCS this coming Thursday, December 3, for “Cakes and Quilts Birthday Celebration,” the theme for this year’s “Dining In for #FCSsuccess.” Remember, your part of the preparation for the event is to prepare an era-appropriate cake for the remembrance of Ellen Swallow Richards. I am sharing my selected cake recipe discovered in New York’s oldest existing house – Hendrick I. Lott’s House. Earlier this year, I discovered while online surfing the “Demon Cake” recipe. On that website, the historian for the Hendrick I. Lott house commented the cake recipe is to bake in a “modern oven.” I was intrigued by the phrase “modern oven” used for cake baking. After I deciphered the photo of the old hand-written cake recipe. I concluded that a moderate temperature was required and not a “modern oven.” Plus, I interpreted the historical recipe for you to make, serve, and eat the tasty cake.



While at the December 3 online event and eating a cake prepared by you, in true Wisconsin style, raise your glass to a modern-day loved and celebrated Family and Consumer Sciences Professional – Carolyn Barnhart - remembered for touching many lives. Take time to reflect on this giving person as well as her many professional achievements. In ending my message, Family and Consumer Sciences Professionals continue with reaching out, awakening differences, improving the lives of individuals, families, and communities – to us, we celebrate!

Charmaine Rimple, MS, CFCS

**December 3  
Register now -  
[aafcs.org](http://aafcs.org)**





Demon Cake  
 1 cupful of butter, one of sugar  
 1 of molasses - two eggs - four 4-1/4 cups  
 full of flour - 1 Table spoonful  
 of ginger, one of cinnamon  
 four of brandy 1/2 a grated  
 nutmeg one teaspoonful of soda  
 dissolved in two table-spoonfuls  
 of milk - one cupful of currants  
 and one of preserved ginger  
 Cut in fine strips. Beat the  
 butter to a cream: then beat  
 in the sugar, molasses brandy  
 and spice have eggs well  
 beaten and add them. Stir  
 in the soda and flour. Run  
 two pans well buttered or lined  
 with sarrafine paper. Pour  
 the cake mixture to the depth  
 of about two inches in each  
 pan - sprinkle a layer of fruit  
 on it - Bake a layer of fruit  
 on it then a layer of mix

+ is on. Bake two hours in a  
 moderate oven -  
 Cream Potatoes Mrs M<sup>rs</sup> C  
 Cut new fine potatoes as they make  
 little cubes. cover well with milk  
 let it cook slowly then put Pepper  
 salt + Butter and let all cook  
 slowly then 2 teaspoon of Corn  
 starch to a little cold milk  
 stirred smooth then stir in after  
 butter Pepper + salt has boiled well  
 through -  
 Cranberry Jelly.  
 1 qt Cranberry  
 1 pt Sugar  
 1/2 pt boiling water  
 Boil quick fifteen minutes.  
 Strain and turn into mould.

Line-by-line of photo "Demon Cake" (Hendrick I. Lott

House, n.d.) deciphered by Charmaine Rimple, CFCS

Line 1	1 cupful of butter, one of sugar
Line 2	1 of molasses-two eggs-four 4-1/4 cups
Line 3	full of flour-1 Tablespoonful
Line 4	of ginger, one of cinnamon
Line 5	four of brandy, 1/2 a grated
Line 6	nutmeg one teaspoonful of soda
Line 7	dissolved in two table-spoonfuls
Line 8	of milk-one cupful of currants
Line 9	and one of preserved ginger
Line 10	Cut in fine strips. Beat the
Line 11	butter to a cream: then beat
Line 12	in the sugar, molasses brandy
Line 13	and spice have eggs well

Interpretation of recipe Demon  
 Cake by Charmaine Rimple, CFCS

1 cup butter (room temperature)
1 cup sugar
1 cup molasses
2 large eggs (room temperature)
4 1/4 cup flour
1 tablespoon ginger
1 tablespoon cinnamon
4 tablespoons brandy
1/2 half nutmeg, grated
1 teaspoon baking soda
2 tablespoons milk
1 cup dried currants (red or black)
1 cup preserved ginger (in

Line 14	beaten and add them. Stir	syrup or sugar) Heat oven. Prepare two 8" round pans with butter or parchment paper.
Line 15	in the soda and flour Have	
Lin 16	two pans well buttered or lined	Cut dried fruit into strips, set aside. Beat eggs, set aside. Cream butter; then, mix in sugar, molasses, spices, and eggs; set batter aside. Dissolve soda in milk, then add solution with flour to batter. Pour batter to depth of two inches in each pan. Sprinkle a layer of cut-up fruit, then cover with thin layer of batter; and continue until fruit and batter used. Bake at 350° for 55-60 minutes. Remove from oven. Turn out cakes onto wire rack. Layer with whipped cream or sour cream.
Line 17	with paraffine paper. Pour	
Line 18	the cake mixture to the depth	
Line 19	of about two inches in each	
Line 20	pan-sprinkle a layer of fruit	
Line 21	on it-Pores a thin layer	
Line 22	mixture on it-then a layer of fruit	
Line 23	-so on. Bake two hours in a	
Line 24	moderate oven-	

Interpreter's notes: (a) the recipe for the Cream Potatoes uses cornstarch, an 1851 food development, and (b) what type of pen (steel point pen, fountain pen, maybe quill) was used to write out the Demon Cake recipe?

Sources of cake recipe:

Lott, H.I. (n.d.). Photo [Demon Cake]. *The Week*. In Valerio Farris (Ed.) The oldest cake recipe from the oldest house in New York. *The Week*. Retrieved January 13, 2020 from [https://food52.com/blog/24895-lott-house?](https://food52.com/blog/24895-lott-house?utm_source=cj&utm_medium=affiliate&utm_campaign=Food52)

[utm\\_source=cj&utm\\_medium=affiliate&utm\\_campaign=Food52](https://food52.com/blog/24895-lott-house?utm_source=cj&utm_medium=affiliate&utm_campaign=Food52)

Farris, V. (Dec. 28, 2019). Quote. ["The recipes with their dated ingredient lists and reliance on outdated products clashed with modernity."]. The oldest cake recipe from the oldest house in New York . *The Week*. Retrieved January 13, 2020 from [https://food52.com/blog/24895-lott-house?utm\\_source=cj&utm\\_medium=affiliate&utm\\_campaign=Food52](https://food52.com/blog/24895-lott-house?utm_source=cj&utm_medium=affiliate&utm_campaign=Food52)

Looya, A. (n.d.). Quote. ["It so often says to bake in a modern oven . . ."] In Valerio Farris (Ed.) The oldest cake recipe from the oldest house in New York. *The Week*. Retrieved January 13, 2020 from [https://food52.com/blog/24895-lott-house?](https://food52.com/blog/24895-lott-house?utm_source=cj&utm_medium=affiliate&utm_campaign=Food52)  
[utm\\_source=cj&utm\\_medium=affiliate&utm\\_campaign=Food52](https://food52.com/blog/24895-lott-house?utm_source=cj&utm_medium=affiliate&utm_campaign=Food52)

### **December 3**

**Have you registered with AAFCS to join other WI participants  
"Dining In"?**

### **December 4**

**Save the Date! December Town Hall Meetings! December 4  
Register now at [aafcs.org](http://aafcs.org)**

