

# WAFCS E-NEWSLETTER

WISCONSIN ASSOCIATION OF FAMILY AND CONSUMER SCIENCES

Volume X Issue 4    December 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.



**Celebrate WI with the  
2022 WAFCS Annual Conference  
Thursday, March 3<sup>rd</sup>- Friday, March 4<sup>th</sup>**

## **Introducing Our First General Session Keynote Speaker**

**“Wisconsin Tourism – Are You Connected with this \$20 Billion Industry?”**

*Andrew Nussbaum, Regional Tourism Specialist*

*Wisconsin Department of Tourism*

Attracting visitors to our region requires a clear message about the experiences we offer. Providing great destinations begins with providing great customer service. Join us for a discussion about marketing to today’s travelers, the ever-changing world of social media, the importance of outdoor recreation, and the basics of welcoming guests when they arrive at our doorstep.

- Learn about the resources that the Wisconsin Department of Tourism has to offer
- Experience current tourism marketing trends, and the research that supports it
- Discuss today’s workforce challenges and the career opportunities tourism and recreation offer
- Find out about tourism grant funding that exists for events and marketing in your communities
- Share and discuss best practices required to deliver the best customer experiences



# **Conference at a Glance Schedule**

## **Thursday, March 3rd Schedule**

- 10:00-10:30 a.m. Conference Registration
- 11:00 a.m. - 3:00 p.m. Pathway Palooza
- 3:00 p.m. Hotel Check In
- 3:00-6:30 p.m. Conference Registration
- 3:00-10:00 p.m. Basket Raffle Open
- 3:30-4:30 p.m. WAFCS Leadership Academy
- 3:30-5:30 p.m. Community Service Project, Ryan's Case for Smiles  
Session A, 3:30-4:30 p.m.  
Session B, 4:30-5:30 p.m.
- 3:30-5:30 p.m. Wisconsin Showcase
- 6:30-8:00 p.m. Awards Banquet
- 8:00-10:00 p.m. Extended Refresh & Relax Session

## **Friday, March 4th Schedule**

- 6:30-7:00 a.m. Gentle Wellness Activity
- 6:30-7:30 a.m. Exhibits, Art & Design, Basket Raffle Set-Up
- 6:30- 8:30 a.m. Conference Registration
- 7:30-8:30 a.m. Breakfast
- 7:30 -11:45 a.m. Basket Raffle
- 7:30 a.m.-2:00 pm Art & Design Show
- 7:30 a.m.-2:00 pm Exhibits
- 7:30 a.m.-2:00 p.m. #FCSBFFS Activities
- 8:30-10:00 a.m. First General Session  
10:00-10:15 a.m. *Passing Time*
- 10:15-10:45 a.m. Breakout Session #1  
10:45-11:00 a.m. *"Passing Time"*
- 11:00-11:30 a.m. Breakout Session #2  
11:30-11:45 a.m. *"Passing Time"*
- 11:45 a.m.-1:45 p.m. Lunch & Second General Session  
1:45-2:00 p.m. *"Passing time"*
- 1:45-2:45 p.m. Claim Raffle Baskets
- 2:00-2:30 p.m. Breakout Session #3  
2:30-2:45 p.m. *"Passing time"*
- 2:45-3:00 p.m. Closing
- 3:30- 6:30 p.m. AAFCS Certification Exam

## **Virtual Conference Schedule**

Thursday, March 3rd

- 6:30-8:00 pm

Awards Banquet

Friday, March 4th

- 8:30-10:00 am
- 10:00 am-10:30 am  
*10:30 am-10:45 am*
- 10:45 am- 11:15 am  
*11:15 am-11:30 am*
- 11:30 am-1:30 pm  
*1:45-2:00*
- 2:00-2:30

First General Session

Breakout Session #1, (pre-selected by conference committee)  
*"Passing Time"*

Breakout Session #2 (pre-selected by conference committee)  
*"Passing Time"*

Second General Session & Lunch (lunch not provided)  
*"Passing time"*

Breakout Session #3, (pre-selected by conference committee)

## **2022 Breakout Sessions**

12 Breakout Sessions will be offered Friday. The complete breakout session schedule will be included in the January e-newsletter. A sampling of the sessions being offered are listed below:

- The Secret of Home Economics, Book Study
- Whipping Up Wellness Student Chef Competition
- Career Pathways and Youth Apprenticeship
- Cranberry Education

## **PDU Opportunity**

This year at the conference you will have the opportunity to earn 9 professional development units (PDUs) through AAFCS's Family and Consumer Sciences Credentialing Center. If you are interested in earning the 9 PDUs be sure to sign up for the full conference and during registration select the drop down to "yes" for earning PDUs.



# Pathway Palooza Information,- Thursday, March 3rd

We will begin with an exciting start to the conference on March 3rd, where we will explore the various pathways within the Family and Consumer Sciences field. Each pathway will include a tour of a business in the industry and an engaging presentation to enhance the connection of what makes Wisconsin FCS so unique. We will wrap up with a professional group debriefing that is orchestrated by retired extension agent, Chris Kniep.

Some pathways will have limited space available, so be sure to register for the conference early!

Schedule	Hospitality & Culinary	Fashion & Design	Education & Training	Health Sciences
<b>Session 1:</b> <b>11:00a.m. - 12:00 p.m.</b>	<b>Baking Demo at Meringue Bakery</b>  <i>Presenter:</i> <b>Jen Barney-</b> <i>Head Pastry Chef &amp; Owner</i>  <i>Location:</i> 313 Main St La Crosse, WI 54601	<b>FCS To Business Owner Presentation</b>  <i>Presenters:</i> <b>Terri Williams-</b> <i>Quilt Central Academy</i>  <i>Location:</i> Stoney Creek Hotel 3060 S Kinney Coulee Rd Onalaska, WI 54650	<b>Shaping the Future through Educators Rising</b>  <i>Presenters:</i> <b>Leah Luke-</b> <i>WEAC Educators Rising Coordinator</i> <b>Valerie DeVries-Polman-</b> <i>FCS and Educators Rising Teacher Leader</i>  <i>Location:</i> Stoney Creek Hotel 3060 S Kinney Coulee Rd Onalaska, WI 54650	<b>Behind the Scenes Tour at Mayo Clinic &amp; Health Science Career Presentation</b>  <i>Presenter:</i> <b>Heidi Odegaard-</b> <i>Community Engagement Specialist</i>  <i>Location:</i> 700 West Ave S, La Crosse, WI 54601
<b>Lunch</b>  <b>12:15pm - 12:45pm</b>		<b>Bagged Lunch Pick-Up</b>  <i>Location:</i> Stoney Creek Hotel and Conference Center 3060 S Kinney Coulee Rd Onalaska, WI 54650		
<b>Session 2:</b> <b>1:00 p.m.- 2:00 p.m.</b>	<b>Wisconsin Beef Council Demo &amp; Education Session</b>  <i>Presenter:</i> <b>Sarah Agena-</b> <i>Dietician</i>  <i>Location:</i> Stoney Creek Hotel 3060 S Kinney Coulee Rd Onalaska, WI 54650	<b>Behind the Scenes Tour of Duluth Trading Company</b>  <i>Presenter:</i> <b>Duluth Trading Co. Staff</b> <i>Troy, Lead Manager</i>  <i>Location:</i> 400 Main Street La Crosse, WI 54601	<b>UW-La Crosse School of Education &amp; Continuing Education Presentation and Tour</b>  <i>Presenter:</i> Sam Pierce- <i>Assistant Director of Admissions</i>  <b>Special Note: *Will include a significant amount of walking</b> <i>Location:</i> UW La Crosse Campus 1725 State St, La Crosse, WI 54601	<b>Viterbo University Tour of Health Sciences Majors and Facilities</b>  <i>Presenter:</i> <b>Health Science Department-</b> <i>Viterbo University</i> <b>Special Note: *Will include a significant amount of walking</b> <i>Location:</i> 900 Viterbo Drive La Crosse, WI 54601
<b>Session #3:</b>  <b>2:15 p.m.-3:30 p.m.</b>	<b>Professionally Orchestrated Debriefing with Retired Extension Agent, Chris Kniep</b> <i>Location:</i> Stoney Creek Hotel and Conference Center 3060 S Kinney Coulee Rd. Onalaska, WI 54650			

# **AAFCS Certification Exam**

*Are you interested in becoming certified in Family and Consumer Sciences (CFCS) through AAFCS?*

*Keep reading to learn more!*

## **Benefits of Certification**

Becoming certified is the most credible credential a family and consumer sciences professional can achieve. The AAFCS Certification Program provides the following exclusive benefits:

- Promotes continuing education and professional growth;
- Provides recognition to individuals, allows them to use the CFCS title and certified designation;
- Increases professional employment opportunities;
- Fosters excellence in the family and consumer sciences profession;
- Markets the profession;
- Assists employers in recruitment and selection of highly qualified individuals within the profession.

## **Who Can Complete the Exam?**

Those individuals who hold a bachelor's degree from an accredited institution or who will graduate within the year are eligible to take one of the five professional-level assessments offered by AAFCS.

## **Cost**

AAFCS Certification Exams (fee is \$95.00 payable to AAFCS).

\*\*\*Cost is reimbursed by the WAFCS Foundation once test is completed.

## **Time, Date and Location**

Exam will take place from 3:15-6:15 p.m. following the conference on Friday, March 4th at the Stoney Creek Resort and Conference Center.

## **Examination options are:**

- Family & Consumer Sciences (FCS) Composite Examination
- Human Development & Family studies (HDFS)
- Personal & Family Finance Educator (PFFE) Examination
- Nutrition & Wellness Educator (NEW) Examination

## **How to Register for the Exam**

1. Go to [www.aafcs.org](http://www.aafcs.org)
2. Click **Credentialing**. Then, select **Register for an Exam**.
3. If you have a MYAAFCS account click the "Register" button and log in with your username and password.  
(If you **do not** have a MYAAFCS account click the "Create a profile" link. Complete your profile and click **Submit**.)
4. Click the **Register** button for the **Paper Based Testing – Wisconsin Affiliate Conference** event.
5. Complete the **Badge and Contact Information** and **Event Specific Information** sections and click **Continue** (Please Note: Date of Birth, Gender, and Ethnicity are required fields.)
6. Complete the **Registration Options** section and click **Continue**.
7. Select an exam by clicking **Add** in the Actions column. Then, click **Continue** in the Itinerary box.
8. Review your exam information and click **Continue**.
9. Scroll down to the **Payment Information** section to enter your payment details and click **Submit**.

**Registration deadline of January 31, 2022**

If candidates need assistance with exam registration please ask them to contact AAFCS at 703-706-4600 or send an email to [certification@aaafcs.org](mailto:certification@aaafcs.org).

# **AAFCS Certification Exam Study Group**

*Are you going to take the AAFCS certification exam at the conference on Friday, March 4<sup>th</sup>? Read how to become a member of the study group.*

## **What We Are Offering To Our Members**

This year the assessment-based certification exam is being offered at the 2022 WAFCS conference on Friday, March 4th from 3:30-6:30 p.m. Not only is the exam being offered, a study group has been established and will meet 2-3 times per month leading up to the exam on March 4th, 2022. Email [julie.anderson@ngsd.k12.wi.us](mailto:julie.anderson@ngsd.k12.wi.us) to join the group and have access to the zoom links. Our first two meetings were in November, but our December meetings are: Tuesday, December 7th, 7:30-8:30 p.m. and Wednesday, December 22nd, 5:30-6:30 p.m.

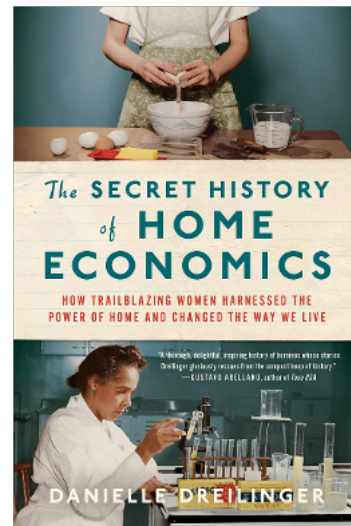
## **The Secret History of Home Economics**

### **Book Club**

An engaging book club, led by Susan Turgeson, Ed.D., CFCS, will take WAFCS members and conference attendees through great discussion and dialogue.

There will be two pre-conference book club sessions, occurring in January and February via Zoom. The final book club session will be held at the WAFCS annual conference on Friday, March 4th.

If you are interested in joining this book club, email Miranda Stroik at [mstroik@dce.k12.wi.us](mailto:mstroik@dce.k12.wi.us) by December 15<sup>th</sup>.



## **Art & Design Show**

The Art and Design Show is on! This year we are highlighting our fabulous state, WI! We want to see what you've made to celebrate our fabulous home, teams, landscapes, landmarks, and pastimes. Perhaps it's a quilt you made on the WI Quilt Shop Hop, or one of Badger or Green Bay Packer fabrics/colors. Perhaps it's a painting of your favorite place to be in WI. It could be anything! Seriously, anything! We want to celebrate your art and our state this year! If you have a piece you would like to enter, please email Terri Williams at [tlwfc@gmail.com](mailto:tlwfc@gmail.com) with a picture of your piece and a brief description. Then bring the piece with you to the conference and drop it off at the Art and Design space when you check in Thursday or Friday. Be sure it has your name on it, and Terri will get it displayed for all of us to enjoy! BONUS! You could win a prize for entering your piece! We will have a space for voting for best in show, best in category, and few others depending on what is brought in. We are so excited to get to share everyone's work and our enjoyment of our state!

## **Basket Raffle**

The WAFCS Foundation is supported by generous donations of its membership. But, we also have a FUN RAISER at our annual conference. This year instead of a Silent Auction, we are having a Basket Raffle. You will have the opportunity to buy tickets 6 for \$5.00, 13 for \$10.00 and 30 for \$20.00. Simply drop your ticket(s) in the container by the basket(s) of your choice. The basket raffle starts at 3:00 on Thursday, March 3 and goes to 11:45 on Friday, March 4. Winners will be notified by cell phone. Baskets must be picked up between 1:45 and 2:45. Following the State of Wisconsin Guidelines that all baskets must be distributed, there will be a drawing at the end of the conference for any unclaimed baskets.

We not only want the Basket Raffle to be a FUN RAISER but also a FUN TIME for our students. Therefore, each student who purchases \$10 worth of tickets will receive \$10 in Student Bonus Bucks, which can be redeemed for thirteen additional tickets. Here is an opportunity for professionals to say, "Thank you for coming to the conference" by purchasing \$10 or more in Student Bonus Bucks.

# **Conference Costs**

Conference Registration, Meals are included with Registration Fee

<b>Professional</b>	
Members, Pathway Palooza, Banquet & Main	\$155.00
Members, Awards Banquet & Main Conference	\$125.00
Non-Members, Pathway Palooza, Banquet & Main	\$185.00
Non-Members, Awards Banquet & Main Conference	\$155.00
<b>Student</b>	
Pathway Palooza, Banquet & Main Conference	\$100.00
Awards Banquet & Main Conference	\$75.00
<b>Virtual</b>	
Member	\$40.00
Non-Member	\$50.00
Student	\$30.00

*Notes:*

- 10% discount to conference presenters
- Please note, registration is non-refundable.
- Registration after January 31<sup>st</sup> will add \$25 late fee

## **Room Reservation Information & Lodging Room Rates**

The Stoney Creek Hotel and Conference Center  
3060 S Kinney Coulee Rd  
Onalaska, WI 54650  
(608) 781-3060

*Room Rate*

- \$82.00 + tax
- Tax exempt documentation MUST be presented at check-in or at time reservation is made.
- Special rate expires Wednesday February 10<sup>th</sup>, 2022

## **Registration Form/Link**

- Use this link to access the registration portal: <https://tinyurl.com/7vvzmcjy>
- Registration opens on December 1<sup>st</sup> and closes on January 31<sup>st</sup>, 2022.
  - ♣ You will be charged a late fee of \$25, if you register after January 10, 2022
- Credit card or purchase order will be accepted as payments



## “Membership Has Its Benefits!”

Need a little extra support to attend this year’s WAFCS Annual Conference? In light of financial constraints in many school districts, teachers are often limited in the amount of time that can be spent out of the classroom for professional development activities. It has been pointed out that the availability of funds to pay for a substitute teacher could be the difference in having some of our teaching members be able to attend our conference or not. The Foundation addresses this concern by offering three stipends of up to \$125 to support classroom teacher attendance at the WAFCS Annual Conference. Recipients will be reimbursed after conference attendance and submission of appropriate expense documentation.

The Foundation also continues to offer travelship support to promote student attendance at the WAFCS Annual Conference.

- **Professional Stipends** (three at up to \$125 each) to promote professional attendance at the State WAFCS Annual Conference—**February 15 deadline!**
- **Student Travelships/State Conference** (eight at up to \$100 each) to promote student attendance at the WAFCS Annual Conference—**February 15 deadline!**

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* or *Student Scholarship and Travelship*. To promote the concept that “**Membership has its Benefits!**” you must be a current AAFCS member to be eligible and preference for these benefits will be given to first-time attendees and/or those in the early years of their professional careers.

### From Your President..

December is a month of Christmas decorating, time with family, laughter, and lots of baking. Not only is December my favorite month, but it reminds me of how grateful I am to have my eleven-year-old son Evan in my life. Evan was born at 11lbs 9 ounces, and he spent 105 days in the neonatal intensive care unit. Life in the hospital was a roller coaster both emotionally and physically for Evan. One of the most heartwarming moments, while Evan was in the NICU, was receiving a little blanket of his very own. It was uplifting to know someone took the time out of their day to sew my son a little blanket. Children in the hospital would love a little something sewn by you or from someone you know. Our WAFCS goal is to make 500 pillowcases and donate them to Wisconsin hospitals. To us, it might just be some cotton fabric and a little time out of our day, but to these children, it is so much more. It is a gift of knowing someone is thinking about them, supporting them, and sending love their way. I encourage you to ask others to help donate pillowcases and bring them to the WAFCS conference in March. Let’s show these children we care.



I wish you and your family happy holidays.  
Your WAFCS President- Emily Larson  
[larsone@amerysd.k12.wi.us](mailto:larsone@amerysd.k12.wi.us)



## WAFCS Service Project by Cathy Lader



WAFCS leadership has selected a 2021-2022 Service Project and encourage all members to participate. Members will be sewing, or helping to construct, pillow cases for children in Wisconsin who are hospitalized due to injuries or illness. “Ryan’s Cases for Smiles” is a volunteer organization that was founded in 2007. They started with a simple goal: to create and distribute whimsical pillowcases that give children an emotional boost and remind them that they are not defined by their illness. As of today over 2,300,000 pillowcases have been distributed to hospitalized children and their families. WAFCS will donate member’s pillow cases to this volunteer organization.

“Ryan’s Case for Smiles” has moved beyond the original goal of pillow cases and now provides valuable resources for families with hospitalized children. To ensure the highest quality of resources and care, “Ryan’s Case for Smiles” has partnered with PTSD (Post-Traumatic Stress Disorder) experts at the Children’s Hospital of Philadelphia and Nemours/Alfred I. DuPont Hospital for Children to create valuable web-based information and tools designed for each member of the family’s unique experience. More information is available on the organization’s website.

In Wisconsin pillow cases are distributed to:

- American Family Children’s Hospital
- Children’s Hospital of Wisconsin – Milwaukee
- Children’s Hospital of Wisconsin – Neenah
- Fox Valley Child Advocacy Center
- Saint Vincent Hospital – Green Bay



**Gimme Five**



The goal is for every WAFCS member to sew, or be responsible for, five pillow cases by the 2022 WAFCS Annual Conference in early March. Pillow cases will be collected at the conference. For every five pillow cases completed a “HI FIVE” will be posted – virtually and in-person. So get ready to HI FIVE each other by participating in this service project. In the event a member will not be able to attend the annual conference alternate delivery arrangements will be made.

The pillow case pattern is included as part of this newsletter. The follow guidelines are provided by “Ryan’s Case for Smiles”:

- Use 100% cotton fabric. Please do not use fabric with glitter.
- Remember to use fun, colorful novelty prints.
- Due to CoVID-19 restriction at partner hospitals, at this time, they are asking for fabric/pillow cases not to be laundered.

You may sew the pillow cases or decide to host a “sew in” with members and/or friends. You may form a partnership with a local FCCLA Chapter or secondary FCS program to collaborate on this project. This could be an opportunity for mentors to spend time with their new FCS professionals as they create pillow cases.

Starting in January we will be recording WAFCS member’s progress. Contact Cathy Lader at [cathyontheprairie69@gmail.com](mailto:cathyontheprairie69@gmail.com) for more information.

## “Hot Dog” Approach to Sewing a Pillowcase

### Supplies:

- Fun, bright fabric with kid-friendly designs
  - 1/3 yard of border fabric (this will be the “bun”)
  - 3/4 yard of main pillowcase fabric (this will be the “hot dog”)
- Spool of thread that matches fabric

### Preparation:

- Cut the “bun” into a strip that’s 10 ½ inches by 40 ½ inches
- Cut the “hot dog” in a strip that’s 26 ½ inches by 40 ½ inches

### 9 Step Process:

#### Step 1:

With the border of the pillowcase laying right side up on the surface in front of you, take the body of the pillowcase and place it right side down on top of the border.

#### Step 2:

Match up the corners of the short 26 ½” end of the body to the 40 1/2” end of the border, so that you can no longer see the border in front of you. Make sure to keep the two edges of the fabrics together for the next few steps.

#### Step 3:

Roll up the other short end of the body until you are about an inch or two away from the other end.

#### Step 4:

You should see the other end of the border peeking out from underneath the body. Take that edge of the border and fold it over the rolled-up body aligning its corners with the other two pieces of fabric on the other side.



Dont' Forget:: happening in 2 more days.. What are your plans??

from AAFCS..

Mark your calendar for Family and Consumer Sciences Day! See the [aafcs.org](http://aafcs.org) website for more information.

<https://www.aafcs.org/aafcs-events/all-events/fcsday>



**FOOD - FASHION - FURNISHINGS - FAMILY and MUCH MORE!**

*FCS truly does tie them all together -*

*Join us for a birthday celebration, regardless of the weather!*

*It's FCS Friday on December 3rd Twenty Twenty-One -*

*We're going to use the apron to "tie" in a little fun!*

*In previous years, AAFCS encouraged you to dine -*

*But, this year, it's time for Family and Consumer Sciences to really **shine!***

*(from [aafcs.org](http://aafcs.org))*