

# WAFCS News - September, 2022

## WISCONSIN ASSOCIATION OF FAMILY CONSUMER SCIENCES

### Note from President Char

WAFCS Family:

Welcome back to another school year and another fall season. Starting a new season of change can stir up a mixture of emotions both good and bad. We work in fields that specialize in helping others. We sacrifice hours at night and on weekends. We relish in our moments of success and cry silently in our cars in moments of defeat.

We entered our fields because we wanted to leave our footprint on society, to make a difference. We wanted work that gave us a once in a lifetime experience as well as add up to something meaningful. Something that can only happen in your room, your office, or your building. Something enchanting. I live for those moments. And I wish I could celebrate those moments with every one of you. Because you deserve those moments, and they will always be worth it!

### WANTED: Award Nominations!

Nominate your well-deserved WAFCS colleagues by October 15 for New Achiever, Teacher of the Year and the Leader Award.

NA/TOY send to: [kennmaindel@gmail.com](mailto:kennmaindel@gmail.com)  
Leader Award send to: [miranda.stroik@gmail.com](mailto:miranda.stroik@gmail.com)

### PROFESSIONAL DEVELOPMENT SERIES

September



The poster features the WAFCS logo at the top left, which includes a stylized flame and the text 'WISCONSIN ASSOCIATION OF FAMILY AND CONSUMER SCIENCES'. Below the logo, the title 'PROFESSIONAL DEVELOPMENT SERIES' is prominently displayed, followed by the subtitle 'September: Benefits of AAFCS and WAFCS'. The main text describes the event as a chance to learn from Toni Wiese, AAFCS President, and Emily Larson, WAFCS Past President, about the benefits of being a member of the National Family and Consumer Sciences professional organization and the Wisconsin Affiliate. The event is scheduled for September 22nd from 4:00-5:00 pm. Zoom information is provided: Computer- <https://zoom.us/j/95210885378> and Phone-Dial: +1 312 626 6799, Meeting ID: 952 1088 5378. The website [www.wafcs.org](http://www.wafcs.org) is listed at the bottom. The background of the poster shows a group of people's hands stacked together in a supportive gesture.

OCTOBER

On October 13th from 4-5 pm join WAFCS for our free virtual Professional Development Series. This is a free PD event for all affiliated WAFCS members. We will have a panel of four past FCS educators who will speak about their transition to other leadership roles.

We look forward to speaking with: Dr. Kimberly Sartain from the University of Central Arkansas, Kari Mueller from CESA 6, Laura Bushendorf the CTE Coordinator for Chippewa Falls and Brigitta Altman Austin the Assistant Principal at SPASH.

Check the WAFCS facebook page and [wafcs.org](http://wafcs.org), under Events, starting October 1st to register for this event!

### STUDENT STAR!

**Kelly Yeakey**, a UWSP student, is serving as the Vice Chair of Service and Outreach on the AAFCS Student Unit!



*Did you know? UW's Stout and Stevens Point have 16 students out student-teaching/interning this semester!*

### Foundation Offers \$9000+ in Membership Benefits Annually

From originally offering one \$300 undergraduate scholarship, fast-forward to the current benefits the Foundation makes available to WAFCS members. The Foundation awarded a record \$11,725 to members in 2019! See application guidelines on the WAFCS website.

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

- \$500 Undergraduate Scholarship (multiple scholarships offered some years)
- \$1000 Graduate Scholarship (multiple scholarships offered some years)
- \$100 Travelship (up to 10) offered to support student attendance at WAFCS Annual Conference
- \$300 Travelship (up to 3) offered to support student attendance at AAFCS Annual Conference
- \$300 for a WAFCS member serving on the AAFCS Student Unit Leadership team to attend the AAFCS Fall Leadership Workshop

#### For Professional Members:

- \$100 Reimbursement incentive to become fully certified in any one of the AAFCS-sponsored certifications
- \$1000 Professional Project/Research Grant (multiple grants offered some years)
- \$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 Travelship for a member of the WAFCS Annual Conference Planning Committee to attend the AAFCS Annual Conference prior to the state conference for which they are responsible.
- \$500 Travelship to WAFCS Award Recipients (Teacher of the Year, Leader, New Achiever)

#### Unique Offerings:

- \$500 Travelship (up to 3) offered to promote professional attendance at IFHE World Congress
- \$1000 Scholarship for a representative from an underdeveloped country to attend IFHE World Congress
- \$425 Annual Dues for WAFCS organizational membership in IFHE
- \$1000 for a new Executive Director to attend the AAFCS Fall Leadership Workshop

Watch social media for announcements of events happening in October and November! Students, alumni, faculty and friends are invited to help us celebrate at UW-Stevens Point!



Family & Consumer Sciences Graduates

UNIVERSITY OF WISCONSIN

STOUT

Have you registered yet for the FCS Conference being held at UW-Stout, Friday, September 30th. Early bird registration is due September 17.

### **MEMBER SPOTLIGHT**

Food sustainability is something that 2022 Teacher of the Year, **Sue Strutz**, is very passionate about. Don't miss her article on **Page 3**.

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Check out the Wisconsin Association of Family Consumer Science's Facebook page for **Member Mondays!**

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WAFCS NEWS – SEPTEMBER, 2022

Editor: Cindy Quilling

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

## Culinary and Community Connections

How do we as FCS professionals connect culinary to local/regional food producers? This summer one of my goals was to seek out farmers and businesses in a 50 mile radius of my home that support our local food system. What an enriching experience!

- I met Diana, a wonderful goat farmer, who uses the milk from 28 goats to make goat cheese that she sells at a Madison farmer's market and at the Viroqua Food Coop. Diana milks the goats twice a day and transports the fresh milk from the milkhhouse to her cheeserie across the driveway where the magic of cheesemaking takes place. Because everything is produced by hand, the cheeses are often more complex in taste and variety.
- I interviewed two neighbors who now raise grass-fed beef using rotational grazing versus grain fed beef. When I asked each farmer why they decided to make the change, their answers were the same. "It reduces veterinary costs, protects the soil from erosion, improves water quality, and produces a different meat product." The difference in meat product is due to their diet, grain-fed beef tends to have whiter colored fat and typically has more marbling. The marbling is responsible for a lot of the flavor and tenderness of beef and is used when grading quality. Grass-fed beef typically has a more yellow-colored fat and is leaner with less overall marbling and fat.
- I took a farm to table wagon tour of a local lavender farm and found they have 16,000 lavender plants that are harvested by hand! The lavender that is harvested is used to make essential oils, lotions, teas, syrups, and a delightful cherry lavender pie.
- I volunteered at Little John's Kitchens to help with meal packaging and production. Just in case you need a little background, Little John's transforms food excess into accessible, chef-quality meals for **EVERYONE** regardless of their means. This is an amazing concept when you consider all the food waste that occurs in our country.

Making these connections was important to enhance the Food Stories: Where Food Comes From curriculum. I want learners to think about their food choices as they relate to our food systems. Using these community connections will make my lessons more engaging and relevant to students.

How can you use your community connections?

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*If you have any questions, comments, or concerns each member of your Executive Board will listen. As president I celebrate each of them as they have all made that difference in my own personal WAFCS world.*

*Please let us know if there's anything we can do this year to support you.*

*President Char*

