

WAFCS NEWSLETTER

WISCONSIN ASSOCIATION OF FAMILY AND CONSUMER SCIENCES

Founded in 1921 | Spring/Summer, 2020 Issue



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.

PROUD TO PRESENT

2020 WAFCS New Achiever
Kennedy Navis



2020 WAFCS Teacher of the Year
Charlene Kelley



2020 WAFCS Leader
Jeanne Schwass-Long



WAFCS New Achiever - Kennedy Navis

Kennedy has been chosen as the New Achiever for WAFCS. She is currently teaching 8th grade FACS and FACS Expo courses at South Middle School in the Eau Claire-Area School District. Her B.S. degree is from UW-Stout and her Master's Degree from the University of Concordia in St. Paul, Minneapolis. Kennedy has already taught in numerous districts and in numerous capacities. Chippewa Falls Middle and High Schools provided rich student teaching experiences including a Child Development (Ages 0-2) transcribed credit course through Chippewa Valley Technical College. She served as a summer school assistant teacher and as a Special Education Paraprofessional substitute teacher with the Sheboygan-Area School District.

Kennedy has been an Event Associate with the UW-Stout Alumni Association in Menomonie, Wisconsin, working closely with the Chancellor and the Involvement Center to provide events, opportunities and publications for reconnecting UW-Stout Alumni. Through *Youthworks* in Boston, Massachusetts, she served as the Community Service Coordinator. Her support was valuable for 25-30 churches of diverse denominations. Kennedy coordinated daily activities for 70 middle and high school students, and other adult leaders and volunteers. In the Lynn-Boston community, she served as a liaison between youth groups, adult leaders and community members.

Leadership and Professional Development are certainly part of Kennedy's qualifications for a New Achiever. As a member of Phi Upsilon Omicron, she has served as UW-Stout Tau Chapter President (2017-2018),

Region 1 National Collegiate Representative (2017-present), National Interim Collegiate Chair at Conclave (September 2018) and the National Collegiate Chair (2018-present) representing all college students and programs at the national level.

Other prestigious honors include the following:

- WAFCS Graduate Scholarship 2019
- AAFCS Jewell E. Taylor Undergraduate Scholarship 2019 (The only undergraduate scholarship awarded nationally.)
- Samuel E. Wood Medallion Award 2018 (The highest, non-academic award at UW-Stout to less than 1% of the student body who exemplify outstanding service, leadership and character.
- College of Education, Hospitality, Health and Human Science Outstanding Student of the Year 2018
- WAFCS Student Leadership Award 2018
- WAFCS Student Unit Officer Award 2018

Kennedy exemplifies New Achiever qualities at the local, state and national levels.

Congratulations Kennedy!

WAFCS Teacher of the Year - Charlene Kelley

Charlene has been chosen the Wisconsin Teacher of the Year for WAFCS. She teaches FCS and Health grades 5 through 12 in the Bloomer School District. Her B.S. degree is from UW-Stout and her Master's Degree is from UW-La Crosse, Wisconsin. Charlene provides a standards-based, rigorous program using technology and team work. Relevancy, purpose and mindfulness provide the foundations for teaching her students. Her signature lessons come from the Culinary Arts class about Food Insecurity, which is a continuing concern for her economically diverse students. Her findings indicate that the food pantry is underutilized because the food is not "ready to eat," needing further preparation as part of a recipe.

A student project was to create an authentic lesson to ultimately standardize recipes that were later posted at the local food pantry for use with items typically available on actual food pantry shelves. Studies and readings were done to define such terms as food insecurity, hunger, poverty, free and reduced lunch, nutrition and health. Students opened up about their personal experiences. Charlene shared that teaching has been complicated for her as many students are "financially paralyzed" when society pays for other people to make their food. Recipes and available food pantry items, therefore, limit their ultimate personal and family food choices. Eventually, the students were able to develop recipes, purchase additional needed ingredients for the creation, documentation and standardization of various recipes developed from scratch.

Charlene has been awarded other honors as well including the following:

- 2020 General Federation of Women's Club Grant Recipient
- Influential Teacher of the Year (2019, 2018, 2014 and 2011; student nominated)
- 2019 Beef Grant Winner
- 2008 Menomonie Chamber of Commerce Teacher of the Year

Professionally, Charlene has served in capacities including that of the WAFCS Secretary. She has been a WAFCS and AAFCS co-presenter on Standards Based Grading. At the state level she has been a WAFCS

newsletter article contributor and presented on the use of technology in the classroom. Since 2011 Charlene has been nationally board certified in Early Adolescence through Young Adulthood (EAYA) /Career and Technical Education. The UW-Stout Family and Consumer Education Conferences have had the benefits of Charlene's numerous presentations over the years.

Congratulations Charlene!

WAFCS Leader Award- Jeanne A Schwass-Long, CFCS

Jeanne A Schwass-Long, CFCS, is the recipient of the 2020 WAFCS Leader Award.

Jeanne served as our President in 2015 and she was the State Conference Chair in 2016 and 2020. She has attended every WAFCS Conference and most AAFCS Conferences since 1976. She was our delegate to the AAFCS Fall Leadership Workshop in 2013 and 2014 and she was a presenter at AAFCS in 2016. She has been President of the Wisconsin Family Consumer Educators (1997) and the UW- Madison School of Human Ecology Alumni Association (1998). She is active in Phi Upsilon Omicron-an honor society in Family and Consumer Sciences. She has been an adviser to the UW-Madison chapter, Nu, for the past two years, prior to that she was the scholarship chair (1983), treasurer and national delegate to Conclave (1986) for the Phi Upsilon Omicron Madison Area Alumni.

Jeanne is a proud member of Phi Upsilon Omicron. At the 2018 Conclave in Boston, MA she was recognized for 50 years of active membership in Phi Upsilon Omicron! She has been a contributing member and leader of WAFCS/AAFCS for 44 years.

In 2001, she was recognized as the WAFCS Teacher of the Year and in 2002 she received the Wisconsin Family Consumer Education (WFCE) Distinguished Service Award. Jeanne was one of the Top Ten Teachers of the Year recognized by AAFCS in 2003. She has also been the Teacher of the Year in Stoughton Area of Schools (1991) and also received the U.S. Senate Award for Outstanding Teaching (1991). She has been a substitute teacher for the Stoughton School District. When she was teaching she was a FHA/HERO/FCCLA adviser, she was the Co-Leader of the Stoughton Youth Parent Connections, and she also founded the Students Against Dangerous Decisions. As a grant writer, she secured funding for the student organizations; and as a community leader she received a grant from WAFCS. The grant from WAFCS addressed a need in her community entitled, "Nutrition and Wellness Education for Developmentally Delayed Adults in the Stoughton Community."

She is currently the Coordinator of the Stoughton United Methodist Food Pantry. She was part of a team who was instrumental in building the Stoughton United Methodist Food Pantry in 2005 and later expanding its services. Currently, she places the weekly orders, writes monthly reports, oversees a budget of \$25,000 and recruits, trains and supervises volunteers.

In addition, in her community she is active in the Friends of the Stoughton Library and Quilt Class. In her church she was Confirmation Coordinator, Mentor and Trustee. She is a member of the hand bell choir and a member of the Leadership Board. She also coordinates the funeral luncheons and co-coordinator of fundraisers for the church. In her larger community, she served for ten years as the Coordinator of the Christian Singles who monthly prepared a meal and volunteered at the homeless shelter. During this same time she participated in VIM-Volunteers in Mission. VIM would set up the sites and Jeanne would help in

feeding the people and repairing the properties impacted by disasters such as the tornado in Siren, WI and the hurricane in Biloxi, MS. She has also served as a chaperone for a bus of 42 exchange students traveling from Wisconsin to New York. Jeanne is a leader through service!

Jeanne received her bachelor's degree in Home Economics Education from UW-Stout (1969) and her vocational certification from the Wisconsin Department of Public Instruction followed by her master's degree from UW-Madison in 1986. She is a life-long learner and leader with her participation in educational conferences and workshops. Jeanne is certified in Family and Consumer Sciences by AAFCS. She successfully completed her exam in 2000 and continues her certification with learning activities and leadership.

Jeanne's husband's name is Francis Long and they have been married 20 years and together they have six children, five grandchildren and seven great grandchildren.

We know Jeanne as an enthusiastic leader. We appreciate her energy on all WAFCS projects and her sense of humor. She is always smiling and inviting everyone to collaboratively share in learning and leadership opportunities. She is encouraging, supportive, ambitious, dependable, and inspiring. She is an excellent listener, open to ideas, innovative and overall a great leader.

WAFCS congratulates Jeanne Schwass-Long as we celebrate her leadership in WAFCS, AAFCS and her family and community! We are blessed to have Jeanne as a member and leader in WAFCS!



WAFCS Friend of the Family Award

Ralph Middlecamp, Society of St. Vincent de Paul

On March 9, several members of WAFCS, including Mary Kaye Merwin, president, met with Ralph Middlecamp, National President of the U.S. Society of St. Vincent de Paul, to present him the WAFCS Friend of the Family Award.

“Ralph has a long history with St. Vincent de Paul beginning as a store manager in 1987. Ralph Middlecamp served as the executive director and CEO of the Society of St. Vincent de Paul for the District Council of Madison from 1999 until his retirement July 31, 2017. He began his career with the Society in 1987 as a store general manager. During his 30-year tenure, the number of stores increased to seven, and he developed and built a free-standing processing center to manage goods donation intake, sorting, pricing and distribution, and also the Center for Vincentian Charity. The Center houses the administration of the District Council of Madison, serves as the meeting place for District Council meetings and events, and houses client services intake, the food pantry and the pharmacy. The organization has grown to nearly 300 employees today.

In his career, he not only grew the capacity of the stores, but also increased the Society's charitable services in Dane County, which includes men's, and women's and children's transitional housing programs, the largest food pantry in the county, a storage locker program for belongings of people who are homeless, and the first stand-alone charitable pharmacy in Wisconsin.” *Ralph Middlecamp Biography, National Council of the United States Society of St. Vincent de Paul*

Ralph's efforts align closely with the vision, mission and goals of the American Association of Family and Consumer Sciences and WAFCS, a requirement of the Friend of the Family Award. **Congratulations, Ralph!**



A message from your President..

As spring emerges in all of its splendor, we find ourselves in a time of challenges that none of us have ever experienced before. First and foremost, it is my prayer that this finds you and those who are close to you safe and well.

In this time of uncertainty, all of us with Family and Consumer Science training can make significant contributions to our communities. Let's just think of some of the ways:

- Teachers at all levels are stepping up to the challenge of teaching students remotely while still trying to maintain a direct relationship with each student.
- Those working as dietitians or others in health related fields on the front line of the pandemic, are working tirelessly to support patients.
- Our colleagues working with University Extension are being asked to continue to serve an even wider range of community needs via a variety of methodologies.
- Our business partners also have challenges to continue to provide the resources and materials needed.
- Those of you with families are finding an expanded set of expectations to keep the family safe, healthy, educated, and happy.
- For those of us who have retired from our paid profession, there are now a multitude of volunteer needs.

The list could go on. I am finding that I'm getting more calls from neighbors, friends, and family to check on "how to" whether it be to make bread for the first time, get the sewing machine working to make a mask, or substituting what I have in a recipe, to name a few.

Where ever you are at this point in your life, know that you have a background of training and a set of skills that are vitally needed to keep our family, community, state and nation moving in a positive and forward direction. While we may not be able to meet in person, I trust that each of us is ready and able to assist each other and our communities.

My heartfelt thanks to each of you for all that you are doing.

Mary Kaye Merwin
President



FCCLA Announces 75th Anniversary Leadership Hall of Fame Inductees

Carolyn Barnhart, Alvira Schmidt and Elaine Staalnd are Wisconsin recipients of this award.

Carolyn Barnhart EdD, CFCS has supported FCCLA for over 50 years. She has served as a state president, a national committee member, an evaluator for STAR Events on regional and state levels, a charter and continuing member of the WI FCCLA Foundation, Inc., national president of the founding association, AAFCS, and one of the FCS profession's honor societies, Phi Upsilon Omicron. She has encouraged FCCLA members to pursue careers they will enjoy in the profession and related to the profession. She has taught and advised FCCLA graduates for over 36 years at the University of Wisconsin-Stout and welcomed FCCLA members, as an adviser, into one of the honor societies in the profession. As the Department Chair of Food and Nutrition at UW-Stout, she assisted in writing and editing a Star Event in Food Innovations. Dr. Barnhart's journey in FCCLA supports, sustains and celebrates the programming, the members and the advisers.

Elvira Schmidt is "an ultimate FCCLA contributor" as exemplified by her participation in her local FHA Chapter while in high school, her 35 years advising, and her service as a founding member and the first chairperson of the Wisconsin FCCLA Foundation. She is valued for her knowledge, her thoughtfulness, and her attention to detail in any endeavor, and especially for FCCLA, and FCCLA is the better for her contributions. She acts with dignity and authority tempered with kindness and trustworthiness and models the FCCLA purposes and mission.

Elaine Staalnd was both future oriented and pragmatic in championing Family and Consumer Sciences and FCCLA through the years of chance since the early 1980s. FCS and FCCLA owe much of their current status in Wisconsin to her efforts. She promoted STAR Events in the state and established the regional STAR Event format still in use today to determine qualified participants for state level competition. HERO was established in the state thanks to Elaine, as she understood the importance of a student leadership organization for career and occupational students. She consistently promoted FCCLA. Elaine encouraged advisers, members and alumni to excel in their goals with the overall mission to advance the profession and FCCLA. One of her strong characteristics was her ability to encourage and target FCCLA members to envision themselves as a state and national officer. This meant she encouraged their advisers as well. She was a master of bringing out and advancing the leadership of others.

Additionally, Cathy Lader and Marilyn Swiontek are 50 year members of FCCLA.

Cathy Lader is an exemplary contributor to FCCLA, to Family and Consumer Sciences education, to her profession, and to her community. She is creative, thoughtful, inclusive, and thorough in any task she takes on. She has assumed responsibility for moving FCCLA and Family and Consumer Sciences forward from high school days, through college, as an FCS professional in the classroom, at WI Department of Public Instruction and beyond, as a WAFCS committee member and grant awardee and as a member and the first treasurer of the WI FCCLA Foundation. Through all of her lifetime contributions, she has modeled what it means to be a leader.

Marilyn Swiontek volunteers every day to advance the Family and Consumer Sciences profession. She is an active FCCLA Adviser, the Treasurer of the Wisconsin FCCLA Foundation, Inc. and the Vice President of External Affairs for WAFCS. She challenges us to follow her lead, and she is outstanding about pumping energy into Family and Consumer Sciences! She has been the consistent cheerleader, encourager, coach and sage for all of us. She loves to encourage others for recognition and takes great pride in everyone's accomplishments. Interestingly, these accomplishments would not be possible without Marilyn's vision and support. Marilyn has been a loyal and trustworthy supporter of Family and Consumer Sciences, Family Career and Community Leaders of America (and FHA prior to 1999), the American Association of Family and Consumer Sciences and the Wisconsin affiliate, Wisconsin Association of Family and Consumer Sciences for nearly five decades.

50 Year Members!



Carolyn Barnhart

It is hard to believe I am a 50 year member of WAFCS and AAFCS. One of the best decisions I made was to join both WAFCS and AAFCS. I initially joined and continue my membership because of the opportunities for networking within the FCS profession. From my years as a student officer in both WAFCS and AAFCS to serving as President of both WAFCS and AAFCS, I know I have benefitted by observing and working with several leaders in the profession.

The friendships, memories and opportunities embedded in the memberships are priceless. Initially, I joined because it was an expectation of me by my mentors but it quickly evolved into a privilege to join other professionals with similar interests and enthusiasm for Family and Consumer Sciences.



Donna Dinco

In February, I received a congratulatory letter from AAFCS marking 50 years as an AAFCS member. Where does one begin to reflect on that time? I know it was the positive experience I had from attending my first AHEA conference in Minneapolis, in 1969 that influenced my decision, as a young educator, to become a member of AHEA (now AAFCS). Long before I read *ONE Small Yes*, by Misty Lown (2017), I said Yes to home economics. Honestly, it was the first Yes to home economics and Yes to Stout State University that led to teaching Family and Consumer Sciences at Central Middle School for 34 years. After I retired from the classroom, it was Yes to continue to work for the district as a curriculum and staff development coordinator.

AAFCS/WAFCS has a history of providing support and leadership for family and consumer sciences professionals since 1909, and is an organization positioning itself, through strategic planning and restructuring to be vital for the next 100 years!" My best Yes was to home economics as a profession and membership in AAFCS/WAFCS



Karen Ruppert

I graduated from Mankato State College (now part of the U of M) in 1970 with a BS in Home Economics. I taught for nine years in Granite Falls, MN where the FHA, (Future Homemakers of America) which I advised, made costumes for several of the school musicals. These included Hello Dolly, Oklahoma, Sound of Music and others.

From Granite Falls, I moved to Durand, WI. While in Durand I earned a Minor in Health from UW-Stevens Point and taught home economics and health. I was an adviser for FCCLA in both schools. In Durand I co-advised with Sue Russo and during those years we had a District II Officer and a State Officer.

I retired in 2003. Since then I spend time with family, friends, traveling and doing crafts, many of which I donate to local charities. I also volunteer with the local non-profit literacy alliance BPLA (Buffalo, Pepin Literacy Alliance). We help people better their reading and other skills, get their GED and learn English. I have served on their board for a number of years and designed the original brochures, flyers, etc. I also designed and print the awards that we give out each spring to clients and members.

I originally joined due to the recommendation of college professors but have continued because of ideas for the classroom, continual updates in FCS information, and contacts with fellow professionals.

Fifty Reasons Why We Value Our Membership in AAFCS/WAFCS

Carolyn, Donna and Karen



1. Creates a professional identity for all members
2. Offers professional relationships with members
3. Values of WAFCS/AAFCS are aligned and applied to challenging causes
4. Values research-based actions
5. Shares a Common Body of Knowledge
6. Supportive of Family, Career and Community Leaders of America (FCCLA)
7. Coordinates Signature Initiatives
8. Advocates for Family and Consumer Sciences
9. Causes are governed by the members or their representatives
10. Manages a certification process and awards the certifications
11. Provides leadership opportunities
12. Encourages and is open to the expressed needs of the membership
13. Creates space for civil debate
14. Plans conferences to include member presentations
15. Listens to voices wishing to unite a community
16. Offers professional development via the computer
17. Provides leadership development for all members
18. Aligns with the organizations in the FCS Alliance
19. Supports IFHE-US –International Federation of Home Economics-United States
20. Supports IFHE Services- International Federation of Home Economics Services
21. Provides encouragement, scholarships and grants to members
22. Supportive of the FCS honor Societies-Phi Upsilon Omicron and Omicron Nu
23. Has appointed members serving on committees in the United Nations
24. Coordinates with IFHE-US members serving on committees in the United Nations
25. Advocates for equality and justice
26. Collaborates with key organizations to advance the goals of Family and Consumer Sciences
27. Respects the individual characteristics and organization of each affiliate
28. Coordinates the process and celebrates members with the annual New Achievers Award, the Teacher of the Year Award and the Leader Award plus the Friend of the Family Award
29. Offers professional development with an annual spring affiliate conference (WAFCS)
30. Offers professional development with an annual summer national conference (AAFCS)
31. Informs members of current public policies related to Family and Consumer Sciences (FCS)
32. Provides a public relations platform for FCS complete with on-line logos and other resources
33. Sets standards for accreditation for FCS colleges and universities (AAFCS)
34. Coordinates an accreditation process (AAFCS)

- 35.Values members by providing recognition on social media and the web site as well as recognizing 50 year members and 50 plus members at conferences
- 36.Cooperates with and sends historical materials to the Archives in Menomonie, WI and/or to the Cornell University Library in Ithaca, NY
37. Collaborates with the Department of Public Instruction-Family and Consumer Sciences
- 38.Supportive of student organizations advised by FCS members: HOSA and Prostart
- 39.Receive benefits from the WAFCS Foundation (WAFCS)
- 40.Includes all specializations within FCS as plans are set for conferences (Foods, Nutrition, Child Development, Family, Apparel, Textiles, Housing, Interior Design, Culinary, etc.)
- 41.Provides a common ground for all FCS professionals and organizations to unite for causes designed to improve the well-being of individuals, families and communities.
42. Provides a mentoring platform for new and young members
43. Provides a sense of Identity
- 44.Provides opportunities to “Stretch” both personally and professionally
- 45.Provides support and inspiration for becoming our best selves
- 46.Creates pride in contribution and impact that FCS programs (international, national, state and local)have on K-12 students and families
47. Highlights the importance of being part of a professional “family.”
- 48.Celebrates the talents of members
49. Provides a ‘Go To” place for professional information
50. Inspires members to think about the future and their impact on the future



IFHE COMMEMORATIVE PINS AVAILABLE

A lovely commemorative pin is available in support of the International Federation of Home Economics Conference that will be in Atlanta, GA. Total cost of the pin is donated to supporting the participants and program of the upcoming conference. Two sizes, at \$25 and \$15, are available in limited supplies. Since our Annual Conference was canceled, I want to offer you an opportunity to purchase one of these pins and support IFHE. Checks should be made out to IFHE-US. Contact Mary Kay Merwin at marykmerwin@gmail.com or write a note to her at 303 Creekside Place, Delavan, WI 53115. She will be happy to mail your pin to you.

Foundation Announces 2020 Awards, Continues 30-Year Anniversary Fundraising Campaign

By Jean Zeithaml, CFCS, WAFCS Foundation Member-at-Large

Scholarships, Travelships and Grant—for Students AND Professionals!

Despite the delay of the 2020 WAFCS Annual Conference due to the COVID-19 pandemic, the Foundation is proud to announce its 2020 award recipients:

- **Undergraduate Scholarship** (\$500)—**Jade Schenzel**, UW–Stevens Point.
- **Graduate Scholarships** (\$1000 each)—**Bethany Buenning**, **Theresa Holperin**, and **Michael Friedel**.
- **Student Travelships/State Conference** (up to \$100 each) to promote student attendance at the State WAFCS Annual Conference—**Leah Hoogland**, **Ryan Lehman**, **Amber Miller**, **Jade Schenzel**, **Emily Woller**, and **Kayley Wontor**, all of UW–Stevens Point.
- **Professional Travelships/2020 IFHE World Congress** (three at up to \$500 each) to promote professional attendance at the IFHE World Congress in Atlanta, August 2-8, 2020—**Bethany Buenning** and **Miranda Stroik**.

The Foundation honors WAFCS Award recipients by offering \$500 travelships to support their attendance at the AAFCS Annual Conference in the following year when they are in consideration for national recognition. Eligible for travelships in 2021 are **Carol Subera** (2019 WAFCS Leader Award), **Alyssa Anderson** (2019 WAFCS New Achiever Award), and **Kayla Correll** (2019 WAFCS Teacher of the Year).

A **Professional Project/Research Grant** of \$1000 was awarded to **Stephanie Love**, **Miranda Stroik**, and **Michael Friedel** for a membership project, “The WAFCS Leadership Academy—Opportunity for Mentors and Mentorships/Mentees.” It is an opportunity for interested participants (with seven years of professional membership or less) who would like to grow their leadership abilities in the field of FCS and those who would like to mentor them. Mentors will guide their mentees through various aspects of beginning their careers and how to get and stay involved in our state organization.

History of the WAFCS Foundation Continued (Part III)

The year 2020 marks the 30-year anniversary of the WAFCS Foundation. During this year, we are highlighting how the Foundation began and how it has grown. Foundation funds grew with additional donations and successful fundraising efforts such as raffles and silent auctions held during WAFCS Annual Conferences. The original goal of \$30,000 was reached by 1998—actually quite a feat in eight years! But, it was possible with the foresight and generosity of the Founders, especially their matching donations. By 1998, “travelships” were offered to promote student attendance at WAFCS Annual Conferences in addition to offering an undergraduate scholarship. In 2001, the scholarship was increased from \$300 to \$500 and the travelships were increased from \$50 to \$100 each.

The Foundation Board always envisioned being in a financial position to support professional members, in addition to undergraduate members, and specifically to offer grants for research or educational projects. That became a reality in 2009, when the first \$1,000 Professional Project/Research Grant was awarded. The first \$1,000 graduate scholarship was awarded in 2017. The Foundation also began to honor WAFCS Award recipients (Leader, New Achiever, and Teacher of the Year) by offering travelships (\$300 and later increased to \$500) to support their attendance at the AAFCS Annual Conference in the following year when they are in consideration for national recognition.

Later, travelships were added to promote professional attendance at WAFCS Annual Conferences and student and professional attendance at AAFCS Annual Conferences. The year 2020 brought the unique opportunity to offer travelships to promote professional attendance at the IFHE World Congress in Atlanta, the first time that the conference has been hosted in the U.S. since 1988! The Foundation also pays the \$425 annual dues for WAFCS organizational membership in IFHE and provided a \$1,000 scholarship for a representative from an underdeveloped country to attend the 2020 IFHE World Congress. (To be continued!)

Foundation Continues 30-Year Anniversary Fundraising Campaign

We are encouraging **\$30 donations to the Foundation** in recognition and support of the progress that has been made since 1990.. from offering one \$300 undergraduate scholarship annually to this past year when a record amount of Foundation funding (\$11,725) was approved to support scholarships, grants, travelships, and more for student and professional WAFCS members! We have raised \$1,870 during this campaign to date. To make your donation, use the form below, check "Commemorating," and write in "Foundation 30-Year Anniversary." THANK YOU!

Recent Donations

The nine remaining (of fourteen) original Founders kicked off the WAFCS Foundation 30-Year Anniversary Fundraising Campaign. Additional donations in honor of the 30-Year anniversary have been made by **Nyla Musser**, **Ruth Ann Potts**, and **Jean Zeithaml**.

The Foundation also gratefully acknowledges the following donations made to the Foundation. **Nyla Musser** made donations in honor of **Diane Brion**, **Mary Meehan-Strub**, and **Judy Rommel**. **Ruth Ann Potts** donated in honor of **Karen Goebel** and the Foundation. **Rita Houser** made a donation to the WAFCS Silent Auction and **Jean Brew** made a donation to the Foundation. Thank you to ALL for investing in the future of our Association!

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 _____

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
WAFCS Executive Director
5605 Barton Road
Madison, WI 53711-3428
H: 608-271-0776
executivedirector@wafcs.org

Please send a card acknowledging this gift to:

Name _____

Address _____

City/State/Zip _____

WISCONSIN PORK ASSOCIATION

WAFCS Members Collaborate with WPA – New Online Lesson Plans Meet our Dedicated FCS Colleagues



Jenny Wehmeier
Elkhorn Area High School

Jenny is a WAFCS and AAFCS New Achiever Award Recipient. She has taught Culinary Arts in Elkhorn since 2016. In her role as a FCCLA adviser she has advised members to become national winners in Entrepreneurship and Culinary Arts STAR Events. Jenny is an Herb Kohl Teaching Fellowship recipient. She has extensive experience in community outreach and resource development through her twelve year career as an Associate Professor with the University of Wisconsin – Extension in Walworth County. Her focus during that time was Family Life Education.

Topic: Slow Cooking & Sous Vide Methods for Pork Cookery

Lessons include: Sous Vide cookery, pork prep times and temperatures, using a meat thermometer, food safety, annotation process to increase student's comprehension, and online recipes featuring a variety of pork cuts.

All resources are online (free) including: videos, handouts, recipes, Kahoot Challenge, lab evaluation, etc.

Lessons available at <https://www.wppa.org/lesson-plans/>



Emily Larson
Amery High School

Topic: Souper Pork – The Basics of Soup

Lessons include: types of soups, cuts of pork, soup recipes, meal planning, figuring cost of menu items, food safety standards, proper storage, catered lunch simulation.

All resources are online (free) including: videos, K-W-L activity, PowerPoint slides, informational handouts, Kahoot challenge, recipe cost & menu price templates, Gimkit activity, etc.

Lessons available <https://www.wppa.org/lesson-plans/>

Emily Larson has created a FCS Academy which caters and sells clothing items in the community. She has chaired "Empty Bowls" for three years and raised \$22,000.00 to fight childhood hunger. The Amery FCCLA Chapter is among the largest in Wisconsin resulting in 363 military care packages being sent to overseas troops, donating thousands of dollars plus volunteer hours to the community, plus having national STAR Events qualifiers annually. Emily has earned numerous awards including VFW WI Teacher of the Year, FCCLA Master Adviser, among others. She willingly shares her expertise at annual conferences hosted by WI School Board Association, WI DPI Child Care Conference, WAFCS, etc.



Sue Strutz
WI Dells High School &
Spring Hill Middle School

Sue Strutz is a WAFCS member who has attended FDA/NSTA Food Science week long Professional Development in Washington DC. She has earned the Baird Excellence in Teaching Award. Sue has written a case study which is published in "Tuned Out: Engaging the 21st Century Learner". Sue is dedicated to enabling students to be well informed about where their food comes from and increasing their food literacy. Mrs. Strutz has presented at WAFCS Annual Conferences, WI Talented and Gifted Conference, the National Environmental Conference, among others.

Topic: Tasty Pork Appetizers and Sustainable Farming

Lessons include: safe food preparation, We Care farming strategies, sanitation standards in the kitchen, processing sustainable issues, recipes, food prep lab evaluation.

All resources are online (free) including: virtual field trip, videos, K-W-L activity, Quizizz challenge, pie chart activity, webquest, etc.

All resources are online (free) including:

Lessons available at <https://www.wppa.org/lesson-plans/>



Delaine Stendahl
Whitehall Memorial Schools

Topic: Tech Savvy with Pork in the Kitchen

Lessons include: safe use of technology in food preparation, food safety and sanitation procedures, pork cooking methods, meat counter basics, meat labels, seasoning pork, selecting quality pork, wrapping pork plus storage.

All resources are online (free) including: videos, fact sheets, trivia activity, resource cards, Pork 101 Activity, Instant Pot talking points, sensory evaluation form, nutrition analyzer, poster creation resource, etc.

Lessons available at <https://www.wppa.org/lesson-plans/>

Delaine has been a member of WAFCS for 41 years! Her dedication to the FCS profession is evident as she teaches food service courses to students in four area school districts with options for transcribed/dual credit. She has hosted summer workshops for FCS educators from across the U.S. for 5 years reaching teachers in over 20 states. These efforts helped fund the remodeling of the Whitehall food prep lab into a modern baking and pastry laboratory. In 2016 and 2019 the Home Baking Association honored Delaine as the Teacher of the Year. She fulfills multiple roles in the school district including FCCLA Adviser and LVEC/CTE Coordinator.

The lesson plan initiative was funded with Pork Checkoff monies from the National Pork Board, Minnesota and Wisconsin Pork Associations. Catherine Lader, former WAFCS Teacher of the Year, served as Project Coordinator. Susan Turgeson, AAFCS and WAFCS Teacher of the Year, New Achiever and Leader Awards served as Education Consultant for lesson plans.

Source: Catherine Lader, Pork Lesson Plan Initiative Project Coordinator, cathyontheprairie69@gmail.com, April 2020.



April 30, 2020

My friends in WAFCS,

I am sending big virtual hugs of appreciation. Your words of encouragement, cards, and notes on Caring Bridge have lifted my spirits and have given me energy and joy. Thank you for your genuine friendship!

As you may know, God is leading my Journey with High Risk Acute Promyelocytic Leukemia (APL). After eight types of chemo since January 2018, the APL persisted. The oncologists and hematologists at Rochester Mayo administered a ninth regimen of chemo in November and December of 2019 at four times the strength of an early chemo that I had tried. It was strong and allowed me to enjoy Christmas with my family. With God's careful guidance, I will be celebrating my birthday soon. The doctors are monitoring my blood numbers and we are all encouraged. The doctors in February decided to add maintenance chemo pills to my plan. I view every day as a gift and I approach every day with Psalm 118:24 in mind, "This is the day the Lord has made; let us rejoice and be glad in it!"

I would also like to thank you from the bottom of my heart for nominating me for the AAFCS Distinguished Service Award. I am humbled beyond words and appreciative of your acknowledgement of my passion for the field of Family and Consumer Sciences; and, my love for all the members in WAFCS and AAFCS. This award actually belongs to all of you. I may have my name on it but it is "Our Award!" Covid-19 has caused us all to Stay Home and Stay Safe and therefore the award ceremony at AAFCS has been cancelled. I look forward to the day when I can thank you in person for the 2020 AAFCS DSA Award.

Thank you again for adding Joy to my life!

Carolyn Barnhart

Life During the COVID-19 Pandemic!

Virtually Teaching FCS: What It Means For Teachers and Students

by Bethany Buenning

April 16th, 2020

As I write this, we have been virtually teaching in my district for 31 days. Prior to going fully online, our district sat us down in our auditorium and gave us the facts. There was potential that we would go virtual due to COVID-19, but at that time only schools in Seattle, WA had shut down. Our superintendent told us that if there was a transition from traditional school into virtual school that we would have to be ready. They created a Google Classroom for all teachers in the district and started training us how to navigate Google Classroom for high school and middle school teachers and Seesaw for elementary teachers. We were additionally compensated with Professional Development points when we completed the additional training. In order to be considered “fully trained” we had to physically show a mentor teacher that we could navigate Google Classroom and other Google add ons. Did we know how to post an assignment, could we provide feedback, could we set up a video chat with multiple students? On Friday, March 14th, 2020 our principal announced over the loudspeakers that students would have the day off on Monday but were highly encouraged to take all of their belongings home. Teachers were also encouraged to take all of the necessary items home as well. That day 3 out of my 4 culinary classes prepared apples for making apple butter. I had to decide what to do with the \$130 of apples I had purchased that morning. On Monday March 16th, 2020 teachers had a work day at home while students got the day off. Later in the evening the superintendent announced that we would not be going back to a traditional school setting until further notice.

We were given one day to go back into our classrooms and gather the necessary supplies before the buildings were shut down. We were then given the rest of the week to prepare for virtually teaching and students took a break. We needed to figure out how we were going to take lessons that we would normally teach in class and modify them for students to learn through a computer screen. I had the rest of my original semester planned out to the day. I had this plan and it involved many hands on labs for my 4 Culinary classes as well as hands on experiences and guest speakers for my Medical Occupations class. I sat in my apartment dazed and confused for the first couple of days. How do I teach culinary techniques through a computer? Not to mention looking at virtual learning through an equity lense. In school, all students were given all of the same ingredients and the same equipment in order to complete their labs. In addition they were given support from their peers as they cooked in teams of 4-5 other students. This put many students on the same playing field whether or not they have these resources at home. It would be inappropriate for me to assume that all students have the same access to equipment and supplies in their homes. Therefore, it would be inappropriate for me to assign culinary labs for students to do at home during virtual learning.

After about a week of planning, video meeting with my colleagues, and conversing with teachers from around the country through the Family and Consumer Sciences Facebook page I had finally come up with some sort of solution and some sort of plan for my classes. However, we were continually reminded to be flexible and fluid during this time. Many policies and procedures have been modified through the district pertaining to grading and attendance as well as expectations for students. We really have been taking virtual learning day by day. Expectations can not be concrete and inflexible for all students across the district due to many factors not including: access to internet, access to individual devices, parent support, or access to food. Considering students with IEPs and 504's their situation is dramatically compromised due to lack of support they might have at home compared to the amount of support they are used to at school. Therefore, the ability for these students to complete assignments could be exceedingly difficult at home.

Giving feedback in a traditional classroom setting is usually instantaneous, a student asks a question and the teacher gives feedback. Giving feedback in a virtual classroom setting is increasingly difficult. Many students are bombarded with emails, unaware of how to sift through them. Which emails are important, which emails are not? Attempting to get in contact with students has also been difficult. Without social cues and facial expressions an email could be misconstrued. The tone could be taken offensively or aggressively when that was not the intention at all. My students have been filling out Google Form surveys as a way for me to check in on them and for them to provide feedback that only I can read. Many students have voiced that they are overwhelmed by their workload. They're sad and disappointed that they can't see their friends or leave their houses. They're frightened. They miss their teachers. They miss the support their teachers give them. Many are missing out on milestone moments of their high school careers. Spring sports, prom, award nights, graduation, etc., normal activities that students were counting on are now cancelled. The normalcy has changed.

This was not how I expected my first full year of teaching would be. I didn't expect I would be video recording instructions about a project instead of standing in front of students telling them. I had looked forward to watching my students transform by the end of the semester, creating a lasting relationship, and helping them see their potential. COVID-19 has shaken our normalcy, changed our priorities, and dominated our thoughts. COVID-19 will not stop me from loving my students, working endlessly for their benefit, or helping prepare them for their futures.

Surviving the Pandemic as a F/CS

by Jeanne Schwass-Long

We are fortunate to live in the country so I take a 2 mile walk a few times a week. I watch the colors change, hear the birds, feel the cool breeze and keep moving. My favorite spot is the pond. The smooth water, movement of birds and vegetation are a source of peace.

I became disgusted with all the trash in the ditches. I can make a difference! Each day I took a section and filled a large bag of used bottles, cans, cups, food wrappers, and more. Once clean, the ditches are fresh and growing. Alas, the task remains, carry a small bag and pick up the new deposits daily.

This was a great time to check our large freezer for what treasures it contained. We started with those frozen dinners I had made multiples of. When they were gone I looked at other items available as ingredients. Soups were a great start, then combination dishes, pies, breads and more. It was fun to look up old and new recipes from a variety of resources. The key was having the time to plan, resource and execute each dish. And ENJOY!

My love of sewing left me with many unfinished projects. It was with a sense of satisfaction that I completed several of these items. During this process I found some old cross stitch items and continued working on them. I had forgotten how soothing the stitching was for me.

My love of reading and no library had me dig through my book shelves and find several books I had always wanted to read and never had time. TADA! Now is the time. I have a new perspective and sometimes getting lost in these stories is an escape.

I am still working our church food pantry with a revised schedule and procedures so we have minimal contact with the clients. My belief that all individuals are valuable and entitled to a source of nutritious food, keeps me going. My faith is a foundation for all that I do.

FYI

There is still time to donate to the DSA Honorary Fund in honor of Carolyn Barnhart and time to write her your own personal note of congratulations. Letter of Congratulations, send to: **contributions@aafcs.org** with subject line “**DSA Letter**”. Or, mail your letter to “AAFCS DSA” at 400 N. Columbus St., Ste. 202, Alexandria, VA 22314. Donations to the DSA Honorary Fund can be given online at **aafcs.org/donate** or call 800-424-8080 to make a gift by phone, or mail to American Association of Family and Consumer Sciences, PO Box 79377, Baltimore, MD 21279-0377

Amazon Prime: The AAFCS Amazon link is working! Use this link:

[https://smile.amazon.com/ref=smi_ext_ch_53-0025870_dl?
_encoding=UTF8&ein=53-0025870&ref=smi_chpf_redirect&ref=smi_ext_ch_53-0025870_cl](https://smile.amazon.com/ref=smi_ext_ch_53-0025870_dl?_encoding=UTF8&ein=53-0025870&ref=smi_chpf_redirect&ref=smi_ext_ch_53-0025870_cl)

The AAFCS EIN is *53-0025870*. Thank you for using this – it really does help!

Do Not use disinfectants injected into humans for a cure of Covid-19. Family and Consumer Sciences Professionals recognize the importance to use all products, including disinfectants according to the manufacturer's label.

Wisconsin Poison Control 1-800-222-1222
Office of Violence Prevention
www.milwaukee.gov/staysafe / (414) 286-8553

What is the status of the WAFCS Annual Conference??

While disappointing to cancel the March annual conference, we knew it was a necessity given the nature of COVID-19 and ultimately the WI decision to “stay at home”. The conference is rescheduled for October 30, 31 at Chula Vista. Fortunately many of the conference presenters will still be available including the keynoters. We will closely monitor the COVID 19 situation throughout the summer months. If all goes well, we will reopen registration in late summer. **Stay tuned!**

Making the Best of Things..

I sincerely hope and pray all of you are doing OK as we deal with the unique nature of COVID-19. As we experience the “new normal” perhaps many things will be changed forever, hopefully for the better. Families are experiencing more family time and are turning to crafts, family games, and physical activity together. Parents are thrust into educating their children. More people are reading and encouraging reading in children. Cooking and baking are experiencing a rebound as evidenced by shortages of flour, yeast and other baking supplies. Gardening is rebounding with seed companies unable to keep up with the demand for seeds of all types (the COVID Victory Gardens!) Sewing skills are again in demand with the production of thousands of face masks. Never have I been as happy and proud to be a Family and Consumer Scientist with all the skills it brings to managing successfully and helping others during this pandemic. Our profession can help turn lemons into lemonade. Janet Powell



**Wisconsin Association of
Consumer Sciences**

Janet M. Powell, CFCS
WAFCS Executive Director
5605 Barton Road
Madison, WI 53711
608-271-0776
email: executivedirector@wafcs.org

Keep in touch!

Log on to www.wafcs.org

Find us on Facebook. Search **WAFCS**

Log on to www.aafcs.org

In this Issue

WAFCS Award Winners	Page 1-4
WAFCS Friend of Family	Page 4-5
President's Letter	Page 5
FCCLA 75th Anniversary	
Leadership Hall of Fame	Page 6
50 Year Members	Page 7-9
IFHE Congress Pins	Page 9
WAFCS Foundation	Page 10-11
WPA Online Lessons	Page 12-14
C. Barnhart Thank You	Page 14
Life with COVID-19 by B. Buenning, J. Schwass-Long	Page 15-16
Miscellaneous FYI	Page 16